College of Charleston
EXSC 210-02 Concepts in Fitness Assessment and Exercise Prescription
Spring 2016 3 Semester Credit Hours

Time and Place: Tuesday and Thursday 8:00 AM- 9:15 AM, Silcox 111

Instructor: Mr. Michael Tornifolio M.Ed.

Office Hours: Monday and Wednesday 9am-11am, Tuesday 3:30pm-5pm (Email or call to set up a time)

Office: TD Arena 219

Phone and E-mail (843) 953-5309 (Mr. Tornifolio's Office) tornifoliomk@cofc.edu

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.


Additional References: exrx.net – Exercise Prescription and Assessment
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 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.
Student Learning Objectives

1. As a result of participating in EXSC 210 students will learn how to identify and test physical fitness skill.
2. As a result of participating in EXSC 210 students will learn how to prescribe components to health related physical fitness and describe the benefits of those components.
3. As a result of participating in EXSC 210 students will construct a four week macrocycle for development of improving physical fitness.

Course Requirements:

1. **Examinations**  Each Test is worth 75 pts.
   - Test 1 - Foundational Material (Chapter 1-4)
   - Test 2 - Exercise Prescription (Chapters 11 and 14)

   **Due Date = Test 1 – Thursday, 2/4; Test 2 – Tuesday, 4/26; Value = 150 points 9 (Schedule is Tentative)**

3. **Lab Assignments**

   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 tentative due to availability of equipment. The teacher will let you know the days the students will participate in a Lab. Students must attend lab to receive credit.

   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.

   - Lab 1  Par-Q, Presidential Fitness Test
   - Lab 2  Metabolic Calculations
   - Lab 3  Blood Pressure CRF Field Tests
   - Lab 4  Body Composition Assessment
   - Lab 5  Muscular Fitness

   **Value = 5 @ 20 points = 100 points**

4. **Fitness Portfolio**  The Fitness Portfolio is the culminating assignment that combines lab and lecture material. Students will demonstrate the ability to assess health-related fitness. Assessment results will be used to write an exercise prescription based on results and goals. A detailed rubric will be provided and covered in class.

   **Due date: Thursday 4/26 Value = 100 points**

5. **Homework and Class Assignments and Quizzes**  This category allows the instructor to be more student driven and current. Throughout the semester current topics and foundational articles will be addressed through small group work, quizzes and via homework. Having a pool of points to award students for class participation is beneficial and creates a more dynamic approach to the class.
Evaluation Criteria Summary:

1. Examinations      150 points
2. Lab Assignments     100 points
3. Fitness Portfolio     100 points
4. Homework, Class Assignments, Quizzes 100 points

Point Total 450 points

Evaluation Scale:

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

Course Content:

Unit I     Foundational Material
A. Fitness Defined (Chapter 1 plus notes)
B. Health Appraisal (Chapter 2, Lab 1 plus notes)
C. Functional Anatomy and Biomechanics (Chapter 3)
D. Exercise Physiology (Chapter 4 plus notes)
E. Energy Costs of Physical Activity (Chapter 6)

Unit II   Assessment
A. Body Composition and Flexibility (Chapters 8 and 10)
B. Cardiovascular Fitness (Chapter 7)
C. Muscular Fitness (Chapter 9)

Unit III   Exercise Prescription
A. Body Composition and Flexibility
   (Chapters 12 and 14)
B. Cardiovascular Fitness (Chapter 11)
C. Muscular Fitness (Chapter 13)

Attendance: Attendance is critical. Attendance during lab is mandatory. Failure to attend a scheduled lab session will result in a loss of points for the lab. Lab reports from students that did not attend the specific lab session will only be accepted if the absence was pre-approved. It is the full responsibility of the student to make arrangements to make-up the missed lab. If a student is absent during a quiz, a grade of zero (“0”) will be given for said quiz. If the absence was pre-approved an alternative assignment may be awarded at the instructor's discretion. 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 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. After the first tardy, 10 points will be taken from the student’s total point value for each subsequent tardy.

Make-ups: Make-up work is allowed at the discretion of the professor. Only extenuating circumstances warrant a make-up. It is the student's responsibility to see the instructor if he/she has missed any work. Contact with the professor must be timely--as soon as the student returns to school after an absence or during an absence, if possible.
Late assignments will be penalized 20% of total point value per day including weekends. Failure to contact the instructor about late work will result in a zero for that assignment. Students have 24 hours after the due date to email the instructor or no points will be assigned.

NO LABS, HOMEWORK, AND CLASS ASSIGNMENTS WILL BE ACCEPTED AFTER April 21, 2016

All assignments not submitted digitally must be typed. No hand-written assignments will be accepted.

Extra Credit: none

Honor System: Students must do their own work. Please see the 2015-2016 Student Handbook - (Academic Honor System) for a description of the College’s Honor System, which is fully supported in this class.

College of Charleston 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 by both 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 stored on a cell phone), 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://www.cofc.edu/generaldocuments/handbook.pdf

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.