College of Charleston
EXSC 210 Concepts of Fitness Assessment and Exercise Prescription

Fall 2014

Time & Place: Monday, Wednesday, Friday 12:00-12:50 P.M.
   Physical Education Center 111
Instructor: Larry “Bucky” Buchanan

Office Hours: Tuesdays 10:00 AM-3:00 PM, Wednesday 2:00-4:00 PM, and Thursday 10:00 AM-3:00 PM.

Office: George Street Fitness Center

Phone: 953-3898 or call/text my cell (843) 860-0364

Email: lbuchana@cofc.edu

Prerequisites: None


Evaluation Scale (Implemented 2006-2007):

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 0-61%

Course Description: This course is designed to give the student an initial fitness assessment and exercise prescription experience. Basic concepts of assessment and principals 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-related components.


Course Objectives:

- Competencies and educational opportunities within the course are designed to prepare the student 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.

Tentative Requirements:
- 52.94% Examination - 3 Tests + 1 Final Exam (450 points)
- 23.53% Lab Assignments (200 points)
- 11.76% Individual Exercise Prescription (100 points)
- *11.76% Quizzes and/or reading assignments (100 points)

Total Possible Points: 850 Points

*Quiz totals can vary.

Assignments:
Examinations - Each Test is worth 100 points. The Final Exam on December 3 from 12:00-3:00 PM is worth 150 points.

Test 1 - Foundational Materials: Chapters 1, 3, 4 plus Lab 1
Test 2 - Muscular Fitness and Resistance Training: Chapters 5, 13, 15 and Lab 2
Test 3 - Cardiovascular Training: Chapters 2, 6, 16 Labs 3 and 4
Final Exam - Cumulative (Chapters 1-6, 8, 15 and 16 plus all Labs)

Lab Assignments - Each Lab Report is worth 50 points. Lab reports will be handed in at the beginning of class on their relative due date.

Lab 1 - Par-Q, Health Questionnaires, Dynamic Warm-Up, and Presidential Fitness Test
Lab 2 - Muscular Fitness Assessment
Lab 3 - Body Composition Testing
Lab 4 - Cardiovascular Testing

Projects:
Projects provide the individual learner an opportunity to put into place the skills and concepts covered in class. Students must work on projects individually. Individual exercise prescriptions take place through each lab. Labs will be explained thoroughly in class and prescriptions will demonstrate your acquired knowledge through the semester.

Quizzes/Reading Assignments:
Students will take ten 10-point quizzes throughout the semester in order to assess their understanding of class lectures and assigned readings. Quizzes will not be announced so students should be prepared daily for a quiz. Quizzes will be given at the discretion of the instructor at the beginning of the class periods. Should you miss a quiz due to an excused tardiness or absence; students will have the opportunity to make-up the quiz within a reasonable amount of time at the convenience of the instructor and student. **It is the student’s responsibility to contact the instructor in regards to scheduling a make-up.**

Course Content:

Unit 1- Foundational Material  
A. Fitness Defined  
B. Assessment  
C. Bioenergetics  
D. Biomechanics  
E. Muscle Physiology  

Unit 2- Muscular Fitness  
A. Resistance Training Adaptations  

Unit 3- Cardiovascular Training  

**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 specific lab sessions. 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 (3+) 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.

**Electronic Policy:**  
We’re all adults here! If you need to use your phone, please do, but be respectful to those around you and step outside. Please make sure all phones are either off or on silent. Do not use your phone in class.

**Provisions for Students with Special Needs:**  
The College of Charleston 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 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 Service or me so that such accommodation may be arranged.

Make-Up Policy:
Make-up exams are given at the discretion of the professor and are only considered for documented and approved absences. It is the student’s responsibility to contact the instructor if a make-up is necessary. Late assignments, if accepted, will be penalized 25% per day.

Honor System:
Students must do their own work. Please see the 2012-2013 Student Handbook (Academic Honor System) for a description of the College’s Honor System, which is fully supported in this class.

The College of Charleston Honor System is recognized in this course. For the specific details of responsibility and penalty, see the current edition of the College of Charleston Student Handbook. Take special note of the following NEW policy concerning grades and cheating. “Cases of suspected academic dishonesty will be reported directly to the Dean of Students. A student found responsible 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 can find the complete Honor Code and all related processes in the Student Handbook at http://www.cofc.edu/generaldocuments/handbook.pdf

Tentative Schedule:

August
20w Introduction to course
22f Chapter 3-Bioenergetics
25m Chapter 3-Bioenergetics Cont.
27w Chapter 3-Bioenergetics Cont.
29f Lab 1- PAR-Q, Health Questionnaire, Dynamic Warm-Up

September
1m Lab 1- Presidential Fitness Test (www.adultfitnesstest.org)
3w  Chapters 1 - Structure and Function of the Muscular, Nervous, and Skeletal Systems

5f  Chapter 1 Cont.

8m  (Chapter 1) Lab 1 - Write-up due; Chapter 4 - Biomechanics

10w  (Chapter 1) Chapter 4 Cont.

12f  (Chapter 4) Case Studies and Discussions

15m  Review Chapters 1, 3, and 4

17w  Exam 1 - Chapter 1, 3, 4, and Lab 1

19f  Chapter 15 (Resistance Training Program Design)

22m  Chapter 15 Cont.

24w  Chapter 5 (Resistance Training Adaptations)

26f  Chapter 5 Cont.

29m  Chapter 13 (Resistance Training Exercise Techniques)

October

1w  Lab 2 - Muscular Fitness Assessment

3f  Lab 2 - Muscular Fitness Assessment

6m  Case Studies and Discussion

8w  Review Chapters 5, 13, 15 and Lab 2

10f  Exam 2 - Chapters 5, 13, 15 and Lab 2

13m  Fall Break - No Class

15w  Lab 2 Write-up Due; Intro to Body Comp

17f  Lab-3 Body Composition

20m  Lab-3 Body Composition

22w  Chapter 2 (Cardiorespiratory System and Gas Exchange)
Chapter 2 Cont.

Lab 3 Write-up Due Chapter 16 (Aerobic Endurance Training Program Design)

Chapter 16 Cont.

Chapter 6 (Physiological Responses and Adaptations to Aerobic Endurance Training)

November
3m Fall Break- No Class Chapter 6 Cont.

5w Chapter 6 Cont., Review Chapter 2, 6, 8, 16, Labs 2, 3, and 4

7f Exam 3- Chapter 2, 6, 8, 16, and Labs 2, 3, and 4

10m Lab-4 Cardiovascular Fitness

12w Lab-4 Cardiovascular Fitness

14f Chapter 8 (Exercise Psychology for the Personal Trainer)

17m Chapter 8 Cont.

19w Lab-4 Write-up Due; Current and Future Trends

21f Current and Future Trends Cont.

24m Current and Future Trends- Discussion; Case Studies

26w Thanksgiving Break- No Class

28f Thanksgiving Break- No Class

December
1m Review Chapters 1-6, 8,13, 15, 16, and Labs for Final

***Final Exam- Wednesday, December 3, 2014 from 12- 3 PM***