

College of Charleston
 PEHD 210-002 Concepts in Fitness Assessment and Exercise Prescription
 Fall 2010

TIME & PLACE	12:00 p.m. - 12:50 p.m. Monday - Wednesday - Friday Room # 111, Silcox Physical Education and Health Center	
INSTRUCTOR	Gene Sessoms	
OFFICE HOURS	by appointment	
OFFICE	Room #207, Silcox Physical Education and Health Center	
PHONE / FAX	843-953-5559 office	
WEB / E-MAIL	http://sessomse.people.cofc.edu/210/210info.htm e-mail: sessomse@cofc.edu	
GRADING	A, A-, B+, B, B-, C+, C, C-, D+, D, D-, F	
COURSE DESCRIPTION	This course is designed to give the student an initial fitness assessment and exercise prescription experience. Basic concepts of assessment and principles of physical training will be covered. Students will implement an individual training program and demonstrate proficiency in assessment techniques of various skill and health-related fitness components.	
COURSE TEXT	Howley, E.T. and Franks, B.D. (2007). Fitness Professional's Handbook. 5 th ed. Champaign, IL: Human Kinetics. Selected readings as assigned by the instructor.	
COURSE OBJECTIVES	Competencies within the course should prepare students to: <ol style="list-style-type: none"> 1. compare and contrast the components of physical fitness to those of skill-related fitness. 2. identify the components of health-related physical fitness and describe the health benefits of a comprehensive fitness program as well as the health risks associated with inactivity. 3. assess and evaluate fitness components using appropriate tests and observations. 4. demonstrate the ability to collect, analyze, interpret, and apply physiological assessment data to the test subject. 5. design an individual exercise program to promote a healthy lifestyle. 6. apply basic concepts of anatomy and physiology as they relate to various components in a fitness regimen including that of resistance training and conditioning. 7. evaluate appropriate exercises, exercise equipment, and apparel. 8. identify the strategies for exercise program adherence including specific personal goals, time, dates, social support, and reinforcement strategies. 	
REQUIREMENTS	15% Quizzes or other assigned class assignments 15% Exercise prescription assignment 10% Applied assessment skills during labs 60% Examinations	
EXAMINATIONS	Exam # 1 15% chapters 1, 2, 3, 4, 6, and BP measurement. Exam # 2 15% chapters 5, 10, and 28. Exam # 3 15% chapters 8, 12, 16, and 27. Final Exam 15% all material including chapters 9, 13, and 14.	
EVALUATION SCALE	A = 90–100% C = 70–74% A ⁻ = 88–89% C ⁻ = 68–69% B+ = 85–87% D+ = 66–67%	

B = 80–84%

B⁻ = 78–79%

C+ = 75–77%

D = 64–65%

D⁻ = 62–63%

F = < 62%

ATTENDANCE

Attendance is required. You will be penalized one letter grade for each absence over three. Whether the absence is excused or unexcused by the Dean is irrelevant. See me prior to the start of this course if you participate in an activity that may cause a problem with attendance. If for personal or medical reasons several classes are missed, the instructor should be informed of the reason.

Tardiness to class is not acceptable. Three incidents of arriving late to class will equal one absence.

Lab sessions require you to participate as a test subject. You must wear athletic clothing and tennis shoes for these sessions. If you appear for lab in street clothes, you will be assessed an unexcused absence.

MAKE-UP EXAMS

Make-up exams are given at the discretion of the professor. It is the student's responsibility to contact the instructor if an exam must be re-administered.

HONOR SYSTEM

Review the sections covering the honor code and the classroom code of conduct in the College's 2010-2011 publication, Student Handbook: A Guide to Civil and Honorable Conduct. Find it online at: <http://studentaffairs.cofc.edu/honor-system/studenthandbook/index.php> .

**PEHD 210-002
2010**

PROPOSED COURSE OUTLINE

FALL

(subject to change)

#	Date	Day	Class Topic
1	8-25	Wed	Introduction
2	8-27	Fri	Chapter 1 – Physical Activity and Health
3	8-30	Mon	Chapter 1 and Chapter 2 – Physical Fitness and Performance
4	9-01	Wed	Chapter 3 – Health Appraisal
5	9-03	Fri	Chapter 3 – Health Appraisal
6	9-06	Mon	Chapter 4 – Energy Costs of Physical Activity
7	9-08	Wed	Chapter 4 – Energy Costs of Physical Activity
8	9-10	Fri	Chapter 6 – Body Composition
9	9-13	Mon	Body Composition lab
10	9-15	Wed	Body Composition lab
11	9-17	Fri	Hydrostatic Weighing lab & field test
12	9-20	Mon	Hydrostatic Weighing lab & field test
13	9-22	Wed	Blood Pressure lab
14	9-24	Fri	Blood Pressure lab
15	9-27	Mon	Exam 1
16	9-29	Wed	Chapter 28 – Exercise Physiology
17	10-01	Fri	Chapter 28 – Exercise Physiology
18	10-04	Mon	Chapter 28 – Exercise Physiology
19	10-06	Wed	ACSM Position Stand
20	10-08	Fri	Lab. US Naval Academy physical fitness test
	10-11	Mon	Fall Break – no class
21	10-13	Wed	Chapter 5 – Cardiorespiratory Fitness
22	10-15	Fri	Chapter 5 – Cardiorespiratory Fitness
23	10-18	Mon	Treadmill submaximal exercise test
24	10-20	Wed	Treadmill submaximal exercise test
25	10-22	Fri	Cycle ergometer exercise test
26	10-25	Mon	Cycle ergometer exercise test
27	10-27	Wed	Chapter 10 – Exercise Prescription for CR Fitness
28	10-29	Fri	Chapter 10 – Exercise Prescription for CR Fitness
29	11-01	Mon	Exam 2
30	11-03	Wed	Chapter 8 – Muscular Strength and Fitness
31	11-05	Fri	Chapter 8 – Muscular Strength and Fitness
32	11-08	Mon	Muscular Strength and Fitness lab
33	11-10	Wed	Chapter 27 – Muscles. Exercise Prescription assignment detailed
34	11-12	Fri	Chapter 12 – Ex. Prescription for Strength, Endurance, and Bone Density
35	11-15	Mon	Chapter 12 – Ex. Prescription for Strength, Endurance, and Bone Density
36	11-17	Wed	Chapter 16 – Exercise and Older Adults
37	11-19	Fri	Exam 3
38	11-22	Mon	Chapter 14 – Group Fitness Games
	11-24	Wed	Thanksgiving Break – no class
39	11-29	Mon	Chapter 9 – Flexibility and Low-Back Function
40	12-01	Wed	Chapter 13 – Exercise Prescription for Flexibility and Low-Back Function
41	12-03	Fri	Exercise Prescription assignment due.
42	12-06	Mon	Course wrap-up.
	12-10	Fri	Final Exam Noon – 3:00 p.m.