

SUL ROSS STATE UNIVERSITY
COURSE SYLLABUS
KES 4303
FITNESS TESTING AND EXERCISE PRESCRIPTION
FALL 2016

INSTRUCTOR: Raymond Troy Canaba, Office Gallego Center #106 (432)837-8446

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Office hours: 10:00 a.m.-12:00 p.m. MWF, 9:30 a.m.-11:30 a.m. TR

Available online during office hours.

Appointments can be made at other times.

BLACKBOARD: The Course Syllabus can be found on Blackboard. Grades and the Course Calendar will be available for your information on Blackboard. To access "Blackboard" you go to www.bbsrsu.sulross.edu. Your login and password will be the same as in the past. If you do not have your login or password or you cannot get on Blackboard, or you have other technical problems then you can use the following resources:

GO TO: <http://www.sulross.edu/page/2554/lobolaunch-tech-tips>. Phone: you can call the LTAC helpdesk at 8888. Off Campus, dial 432-837-8888 or the toll free number, 1-888-837-2882. Please visit the LTAC website at www.sulross.edu/oit for current hours of operation.

Online: <https://techassist.sulross.edu>. Access to the web service request system is available 24-7-365. Please have your user credentials (email login and password) handy because you will need to login to submit a service request. The user guide for creating your own ticket is located at <http://www.sulross.edu/LTAC>.

COURSE DESCRIPTION: Evaluation of health and fitness levels of athletic and nonathletic population; creating effective exercise programs for various populations.

PURPOSE OF THE COURSE: The major emphasis is placed on the student gaining knowledge understanding, and skills to be able to test, evaluate and prescribe safe and effective exercise for individuals.

STUDENT LEARNING OUTCOMES:

Upon successful completion of the Kinesiology and Sport Science Program student will:

1. Create and implement health and physical activity principles of performance within diverse populations.
2. Prepare, instruct, and assess developmentally appropriate physical education curricula and/or exercise prescription based on student'/clients' needs.

STANDARD II

The physical education teacher understands principles and benefits of a healthy, physically active lifestyle and motivates students to participate in activities that promote this lifestyle.

Competency 006

The teacher understands major body systems, principles of physical fitness development and training and the benefits of a healthy, active lifestyle.

Competency 007

The teacher understands principles and activities for developing and maintaining cardiovascular endurance.

Competency 008

The teacher understands the principles and activities for developing and maintaining flexibility, posture and muscular strength and endurance.

COURSE OBJECTIVES: (Students will be expected to be able to do each of the following)

- Differentiate between physical activity, exercise and physical fitness.
- Contrast and compare various definitions of physical fitness.
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- Describe the differences between sport related and health related fitness.
- Demonstrate the ability to select and utilize accepted screening protocols to safely and effectively prescribe exercise.
- Be able to select, evaluate and use various submaximal VO₂ tests to classify individual fitness levels.
- Describe concepts of methods to determine body composition and desirable levels.
- Demonstrate skills in utilizing several methods to determine body composition and prescribe exercise to improve unhealthy levels.
- Be able to select, administer and evaluate various musculoskeletal tests that affect health-related fitness.
- Demonstrate knowledge of the ACSM guidelines for total fitness in prescribing exercise for health-related fitness.
- Identify the principles of a prudent diet for health-related fitness.
- Identify the risk CHD factors and prescribe methods to offset them.
- Explain the types of cancer that can be prevented by exercise and diet.
- Differentiate between Type I and Type II diabetes and related the effects of exercise and diet on prevention and control.
- Explain the causes and health risks of obesity and the impact that exercise and diet can play in prevention and improvement.
- Identify mental health problems that can be prevented and improved through effective exercise.
- List the health effects of aging and how exercise can slow down and improve them.

COURSE OUTLINE:

- I. Physical Fitness and Health
- II. Testing Concepts
- III. Cardiorespiratory Fitness
- IV. Body Composition
- V. Musculoskeletal Fitness
- VI. Exercises Prescription
- VII. Nutrition
- VIII. Physical Activity and Disease
- IX. Cancer
- X. Diabetes
- XI. Obesity
- XII. Psychological Health
- XIII. Aging

METHOD OF INSTRUCTION: Lecture, discussion, group activities, and demonstration.

CLASS ATTENDANCE: Classroom attendance and participation is required. In accordance with the University Catalog, a student with (9) absences may be dropped from the course with a grade of F. Habitual tardiness is disruptive to the class and should happen infrequently. Therefore, three (3) tardiest may count as one unauthorized absence.

