Time and Place: Tuesday and Thursday 1:40 PM-2:55 PM, Room 207, Johnson Center

Instructor: Mr. Tom Carroll, M.Ed.

Office Hours: Monday and Wednesday from 10:00 AM – 11:30 AM and Tuesdays 12:30 PM - 1:30 PM (additional times are available by appointment)

Office: Lab 113 - Silcox Center for Physical Education and Health

Phone and E-mail: 953-5558 (Dept. secretary); 953-4275 (office) carrollt@cofc.edu

Prerequisites: None.


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.


Additional References: exrx.net – Exercise Prescription and Assessment
American College of Sports Medicine Position Stands

Course Objectives:

Educational opportunities within the course are designed to prepare the student to:

Competencies within the course should prepare students to:
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.

Course Requirements:
1. Examinations: Each Test is worth 100pts.
   • Test 1 - Foundational Material (Chapters 1, 3, and 4 plus Lab 1)
   • Test 2 - Muscular Fitness and Resistance Training (Chapters 5 and 15 plus Lab 2)
   • Test 3 - Cardiovascular Training (Chapters 2, 6 and 16 plus Labs 3 and 4)
Due Date = Test 1 – Thursday, February 7; Test 2 – Thursday, March 14; Test 3 - April 23
Value = 300 points

2. Final Exam The Final Exam will be cumulative.

Due Date = Tuesday, April 30 from 12:00 pm – 3:00 pm.
Value = 100 points each

3. Lab Assignments Each lab offers hands-on opportunities to practice essential assessment and prescriptions techniques. A detailed rubric is available detailing requirements and assessment procedures. Dates and topics for each lab are presented in the calendar located at the end of the syllabus. Students must attend each day of lab to receive credit. No lab reports will be accepted from students that do not attend both days of each lab nor will credit be given to those students that choose to leave lab early.

Students are required to dress in athletic attire allowing full participation. No credit will be given to students that fail to dress accordingly. Jeans, deck shoes, flip-flops and/or sandals are not appropriate for lab days.

- Lab 1 Par-Q, Dynamic Warm-Ups, Presidential Fitness Test – 1/22 and 1/24
- Lab 2 Muscular Fitness Assessment – 2/12 and 2/14
- Lab 3 Body Composition Testing – 3/19 and 3/21
- Lab 4 Cardiovascular Testing – 3/26 and 3/28

Value = 50 points

4. Small Group Assignment Each group will present on a current topic in Fitness Assessment and Prescription. Groups will post final presentations on OAKs and provide a summary to class. Group topics will be assigned after Drop/Add.

Due Date = Presentations will be posted to OAKs upon completion. Class presentations will begin Tuesday, April 16, 2013.
Value = 50 points

5. Wiki – Individual Assessment and Training Program A Wiki is an on-line storage and presentation application that allows students to present material electronically with the added benefit of linking to supportive material. The assignment will be broken into parts and will be evaluated throughout the semester. Wiki’s will be covered January 15th in lecture. Wiki’s will also be evaluated when lab reports are submitted.

The Individual Assessment and Training Program is the culminating assignment that combines lab and lecture material. Students will demonstrate the ability to assess health-related fitness. Assessment results will be used to write an exercise prescription based on results and goals. A detailed rubric will be provided and covered in class.

Due date: Thursday, April 25, 2013
Value = 100 points
Evaluation Criteria Summary:

1. Examinations 300 points
2. Final Exam 100 points
3. Lab Assignments 200 points
4. Small Group Assignment 50 points
5. Individual Training Program 100 points

Point Total 750 points

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 = less than 62%

Course Content:

Unit I Foundational Material
A. Fitness Defined
B. Assessment
C. Bioenergetics
D. Biomechanics
E. Muscle Physiology

Unit II Muscular Fitness
A. Resistance Training Adaptations
B. Resistance Training Program Design

Unit III Cardiovascular Fitness
A. Aerobic Training Adaptations
B. Aerobic Endurance Training Program Design
C. Exercise Psychology/Adherence

Attendance: Attendance is critical. Attendance during labs is mandatory. Failing to attend a scheduled lab session will result in a loss of points for the lab. Lab reports will not be accepted from students that did not attend the specific lab session. **If a student is absent during a quiz, a grade of zero (“0”) will be given for said quiz with no make-up allowed.** See me prior to the start of this course if you participate in an activity that may cause a problem with attendance. Refer to the current Student Handbook for information on student responsibility regarding absences.

Tardiness to class is not acceptable. Habitual tardiness will be handled on an individual basis. Please refer to the current copy of the Student Handbook for proper guidelines for students regarding classroom behavior and expectations.

Make-ups: Make-up work is allowed at the discretion of the professor. Only extenuating circumstances warrant a make-up. It is the student’s responsibility to see the instructor if he/she has missed any work. Contact with the professor must be timely—as soon as the student returns to school after an absence or during an absence, if possible.

Late assignments will be penalized 25% of total point value per day including weekends. Failure to contact the instructor about late work will result in a zero for that assignment. Students have 24 hours after the due date to email the instructor or no points will be assigned.

NO ASSIGNMENTS WILL BE ACCEPTED AFTER April 25, 2013.
All assignments not submitted digitally must be typed. **No hand-written assignments** will be accepted.

