PEHD 210
Concepts in Fitness Assessment and Exercise Prescription
Spring 2010

Course Location & Times: Tue & Thu 10:50 – 12:05
Johnson 207

Instructor: Dr. Carwyn Sharp
Office: Silcox Rm 208
Office hours: Mon 10-11AM;
Tue, Wed, Thu 3-4PM
If you would like to schedule an appointment, please send me
an e-mail with 2-3 days/times that you are available so I can
find a mutually favorable time to meet.

Phone: (843) 953-7664 (office)
Email: sharpc@cofc.edu

Prerequisite courses: 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 learn to perform an individual fitness assessment, demonstrate proficiency in
assessment techniques of various skill and health-related fitness components, design and
implement an integrated individual training program.

Required Textbook:

Course Objectives:
Upon successful completion of the course, the student will be able 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 integrated individual exercise program to promote a healthy lifestyle and/or improved athletic performance.
6. evaluate appropriate exercises, exercise equipment, and apparel.
7. apply basic concepts of anatomy and physiology as they relate to various components in a fitness regimen including that of resistance training and conditioning.
8. identify the strategies for exercise program adherence including specific personal goals, time, dates, social support, and reinforcement strategies.

**Grading Policy:**

<table>
<thead>
<tr>
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<th>Points</th>
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<tbody>
<tr>
<td>Class &amp; Laboratory Participation</td>
<td>25 points</td>
</tr>
<tr>
<td>Two in-class Pop-Quizzes</td>
<td>25 points each (50 points total)</td>
</tr>
<tr>
<td>One mid-term examination</td>
<td>100 points</td>
</tr>
<tr>
<td>Final examination</td>
<td>125 points</td>
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<tr>
<td>Comprehensive Assignment</td>
<td>200 points total</td>
</tr>
<tr>
<td><strong>Total Points</strong></td>
<td><strong>500</strong></td>
</tr>
</tbody>
</table>

**Class & Laboratory Participation (25 points):**
To facilitate enhanced learning and knowledge retention you are required to demonstrate both in class and laboratory sessions that you 1) have read the textbook prior to class, 2) are able to positively contribute to class discussion and questions, and 3) exhibit competency in the skills and techniques experienced during each laboratory session.

**Pop Quizzes (25 points each – 50 total points):**
The timing of Pop-Quizzes is completely at the discretion of Dr. Sharp. No prior advertising of the date of these quizzes will be given. The content covered in the Pop-Quizzes will include anything in the textbook, class notes, laboratories and in-class discussions at any time prior to the quiz administration. The format of both quizzes will be T/F, short answer, fill in the blank, matching, and/or multiple choice.

**Examinations (225 total points):**
Format of all examinations (including Final Examination) will be T/F, short answer, fill in the blank, matching, and/or multiple choice. The mid-term examination (100 points) will be administered on or about February 25th and the Final Examination (125 points) on April 29th, from 8-11am.

**Comprehensive Assignment (100 points):**
You will be required to complete an assignment which demonstrates a written comprehensive knowledge of the course materials by assessing an individuals:
- Exercise goals (including demographic information)
- Motivation to reach those goals
- Strengths and limitations to achieving those goals
- current level of fitness (complete fitness assessment results including but not limited to:
  - resting HR and blood pressure
  - flexibility assessment
- muscular strength
- muscular endurance
- cardiovascular endurance

- identify any special considerations (if applicable)

You will subsequently write an exercise prescription plan which reflects consideration of all of the above. As well, this plan will include:

1. A 1 page overview of your periodized plan showing appropriate goals, macrocycle, mesocycles, microcycles, dates, testing sessions, volume of training, intensity of training, overall performance expectation, periodized recovery, mesocycle training emphasis. You MUST show written AND graphical understanding of the concepts discussed in class and your textbook;
2. A 16 week periodized training plan;
3. A highly detailed flexibility training session from your Foundation phase, including pictures and a description of all exercises utilized in this session;
4. A highly detailed aerobic training session from your Precompetition phase, including pictures and a description of all exercises utilized in this session;
5. A highly detailed strength training session from your Competition phase, including pictures and a description of all exercises utilized in this session;
6. A highly detailed power or speed training session from your Competition phase, including pictures and a description of all exercises utilized in this session;

All training sessions outlined in points 3, 4, 5, and 6 above must include:

- stated objectives for the session
- adequate and appropriate warm up (including appropriate stretching)
- detailed training session specifics
- adequate and appropriate cool down (including appropriate stretching)

Assignment format guidelines:

