College of Charleston

DESCRIPTION

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 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.

5th ed. Champaign, IL: Human Kinetics.

Selected readings as assigned by the instructor.

COURSE Competencies within the course should prepare students to:
OBJECTIVES

1. compare and contrast the components of physical fitness

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 assignment10% 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%	D =	64-65%
$B^- =$	78-79%	$D^- =$	62-63%
C+ =	75-77%	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 readministered.

HONOR SYSTEM

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

(subject to change)

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