



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 2012-2013 publication, [Student Handbook: A Guide to Civil and Honorable Conduct](#). Find it online at: <http://studentaffairs.cofc.edu/honor-system/studenthandbook/index.php> .

**PEHD 210-001****PROPOSED COURSE OUTLINE****FALL 2012**

(subject to change)

#	Date	Day	Class Topic
1	8-22	Wed	Introduction
2	8-24	Fri	Presidential Fitness Test. <a href="http://www.adultfitnessstest.org">www.adultfitnessstest.org</a>
3	8-27	Mon	Chapter 1 – Health, Fitness, and Performance
4	8-29	Wed	Chapter 2 – Health Appraisal
5	8-31	Fri	Chapter 2 – Health Appraisal
6	9-03	Mon	Chapter 6 – Energy Costs of Physical Activity
7	9-05	Wed	Chapter 6 – Energy Costs of Physical Activity
8	9-07	Fri	Chapter 8 – Assessment of Body Composition
9	9-10	Mon	Body Composition lab
10	9-12	Wed	Body Composition lab
11	9-14	Fri	Hydrostatic Weighing lab & field test
12	9-17	Mon	Hydrostatic Weighing lab & field test
13	9-19	Wed	Blood Pressure
14	9-21	Fri	Blood Pressure lab
15	9-24	Mon	<b>Exam 1</b>
16	9-26	Wed	Chapter 4 – Exercise Physiology
17	9-28	Fri	Chapter 4 – Exercise Physiology
18	10-01	Mon	Chapter 4 – Exercise Physiology
19	10-03	Wed	ACSM Position Stand
20	10-05	Fri	Chapter 7 – Assessment of Cardiorespiratory Fitness
21	10-08	Mon	Chapter 7 – Assessment of Cardiorespiratory Fitness
22	10-10	Wed	Treadmill submaximal exercise test
23	10-12	Fri	Lab. US Naval Academy physical fitness test
	10-15	Mon	Fall Break – no class
24	10-17	Wed	Treadmill submaximal exercise test
25	10-19	Fri	Cycle ergometer exercise test
26	10-22	Mon	Cycle ergometer exercise test
27	10-24	Wed	Chapter 11 – Exercise Prescription for CR Fitness
28	10-26	Fri	Chapter 11 – Exercise Prescription for CR Fitness
29	10-29	Mon	<b>Exam 2</b>
30	10-31	Wed	Chapter 9 – Assessment of Muscular Fitness Exercise prescription assignment detailed
31	11-02	Fri	Chapter 9 – Assessment of Muscular Fitness
32	11-05	Mon	Muscular Fitness lab
33	11-07	Wed	Chapter 3 – Muscles.
34	11-09	Fri	Chapter 13 – Exercise Prescription for Muscular Fitness
35	11-12	Mon	Chapter 13 – Exercise Prescription for Muscular Fitness
36	11-14	Wed	Chapter 16 – Exercise and Older Adults
37	11-16	Fri	<b>Exam 3</b>
38	11-19	Mon	Chapter 22 – Exercise Programming for Health and Fitness
	11-21	Wed	Thanksgiving Break – no class
39	11-26	Mon	Chapter 10 – Assessment of Flexibility and Low-Back Function
40	11-28	Wed	Chapter 14 – Exercise Prescription for Flexibility and Low-Back Function
41	11-30	Fri	Instructor's choice
42	12-03	Mon	Course wrap-up
	12-10	Mon	<b>Final Exam Noon – 3:00 p.m.</b>