- Your assignment must reflect the following guidelines exactly:
  - submitted via e-mail no later than 4pm April 16th in PDF format. You will receive a reply from Dr Sharp on April 16th before 9pm to confirm your assignment has been received. It is ENTIRELY your responsibility to verify your assignment has been received by Dr Sharp and the document can be opened on a PC;
  - all borders must be 1-inch;
  - paragraphs must be single line spaced;
  - paragraphs must be separated by a single space
  - font must be Times New Roman 12 point;
  - all pictures must be easily readable with no typing on the picture;
  - all information regarding pictures must follow directly to the left and below the picture;
  - APA formatting of all references must be adhered to;
  - your entire assignment must be typed;
  - all bullet formatting must be consistent throughout the document
  - the first page of your assignment must be an appropriate cover page
  - the second page of your assignment must be your 1 page periodization overview
  - the third and subsequent pages must be your 12 week periodized training plan;
  - your highly detailed flexibility training session must follow your 12 week plan;
  - your highly detailed aerobic training session must follow your flexibility session;
- your highly detailed strength training session must follow your aerobic session;
- your highly detailed power or speed training session must follow your strength session;
- your reference list must follow your power/speed session;
- your Appendices must follow your reference list.
- all Appendices must be appropriately labeled
- every page should be numbered in the bottom left corner of the footer as follows: 1/46
- every page must have your name in the top left corner of the header

Extra Credit:

The only extra credit to be offered will be 10 points for any student who participates in the American Heart Association “Jump Rope for Heart”. To receive these points the student must receive and forward a minimum of $15 in donations and participate in the jump rope program in the Johnson Gymnasium for a minimum of 30 minutes. Students will participate outside of scheduled class time. No partial credit will be given i.e. student will receive either 10 points or 0 points towards their total class points.

Grade Scale:

Course letter grades will be determined on the basis of overall performance. Total earned points will be divided by 6 and the following will be used to determine final grades:

<table>
<thead>
<tr>
<th>Letter</th>
<th>Percentage Range</th>
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<tbody>
<tr>
<td>A</td>
<td>90 – 100</td>
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<tr>
<td>B+</td>
<td>85 – 89</td>
</tr>
<tr>
<td>B</td>
<td>80 – 84</td>
</tr>
<tr>
<td>C</td>
<td>75 – 79</td>
</tr>
<tr>
<td>C+</td>
<td>70 – 74</td>
</tr>
<tr>
<td>D</td>
<td>65 – 69</td>
</tr>
<tr>
<td>F</td>
<td>Below 65</td>
</tr>
</tbody>
</table>

Students have 5 working days from the time grades are posted on WebCT to contest your grade on any assignment or examination. Dr. Sharp will e-mail you as soon as your grade is posted on WebCT. As such it is every students responsibility to check their grade for all assessment and extra credit within 24 hours of receiving Dr. Sharp’ e-mail.

Attendance:

While it is recognized that certain unforeseen events may prevent you from attending a certain class or laboratory session, due to the hands-on nature of this class it is vital that you attend and participate. If you miss more than 25% of the lecture classes, you will be given a grade of WA. If extreme circumstances necessitate an absence, you will be held ENTIRELY responsible for the class material covered during your absence and scheduling a time to test-out of any laboratory materials you have missed. Excused absences will be considered for the following: serious illness, hospitalization, death of a family member or close friend, attendance at an event representing the College of Charleston. Appropriate documentation must be provided from the Undergraduate Dean’s Office for an absence to be considered excused. In addition, promptness is required (within 1 week of absence).

If you do miss any class or laboratory FOR ANY REASON you MUST complete the following:

- Go the Office of the Dean of Students - 67 George Street (white house next to Stern Center) to discuss absences and fill out the appropriate forms.
- You will need documentation for health, personal or emergency situations.
I do understand that unforeseen circumstances may prevent you from attending a class during which an examination or pop quiz is given. If you arrange ahead of time, I will make other arrangements (this may include an essay examination). I will also ask for verifiable proof of your stated reason for your absence and a memo from the Office of the Dean of Students.

Lab Attendance and Participation:

You are required to attend every lab period, while wearing appropriate clothing (i.e. athletic clothing). Missing a laboratory is covered the same as “Attendance” above. And as usual you are solely responsible for covering the information and skills/techniques covered in this lab. Showing up for lab without appropriate clothing will be considered an unexcused absence. **10 points will be subtracted from your final class score for each unexcused absence from a lab class.** See me prior to the start of this course if you participate in an activity that may cause a problem with attendance (e.g. varsity sports). If for personal or medical reasons several classes are missed, the instructor should be informed of the reason. **Your full participation in all labs is completely expected.**

Final grades will not be given out or posted at the end of the semester prior to being available via Cougar Trail or when the University sends out the official grade records.

Honor System:

Review the current Student Handbook: A Guide to Civil and Honorable Conduct, especially the section pertaining to the classroom code of conduct. You are expected to do your own work in this course. **If you are caught cheating or plagiarizing another individual’s work you will be reported to the appropriate University office and you will receive an “F” for a grade in the course.** You need to do any and all writing on your own and in your own words. Simply re-arranging a paragraph or changing one or two words of another individual’s work is still considered plagiarism.

General Notes:

- **It is strongly recommended that you read “ahead” of the lectures.** This will help maximize your learning experience and knowledge retention.

- It is the responsibility of every student to check their official College of Charleston student e-mail account is properly functional and receiving e-mails before the end of the first week of scheduled classes.

- It is the responsibility of EVERY student to check their official College of Charleston student e-mail account daily at least 2 hours prior to coming to class to ensure they have received any and all communications from Dr. Sharp. This is THE ONLY means by which you can be reached, so it is imperative you continue to check your e-mail daily throughout the semester.