**Extra Credit**: none

**Honor System**: Students must do their own work. Please see the [2012-2013 Student Handbook](http://www.cofc.edu/generaldocuments/handbook.pdf) - (Academic Honor System) for a description of the College’s Honor System, which is fully supported in this class.

**College of Charleston Honor Code and Academic Integrity**

Lying, cheating, attempted cheating, and plagiarism are violations of our Honor Code that, when identified, are investigated. Each incident will be examined to determine the degree of deception involved.

Incidents where the instructor determines the student’s actions are related more to a misunderstanding will handled by the instructor. A written intervention designed to help prevent the student from repeating the error will be given to the student. The intervention, submitted by form and signed by both the instructor and the student, will be forwarded to the Dean of Students and placed in the student’s file.

Cases of suspected academic dishonesty will be reported directly by the instructor and/or others having knowledge of the incident to the Dean of Students. A student found responsible by the Honor Board for academic dishonesty will receive a XF in the course, indicating failure of the course due to academic dishonesty. This grade will appear on the student’s transcript for two years after which the student may petition for the X to be expunged. The student may also be placed on disciplinary probation, suspended (temporary removal) or expelled (permanent removal) from the College by the Honor Board.

Students should be aware that unauthorized collaboration—working together without permission— is a form of cheating. Unless the instructor specifies that students can work together on an assignment, quiz and/or test, no collaboration during the completion of the assignment is permitted. Other forms of cheating include possessing or using an unauthorized study aid (which could include accessing information stored on a cell phone), copying from others’ exams, fabricating data, and giving unauthorized assistance.

Research conducted and/or papers written for other classes cannot be used in whole or in part for any assignment in this class without obtaining prior permission from the instructor.

Students can find the complete Honor Code and all related processes in the *Student Handbook* at [http://www.cofc.edu/generaldocuments/handbook.pdf](http://www.cofc.edu/generaldocuments/handbook.pdf)

This College abides by section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act that stipulates no student shall be denied access to an education “solely by reason of a handicap.” Disabilities covered by law include, but are not limited to, learning disabilities and hearing, sight or mobility impairments. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodations, please see an administrator at the [Center of Disability Services](http://www.cofc.edu/centerfordisabilityservices), (843) 953-1431 or me so that such accommodation may be arranged.
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<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Topic</th>
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<tbody>
<tr>
<td>Thursday</td>
<td>1/10</td>
<td>Introduction and Bioenergetics</td>
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<td>Tuesday</td>
<td>1/15</td>
<td>Developing a Wiki</td>
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<td>Thursday</td>
<td>1/17</td>
<td><em>Lab 1 – Par-Q, Dynamic Warm-Up Techniques, Presidential Fitness Test</em></td>
<td><a href="http://www.adultfitnesstest.org/">http://www.adultfitnesstest.org/</a></td>
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<tr>
<td>Tuesday</td>
<td>1/22</td>
<td>Lab 1 Write-Up Due on Wiki and OAKS Dropbox (pdf)</td>
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<td>Thursday</td>
<td>1/24</td>
<td>*Bioenergetics, Biomechanics, Ex Phys</td>
<td>1 and 4</td>
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<td>Tuesday</td>
<td>1/29</td>
<td>*Lab 2 Write-Up Due on Wiki and OAKS Dropbox (pdf)</td>
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<td>Thursday</td>
<td>1/31</td>
<td><em>Resistance Training Principles Program Design</em></td>
<td>13 and 15</td>
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<td>Tuesday</td>
<td>2/05</td>
<td>Review Test 1</td>
<td>1, 3 and 4</td>
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<td>Thursday</td>
<td>2/07</td>
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<td>1, 3 and 4 plus Lab 1</td>
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<td>Tuesday</td>
<td>2/12</td>
<td>Lab 2 - Muscle Fitness, Circuit Training</td>
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<td>Tuesday</td>
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<td>Resistance Adaptations</td>
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<td>Thursday</td>
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<td>Tuesday</td>
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<td>Review Test 2</td>
<td>5, 13 and 15</td>
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<td>Tuesday</td>
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<td>Lab 3 – Body Composition</td>
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<td>Tuesday</td>
<td>3/26</td>
<td>Lab 4 – Cardiovascular Fitness, Group Exercise Techniques</td>
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<td>Thursday</td>
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<td>*Lab 3 Write-Up Due on Wiki and OAKS Dropbox (pdf)</td>
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<td>Tuesday</td>
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<td>Structure and Function of the Cardiovascular And Respiratory Systems</td>
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<td>Thursday</td>
<td>4/04</td>
<td>*Lab 4 Write-Up Due on Wiki and OAKS Dropbox (pdf)</td>
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<td>Tuesday</td>
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<td>Aerobic Training Adaptations</td>
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<td>Thursday</td>
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<td>Tuesday</td>
<td>4/16</td>
<td>Group Presentations - Evaluating Exercises and Programs and Exercise Adherence</td>
<td>Instructor Notes/OAKs 2, 6 and 8</td>
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<td>Thursday</td>
<td>4/18</td>
<td><em>Test 3</em></td>
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<td>Tuesday</td>
<td>4/23</td>
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<td>Thursday</td>
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<td>Final Wiki with Training Tables Due</td>
<td>1-6, 8, 15, 16 and Labs</td>
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<td>Tuesday</td>
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<td><em>Final Exam 12 pm - 3 pm</em></td>
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