College of Charleston
EXSC 210-02: Concepts of Fitness Assessment and Exercise Prescription

Fall 2016

Time & Place: Tuesdays and Thursdays 12:15-1:30 PM, J-206 Johnson Center

Instructor: Larry “Bucky” Buchanan, MS, MA, CSCS

Office Hours: Mondays and Wednesdays 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. Identify and explain the basic components of nutrition related to health, exercise and fitness.
4. Assess and evaluate fitness components using appropriate tests and observations.
5. Demonstrate the ability to collect, analyze, interpret, and apply physiological assessment data to the test subject.
6. Design an individual exercise program to promote a healthy lifestyle.
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. Evaluate appropriate exercises, exercise equipment, and apparel.
9. Identify the strategies for exercise program adherence including specific personal goals, time, dates, social support, and reinforcement strategies.

Student Learning Outcomes:
1. As result of participating in EXSC 210, students will be able to compare and contrast the components of physical fitness to those of skill-related fitness.
2. As result of participating in EXSC 210, students will be to 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. As a result of participating in EXSC 210, students will be able to identify and explain the basic components of nutrition related to health, exercise and fitness.
4. As result of participating in EXSC 210, students will be able to assess and evaluate fitness components using appropriate tests and observations.
5. As result of participating in EXSC 210, students will be able to demonstrate the ability to collect, analyze, interpret, and apply physiological assessment data to the test subject.
6. As result of participating in EXSC 210, students will be able to design an individual exercise program to promote a healthy lifestyle.
7. As result of participating in EXSC 210, students will be apply the basic concepts of anatomy and physiology, as they relate to various components in a fitness regimen including that of resistance training and conditioning.
8. As result of participating in EXSC 210, students will be able to evaluate appropriate exercises, exercise equipment, and apparel.
9. As result of participating in EXSC 210, students will be able to identify the strategies for exercise program adherence, including specific personal goals, time, dates, social support, and reinforcement strategies.

Tentative Requirements:

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Component</th>
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<tbody>
<tr>
<td>52.94%</td>
<td>Examination- 3 Tests + 1 Final Exam (450 points)</td>
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<tr>
<td>23.53%</td>
<td>Lab Assignments (200 points)</td>
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<tr>
<td>11.76%</td>
<td>Individual Exercise Prescription (100 points)</td>
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<tr>
<td>*11.76%</td>
<td>Quizzes and/or reading assignments (100 points)</td>
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Total Possible Points: 850 Points

*Quiz totals can vary.
Assignments:

Examinations- Each Test is worth 100 points. The Final Exam on Tuesday, December 13 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- Cardiorespiratory 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 Testing (Chapter 9)
Lab 4- Cardiorespiratory Fitness Testing (Chapter 7)

Projects/Labs:
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 5-Nutrition
F. Chapter 6-Energy Cost of Physical Activity
G. Lab 1
H. Lab 2 (Chapters 8 and 12)

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. 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:**
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 XXF 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 XX to be expunged. The F is permanent. 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* at [http://studentaffairs.cofc.edu/honor-system/studenthandbook/index.php](http://studentaffairs.cofc.edu/honor-system/studenthandbook/index.php)

**Tentative Schedule:**

- **August 23rd:** Introduction to course
- **August 25th:** Chapter 1
30t  Chapter 2

**September**

1th  Chapter 3

6th  Chapter 3 Cont. Lab 1 Introduction

8th  Lab 1 ([www.adultfitnesstest.org](http://www.adultfitnesstest.org))

13th  Chapter 4

15th  Chapter 4 Cont.

20th  Chapter 5

22th  Chapter 5 Cont. Lab 2 Introduction (Chapters 8 and 12)

27th  Lab 2 Cont.

29th  Chapter 6

**October**

4th  Unit 1 Review

6th  Unit 1 Exam

11th  Chapter 9

13th  Chapter 9 Cont.

18th  Chapter 13

20th  Chapter 13 Cont.; Lab 3 Introduction

25th  Lab 3

27th  Unit 2 Review

**November**

1st  Unit 2 Exam

3rd  Chapter 7

8th  Fall Break- NO CLASS

10th  Chapter 7 Cont.
Chapter 11

Chapter 11 Cont.; Lab 3 Introduction

Lab 3; Unit 3 Review

Thanksgiving Break- NO CLASS.

Unit 3 Exam

December

Last day of class. Mental Toughness/Behavior Change (Chapter 23).

***Final Exam- Tuesday, December 16, 2014 from 12- 3 PM***