- The large volume of material presented in this class will necessitate frequent and consistent study. What you do the first week is as important as what you do the last week. Don’t put off studying for examinations or working on and completing assignments until the last
minute. Examinations will be demanding and as such you must be thoroughly familiar with the information so that you can repeat, interpret and apply it to various situations.

- If you miss a class you are solely responsible for contacting Dr. Sharp before class is scheduled to meet and obtaining any information/handouts provided from another student. Do not come to Dr. Sharp and ask for notes/handouts.

- In compliance with the Americans with Disability act (ADA), all qualified students are entitled to “reasonable accommodations.” Please notify Dr. Sharp during the first week of class of any accommodations needed.

Tentative Course Schedule:
(Topics and dates are tentative and may vary according to time constraints. Any changes in assessment due dates will be provided to the students no less than 1 week in advance in writing in class and on WebCT)
<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Topic</th>
<th>CH.</th>
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</thead>
<tbody>
<tr>
<td>12-Jan</td>
<td>Tue</td>
<td>Introduction and Initial Goals</td>
<td></td>
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<tr>
<td>14-Jan</td>
<td>Thu</td>
<td>Bioenergetics</td>
<td>3</td>
</tr>
<tr>
<td>19-Jan</td>
<td>Tue</td>
<td>Periodized Training</td>
<td>WebCT</td>
</tr>
<tr>
<td>21-Jan</td>
<td>Thu</td>
<td>Periodized Training</td>
<td>WebCT</td>
</tr>
<tr>
<td>26-Jan</td>
<td>Tue</td>
<td>Health Risk Assessment</td>
<td>9, 10, 11</td>
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<tr>
<td>28-Jan</td>
<td>Thu</td>
<td>Health Risk Assessment</td>
<td>9, 10, 11</td>
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<tr>
<td>2-Feb</td>
<td>Tue</td>
<td>Health Screening &amp; Fitness Testing Lab</td>
<td>9, 10, 11</td>
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<tr>
<td>4-Feb</td>
<td>Thu</td>
<td>Health Screening &amp; Fitness Testing Lab</td>
<td>9, 10, 11</td>
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<tr>
<td>9-Feb</td>
<td>Tue</td>
<td>Cardiorespiratory Physiology</td>
<td>2</td>
</tr>
<tr>
<td>11-Feb</td>
<td>Thu</td>
<td>Aerobic Training</td>
<td>6, 16</td>
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<tr>
<td>16-Feb</td>
<td>Tue</td>
<td>Aerobic Training Lab</td>
<td>14, 16</td>
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<tr>
<td>18-Feb</td>
<td>Thu</td>
<td>Aerobic Training Lab</td>
<td>14, 16</td>
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<tr>
<td>23-Feb</td>
<td>Tue</td>
<td>Musculoskeletal Physiology</td>
<td>1</td>
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<tr>
<td>25-Feb</td>
<td>Thu</td>
<td>MID-SEMESTER EXAMINATION</td>
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<tr>
<td>2-Mar</td>
<td>Tue</td>
<td>Resistance Training Adaptations</td>
<td>5</td>
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<tr>
<td>4-Mar</td>
<td>Thu</td>
<td>Resistance Training Program Design</td>
<td>15</td>
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<tr>
<td>9-Mar</td>
<td>Tue</td>
<td>SPRING BREAK</td>
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<tr>
<td>11-Mar</td>
<td>Thu</td>
<td>SPRING BREAK</td>
<td></td>
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<tr>
<td>16-Mar</td>
<td>Tue</td>
<td>Resistance Training Technique Lab</td>
<td>13</td>
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<tr>
<td>18-Mar</td>
<td>Thu</td>
<td>Resistance Training Technique Lab</td>
<td>13</td>
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<tr>
<td>23-Mar</td>
<td>Tue</td>
<td>Speed &amp; Power</td>
<td>17</td>
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<tr>
<td>25-Mar</td>
<td>Thu</td>
<td>Speed Lab</td>
<td>17</td>
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<tr>
<td>30-Mar</td>
<td>Tue</td>
<td>Power &amp; Plyometrics Lab</td>
<td>17</td>
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<tr>
<td>1-Apr</td>
<td>Thu</td>
<td>Power &amp; Plyometrics Lab</td>
<td>17</td>
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<tr>
<td>6-Apr</td>
<td>Tue</td>
<td>Body Weight &amp; Stability Ball</td>
<td>12</td>
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<tr>
<td>8-Apr</td>
<td>Thu</td>
<td>Flexibility</td>
<td>12</td>
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<tr>
<td>13-Apr</td>
<td>Tue</td>
<td>Flexibility Lab</td>
<td>12</td>
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<tr>
<td>15-Apr</td>
<td>Thu</td>
<td>Nutrition</td>
<td>7</td>
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<td>20-Apr</td>
<td>Tue</td>
<td>Exercise Psychology</td>
<td>8</td>
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<tr>
<td>22-Apr</td>
<td>Thu</td>
<td>Legal Issues</td>
<td>25</td>
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<tr>
<td>1-May</td>
<td>Sat</td>
<td>FINAL EXAMINATION 8-11am</td>
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