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

Fall 2015

Time & Place: Monday, Wednesday, Friday 12:00 - 12:50 P.M.
            Physical Education Center 111
Instructor: Larry "Bucky" Buchanan, MS, MA, CSCS

Office Hours: Tuesdays and Thursdays 10:00 AM - 12:00 PM or by appointment

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 Text:
Champaign, IL: Human Kinetics

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 16 from 12:00-3:00 PM is worth 150 points.

Test 1 - Foundational Materials
Test 2 - Muscular Fitness Assessment and Prescription and Lab 2
Test 3 - Cardiovascular Fitness Assessment and Prescription and Labs 3 and 4
Final Exam - Cumulative

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 - Body Composition Testing (Chapters 8 and Chapter 12)
Lab 3 - Muscular Fitness Assessment (Chapter 9)
Lab 4 - Cardiovascular Testing (Chapter 7)

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. Chapter 1- Health, Fitness, and Performance
   B. Chapter 2- Health Appraisal
   C. Chapter 3- Functional Anatomy and Biomechanics
   D. Chapter 4- Exercise Physiology
   E. Chapter 6- Energy Cost of Physical Activity
   F. Lab 1
   G. Lab 2

Unit 2- Muscular Fitness
   A. Chapter 9- Assessment of Muscular Fitness
   B. Chapter 13- Exercise Prescription for Muscular Fitness
   C. Lab 3

Unit 3- Cardiorespiratory Training
   A. Chapter 7- Assessment of Cardiorespiratory Fitness
   B. Chapter 11- Exercise Prescription for Cardiorespiratory Fitness
   C. Lab 4
   D. Current and Future Trends in Fitness

Unit 4- Exercise Psychology for the Fitness Professional
   A. Chapter 23- Behavior Change
   B. Chapter 24- Mindful Exercise for the Fitness Professional
   C. Mental Toughness- Presentation

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](http://www.cofc.edu/generaldocuments/handbook.pdf)

**Tentative Schedule:**

August 26w   Introduction to course
<table>
<thead>
<tr>
<th>Date</th>
<th>Chapter</th>
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<tbody>
<tr>
<td>28f</td>
<td>Chapter 1</td>
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<tr>
<td>31m</td>
<td>Chapter 1 Cont.</td>
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<tr>
<td><strong>September</strong></td>
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<tr>
<td>2w</td>
<td>Chapter 2</td>
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<tr>
<td>4f</td>
<td>Chapters 2 Cont.</td>
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<tr>
<td>7m</td>
<td>Chapter 3</td>
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<tr>
<td>9w</td>
<td>Chapter 3 Cont.</td>
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<tr>
<td>11f</td>
<td>Chapter 3 Cont.</td>
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<tr>
<td>14m</td>
<td>Chapter 4</td>
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<tr>
<td>16w</td>
<td>Chapter 4 Cont.</td>
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<tr>
<td>18f</td>
<td>Chapter 4 Cont.</td>
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<tr>
<td>21m</td>
<td>Lab 1 Introduction</td>
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<tr>
<td>23w</td>
<td>Lab 1 - Presidential Fitness Test (<a href="http://www.adultfitnesstest.org">www.adultfitnesstest.org</a>)</td>
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<td>25f</td>
<td>Chapter 6</td>
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<td>Chapter 6 Cont.</td>
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<tr>
<td>30w</td>
<td>Lab 2 Introduction (Chapters 8 and 12)</td>
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<td><strong>October</strong></td>
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<tr>
<td>2f</td>
<td>Lab 2</td>
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<tr>
<td>5m</td>
<td>Discussion, Case Studies, and Review Unit 1</td>
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<td>7w</td>
<td>Unit 1 Exam</td>
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<tr>
<td>9f</td>
<td>Chapter 9</td>
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<tr>
<td>12m</td>
<td>Chapter 9 Cont.</td>
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<tr>
<td>14w</td>
<td>Chapter 13</td>
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<tr>
<td>16f</td>
<td>Chapter 13 Cont.</td>
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19m  Fall Break- No Class
21w  Lab 3 Introduction
23f  Lab-3
26m  Discussion, Case Studies, and Review Unit 2
28w  Unit 2 Exam
30f  Chapter 7

November
2m  Chapter 7 Cont.
4w  Chapter 11
6f  Chapter 11 Cont.
9m  Lab 4 Introduction
11w  Lab 4
13f  Discussion, Case Studies, and Unit 3 Review
16m  Unit 3 Exam
18w  Chapter 23
20f  Chapter 23 Cont.
23m  Chapter 24
25w  No Class
27f  No Class
30m  Chapter 24 Cont.

December
2w  Presentation Mental Toughness
4f  Presentation and Discussion Mental Toughness Cont.
7m  Discussion, Case Studies, and Course Review for Final
***Final Exam- Wednesday, December 16, 2014 from 12- 3 PM***