Instructor: John C Sieverdes, PhD
Office location: Silcox Physical Education Center, room 226
Office Hours: Monday 3-4:30, Tues 3-4:30, Thurs 11-12, or by appointment
Phone: 843-953-1039
E-mail: sieverdesjc@cofc.edu

Class Time & Place: TR 5:30-6:45 JPEC111

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.

Course Textbook:

Additional References:
exrx.net – Exercise Prescription and Assessment and Exercises
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 individual exercise programs 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 Evaluation

Evaluation Criteria Summary

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>Exams, 3 x 100</td>
<td>300</td>
</tr>
<tr>
<td>Final Exam</td>
<td>100</td>
</tr>
<tr>
<td>Lab Assignments, 4x 25</td>
<td>100</td>
</tr>
<tr>
<td>Small Group Assignment</td>
<td>50</td>
</tr>
<tr>
<td>Individual Training Program</td>
<td>75</td>
</tr>
<tr>
<td><strong>Point Total</strong></td>
<td><strong>625</strong></td>
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</tbody>
</table>

Evaluation Scale:

- **A** = 90-100%
- **A-** = 88-89%
- **B+** = 85-87%
- **B** = 80-84%
- **B-** = 78-79%
- **C+** = 75-77%
- **C** = 70-74%
- **C-** = 68-69%
- **D+** = 66-67%
- **D** = 64-65%
- **D-** = 62-63%
- **F** = less than 62%

1. **Exam (300 pts)**
   Three Examinations (100 points each) will be given during the semester.

2. **Final Examination (100 pts)**
   The final exam will be cumulative

3. **Lab Assignments (4 @ 25 points = 100 points)**
   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 all days 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 on lab days. 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.

4. **Small Group Assignment (50 pts)**
   Each group will present on a current topic in using technology for fitness assessment and prescription as approved by the professor. Assignment: Groups will post final presentations on OAKs and provide a written handout to the class. A detailed rubric will be provided and covered in class.
5. Individual Training Programs (75 pts)
In the latter half of the semester, the students will use what they know to create 2 exercise programs. The first program (45pts) is for themselves. This will be guided by the concepts learned in class using exercise assessments, available time, and realistic goals. The second program (30pts) will be structured as a case study. A detailed rubric will be provided and covered in class.

Class Policies

Attendance
Attendance is critical. If a student is absent during an assignment or lab, a grade of zero (“0”) will be given with no make-up allowed unless arrangements have been made. 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. Excessive unexcused absences beyond 4 will result in a lowering of a letter grade category and will continue to each additional absence (i.e. B+ to B at 5 absences if you started with a B+, B to B- at 6 absences, etc.). Two tardies later than 5 minutes after class starts will be counted as an absence unless arrangements with the professor has been made.

Policy for Submitting Assignments/Late Work
Your work is expected to be on time and is due at the beginning of class the day it is due. If you will miss a class period(s) during which an assignment is to be completed because of a planned college activity with prior excused absence, please make arrangements to turn in the assignment prior to the class. You may drop off assignments under my office door prior to the class time to have it counted on time or through Oaks as communicated during class. If you miss a class period during which an assignment is to be submitted due to last-minute unplanned circumstances (e.g. sickness), you must immediately contact (e.g. email) Dr. Sieverdes with a written excuse for your absence to make suitable arrangements for submitting any missed work. Printer failure or computer access issues do not warrant an excuse unless it is a College-wide issue. Make-up work is allowed at the discretion of the professor. Late work is accepted but at a letter grade deduction (A to B, B to C, or -10%) per 24-hr period including weekends. Write the time and date of your work when sliding it under my door if applicable. All assignments not submitted digitally must be typed. No hand-written assignments will be accepted.

Examination and Make-up Policy
You will be notified at least one week in advance if there is a change in an exam date. Exams must be taken on the day assigned unless arrangements are made prior to the test date. All make up exams must be made up within one week of the original exam date. It is the students’ responsibility to make the necessary arrangements. If a student is absent on the day of an exam, he/she will receive a zero if the professor is not notified before class time. In case of taking a make-up exam, the professor reserves the right to give you a different exam.

Policy for Response to Questions
While we strive to be as responsive as possible 24/7 to all student questions/issues, there may be a delay after regular business hours M-F and on weekends. Please ask any major questions related to assignments or exams during office hours, by e-mail or in-person prior to 5:00 pm on the day before an assignment is due or an exam is to be administered. We encourage you to engage in open class discussion and ask questions anytime.
Electronic Device Policy
All cell phones, pagers, tablets, etc. are to be turned to “SILENT”. No electronic notifications or communications are allowed unless special arrangements have been made ahead of time. Please keep your phone in your bag or pocket and not on the desk during the class session. Laptop computers and tablets may be used for note taking purposes, though not for wireless communication (i.e. instant messaging, social media or email unless it is part of the class activity). Anyone found to be using a mobile phone for voice, text, or email during class will be asked to leave and will be marked absent for that class and forfeit the class participation/grade for that day.

Calculators: Cellphones, tablets, and notebooks are not allowed as calculators at any time. Bring a calculator to class everyday including exams.

Note: If we do use our phone for a class activity, I will state it so, but then afterward, you must then follow the electronic device policy for the duration of the class.