COURSE REQUIREMENTS:

- I. There will be two major 150 point exams for a total of 300 pts. No comprehensive final.
- II. Semester Portfolio Project
 - Project Section #1-Aerobic Exercise Prescription. Test and classify yourself or someone else's aerobic fitness level using an accepted protocol. Prescribe and write a 6 week workout plan based on pretest results knowledge and skills acquired. (30 pts. Possible)
 - Project Section #2-Resistance Exercise Prescription. Test and classify yourself or someone else's muscular strength and endurance fitness level using an accepted protocol. Prescribe and write a 6 week workout plan based on pretest results. (30 pts. Possible)
 - Project Section #3- Flexibility Exercise Prescription. Test and evaluate yourself or someone else's flexibility fitness using an accepted protocol. Write a 6 week workout plan based on pretest resulting using the FITT Formula. (30 pts. Possible)
 - Project Section #4-Body Weight and Composition. Test and evaluate your or someone else's body composition. Develop a diet plan with goals to improve the body composition. Discuss how the diet plan and exercise will impact the body based on the principles you have learned. (30 pts. Possible)

Each section will be evaluated and points awarded based on the following rubric:

- 20 pts for using the correct test and protocols
- 20 pts for prescribing a safe and effective exercise program based on principles and concepts studied in class and the pretest and background evaluations of the subject
- 10 pts for grammar, citations of sources, organizations, etc.
- 50 pts possible for each sections x's 4 section=200 pts. total

III. Class attendance and participation will be worth a possible 150 points. Points will be given based on the scale below:

- 0-1 unexcused absence= 150 pts.
- 2 unexcused absence=140 pts.
- 3 unexcused absence=120 pts.
- 4 unexcused absence=100 pts
- 5 unexcused absence=80 pts.
- 6 unexcused absence=60 pts
- 7 unexcused absence=40 pts.
- 8 unexcused absence=20 pts.
- 9 unexcused absence=0 pts. will be dropped from the class with an F.
- 3 tardiest= one absence

IV. Class Activities based on end-of-chapter textbook forms and ideas will be conducted during class. There will be 13 selected activities done mostly in groups, one each week. The activities will be based primarily on participation and discussion. Each activity will be worth 15 points possible for a total of 200 pts.

V. Computation of the final grade will be based on the following:

Exam I = 150 pts.	A=750-850 pts.
Exam II=150 pts.	B=650-749 pts.
Attendance=150 pts.	C=575-649 pts.
Class Activities=200 pts.	D=500-574 pts.
Prescription Project=200 pts.	F=below 500 pts.

Total Possible Points= 850 pts.

VI. Preparation for class: This includes the following: 1.) ***if you bring a cell phone or any type of electron device, make sure it is turned off. If it caused a class disruption you could be asked to leave the class.*** 2.) make necessary rest room stops, etc. to enable you to remain in class for the duration. 3.) do not bring food or drinks into the classroom, 4.) have copies of the power point slides copied from Blackboard and 5.) Read the chapter in the textbook before it is discussed in class.
This is an upper LEVEL COURSE and you will be expected to conduct yourself as such!
This means appropriate dress and hygiene (such as no pajamas, clothing that shows too

much skin, or any disruptive appearance or actions!) If you leave the class for any of these reasons, it will count as an unexcused absence and the student will meet with Mr. Canaba to discuss the situation. If a student has two unexcused absences and/or tardies, he/she will be asked to meet with Mr. Canaba to discuss possible ways to improve the situation.

- VII. Academic Honesty: Students are expected to do their own work. Cheating in any form will be subject to disciplinary actions that can result in dismissal from the class with a grade of F. This includes plagiarism.
- All of the following are considered plagiarism: (taken from: <http://www.plagiarsim.org/>)
 - Turning in someone else's work as your own
 - Copying words or ideas from someone else without giving credit
 - Failing to put a quotation in quotations marks
 - Giving incorrect information about the source of a quotation
 - Changing words but copying the sentence structure of a source without giving credit
 - Copying so many words or ideas from a source that it makes up the majority of your work, whether you give credit or not

VIII. **PROGRAM ACCESSABILITY:**

Sul Ross State University is committed to equal access in compliance with the Americans with Disabilities Act of 1973. It is the student's responsibility to initiate a request for accessibility services. Students seeking accessibility services must contact Mary Schwartz, M. Ed., L.P.C., in Counseling and Accessibility Services, Ferguson Hall, Room 112. The mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas 79832. Telephone: 432-837-8691. E-mail: mschwartz@sulross.edu

REQUIRED TEXTBOOK: *Exercise Testing and Prescription: A Health-Related Approach*, David C. Nieman, McGraw Hill Publishers, Seventh Edition, 2011.