Provisions for Students with Special Needs

If there is a student in this class who has a documented disability and has been approved to receive accommodations through SNAP Services, please feel free to come and discuss this with me after class or during my office hours during the first week of class: Any student eligible for and needing academic adjustments or accommodations because of a disability is requested to speak with the professor in a timely manner so that your needs can be addressed. The College will make reasonable accommodations for persons with documented disabilities. Students should apply for services at the Center for Disability Services located on the first floor of the Lightsey Center, Suite 104. Students approved for accommodations should notify their professors as quickly as possible. It is your responsibility to have your documentation to me 1 week prior to any test to allow proper time for preparation.

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, (843) 953-1431 or me so that such accommodation may be arranged.

College of Charleston’s 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 both by 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 via a cell phone or computer), 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.

**Center for Student Learning**
I encourage you to utilize the Center for Student Learning’s (CSL) academic support services for assistance in study strategies, speaking & writing skills, and course content. They offer tutoring, Supplemental Instruction, study skills appointments, and workshops. Students of all abilities have become more successful using these programs throughout their academic career and the services are available to you at no additional cost. For more information regarding these services please visit the CSL website at [http://csl.cofc.edu](http://csl.cofc.edu) or call (843)953-5635.

**Copyright and Plagiarism:**
Please note that all materials used in this course are copyrighted. This includes, but is not limited to, handouts (i.e., PowerPoint presentations, syllabus, in-class materials, quizzes, exams, and other forms). Therefore, no student has the right to copy the handouts, unless permission is expressly granted by the instructor. As commonly defined, plagiarism consists of passing off as one’s own the ideas, words, writings of another person. In accordance with this definition, you are committing plagiarism if you copy the work of another person and turn it in as your own even if you have the permission of that person. Or, to paraphrase, quoting one source is plagiarism, but quoting many legitimate sources is research. This includes copy and pasting from information cites such as Wikipedia and other sites.

**College of Charleston Student Handbook:**
This is a guide to your responsibilities and rights as a student. If you are not familiar with this document, please take the time to review the information contained within the handbook. [http://studentaffairs.cofc.edu/honor-system/studenthandbook/](http://studentaffairs.cofc.edu/honor-system/studenthandbook/).

**Changes to Syllabus:**
The schedule, policies, and procedures listed in this syllabus are subject to change, at the discretion of the Instructor(s). Updates will be provided to students.
<table>
<thead>
<tr>
<th>Week of...</th>
<th>Tuesday</th>
<th>Chap</th>
<th>Thursday</th>
<th>Chap</th>
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<tbody>
<tr>
<td>1/13</td>
<td>Syllabus Introduction: What is physical activity and exercise</td>
<td>1</td>
<td>Screening guidelines and risk assessment</td>
<td>2</td>
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<td>1/20</td>
<td>Anatomy and physiology/ Bioenergetics Primer</td>
<td>PPT</td>
<td>Exercise physiology/Biomechanics Primer</td>
<td>PPT</td>
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<td>1/27</td>
<td>Body composition and weight management</td>
<td>6</td>
<td>Flexibility assessments and general programing</td>
<td>5</td>
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<tr>
<td>2/3</td>
<td>Lab 1 Body composition and Flexibility Assessments, Lab 2 Fitness Assessments</td>
<td>Handouts</td>
<td>Lab 2 Fitness Assessments cont.</td>
<td>Handouts</td>
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<tr>
<td>2/10</td>
<td>Exercise across the lifespan</td>
<td>9</td>
<td>Group topic assignment, group work and Exam 1 Review Lab 1 report due Lab 2 report due</td>
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<tr>
<td>2/17</td>
<td>Exam 1 (Lab1&amp;2, ch 1,2,5,6,9,PPT)</td>
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<td>Muscular adaptations to resistance training</td>
<td>PPT</td>
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<tr>
<td>2/24</td>
<td>Principles of resistance training</td>
<td>4</td>
<td>Muscular strength and endurance assessment and programming / Resistance training techniques and exercises</td>
<td>4</td>
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<tr>
<td>3/3</td>
<td>BREAK</td>
<td>SPRING</td>
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<tr>
<td>3/10</td>
<td>Lab 3 Muscular Fitness Assessments</td>
<td>4</td>
<td>Lab 3 Muscular Fitness Assessments cont.</td>
<td>4</td>
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<tr>
<td>3/17</td>
<td>Resistance training techniques and exercises</td>
<td>PPT</td>
<td>Behavioral change 101 Lab 3 report due</td>
<td>10,11</td>
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<td>3/24</td>
<td>Exam 2 Review Individual Training plan review Presentation group work</td>
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<td>Exam 2 (Lab3, ch 4,10,11,PPT)</td>
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<tr>
<td>3/31</td>
<td>Cardiorespiratory and pulmonary systems and exercise adaptations</td>
<td>3</td>
<td>Lab 4 Blood Pressure and Cardiovascular Fitness Testing Personal ITP draft due</td>
<td>3</td>
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<tr>
<td>4/7</td>
<td>Lab 4 Cardiovascular Fitness Testing cont.</td>
<td>3</td>
<td>Aerobic Training Program design</td>
<td>3</td>
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<tr>
<td>4/14</td>
<td>Exercise programming for special populations Lab 4 report due Personal ITP due</td>
<td>7</td>
<td>All Class Presentations Due Class Presentations Exam 3 Review</td>
<td>-</td>
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<tr>
<td>4/21</td>
<td>Exam 3 (Lab4, ch 3,7)</td>
<td>-</td>
<td>Class Presentations Final Exam review</td>
<td>-</td>
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<td>4/28</td>
<td>Reading Day – No Class/ optional makeup day Case study ITP due</td>
<td>-</td>
<td>4/30 Final Exam (Cumulative) Thurs 7:30-10:30pm</td>
<td>-</td>
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