



KES 4303
FITNESS TESTING & EXERCISE PRESCRIPTION
Spring 2021 - GPC 106 - T/TH 12:30-1:45pm

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Office Hours: MW 1-4pm; TTh 2-4pm; Fri 11am-12pm
Or by appointment (<https://www.schedulicity.com/scheduling/SRSN5W>)
Required Text: Exercise Testing and Prescription Lab Manual, 2nd Ed.
Acevedo and Starks
Human Kinetics

Permanent link to syllabus: <https://srinfo.sulross.edu/fs/9798>

Purpose of the Course

The purpose of this course is to teach students how to use relevant fitness testing equipment and to prescribe appropriate exercise programs based on fitness evaluations. Students will learn the guidelines and protocols for safe and effective exercise testing for normal and special populations. This course presents students with the most current information on health-related physical fitness testing and exercise programming for individuals of all ages, fitness levels, and disease states. Emphasis is placed on preparing students for a variety of certifications offered by the American College of Sports Medicine.

Course Description

The student will be able to identify an emergency and be able to explain a safe scenario. The student will be able to apply skills learned in the class and be prepared for real life scenarios. The student will be able to evaluate safety situations and become CPR certified through this course

Course Student Learning Objectives

The overall goal of this course is to equip students with the knowledge necessary to conduct comprehensive health appraisals and exercise tests and use the results from such appraisals and tests to develop safe and effective exercise programs. By the end of the semester, students should be able to:

1. Describe the relationship between physical activity and health.
2. Identify cardiovascular, respiratory, metabolic, or musculoskeletal risk factors or conditions that may require consultation with medical personnel before exercise testing or training.
3. Assess a person's medical health history.
4. Identify relative contraindications to exercise testing or participation.
5. Use assessment results to provide appropriate exercise prescription.

Texas Examinations of Educator Standards

● Physical Education EC–12 Standard I

The physical education teacher demonstrates competency in a variety of movement skills and helps students develop these skills.

Competency 001: The teacher understands and applies principles of motor development and motor learning.

Competency 003: The teacher understands and applies knowledge of movement concepts and biomechanical principles.

● Physical Education EC–12 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 principles and activities for developing and maintaining flexibility, posture and muscular strength and endurance.

Competency 009: The teacher understands health and wellness concepts, including those related to nutrition, weight control and stress management, and analyses ways in which personal behaviors influence health and wellness.

Marketable Skills

The following marketable skills are achieved in this course: (these are your options)

1. Students acquire *communication* skills.
2. Students acquire *collaboration* skills.
3. Students demonstrate *creativity*.
4. Students demonstrate *critical thinking*.

Program Learning Outcomes

1. The Kinesiology and Sport Science students will understand the principles of motor learning; understand the practice for developing motor skills; apply knowledge to biomechanical principles; apply knowledge of individual and teams sports and understand the principles of dance, personal performance activities, recreational activities and outdoor pursuits (Movement Skills and Knowledge Domain).

2. The Kinesiology and Sport Science students will understand major body systems, principles of physical fitness and benefits of a healthy lifestyle; understand the principles and activities for developing cardiovascular endurance; understand principles and activities for developing and maintaining flexibility, muscular strength and endurance; and understand health and wellness concepts (Health-Related Physical Fitness Domain).

3. The Kinesiology and Sport Science students will know how to use effective instruction and assessment to prepare physically educated individuals; understand factors relevant to learning and performance in physical education and use knowledge to promote students' development; understand the structure and purposes of physical education programs; and understand legal issues and responsibilities of physical education teachers (The Physical Education Program Domain).

Style Of Teaching:

The objectives of this course will be met through an integrated teaching style that will include online presentations and discussion boards. Students will be encouraged to remain actively involved in class discussions and will be responsible for reading all assigned material for this class. This is an online blackboard course. No assignments shall be accepted via email and all assignments shall be turned in on blackboard or during class.

Attendance

Attendance for class is mandatory. Every class day is a grade. You will receive 100% credit for being on time, 75% credit for being tardy. One letter grade will be deducted for every absence after four (4). Students with zero (0) absences (not including athletic related absences) and with no missing assignments will be exempt from the final exam.

GRADING POLICIES/TESTING/ASSIGNMENTS/ATTENDANCE/EXPECTATIONS

Outcome Measure	Points Per Item	Number of Items	Available Points	Percentage of Grade
Class Attendance & Participation	10	25	250	25%
Lab Activities	10	15	150	15%
Quizzes	10	10	100	10%
Tests	100	3	300	30%
Final Project	100	1	200	20%
Total/Final Grade*	-	-	1000	100%

*Letter Grading as per SRSU policy will be used in this course.

Be sure to complete all assignments by the due date.

COURSE REQUIREMENTS

I. Chapter Quizzes 11 units

II. Lab Assignments Choose a topic from each unit and write a minimum 250 word essay, also reply to two (2) classmates' discussion boards with a minimum 100 word scholarly reply.

III. Tests Three (3) available; will vary in difficulty and be in class and through distance

IV. Final Project. Program Design Project. The program design project provides experience in administering health and fitness assessments and designing a fitness training program to meet the goals and needs of a client. Throughout the course, you must determine four appropriate fitness assessment tests to administer to the client. You will then be assigned a client to serve as the subject for your project. After administering the assessment tests to the client and evaluating the results, you must design a fitness training program for the client to meet the determined and agreed upon goals. Areas of emphasis for the evaluation of the program will include

- Selection of appropriate assessments
- Selection of appropriate program design variables for 3 of the 5 components of health related fitness and must include FITT-VP for each.
- Appropriate rationale for each selection

Late Work Policy

All coursework must be submitted by the provided due dates in Blackboard. All late assignments will be subject to a deduction of points penalty.

KES 4303 Fitness Testing & Exercise Prescription
TENTATIVE COURSE CALENDAR
Spring 2022

Week	Dates	Content	Lab
1	1/10-1/14	Virtual	online
2	1/17-1/21	MLK Day - No class Monday Body Structure & Function	Forms
3	1/24-1/28	Biomechanics & Bioenergetics	Lab orientation, risk factors, medical history, informed consent
4	1/31-2/4	Adaptations to Exercise	Heart rate and Blood Pressure
5	2/7-2/11	Age & Sex Related Differences	Skinfold and Circumference
6	2/14-2/18	Administration, Scoring, and Interpretation of selected tests	VO2 submax
7	2/21-2/25	Warm up and flexibility training	Muscular Endurance
8	2/28-3/4	Program design for aerobic endurance	Muscular Strength
9	3/7-3/11	SPRING BREAK	n/a
10	3/14-3/18	Program Design for resistance training	Flexibility
11	3/21-3/25	Program design for weight loss	ECG Field Trip
12	3/28-4/1	GOOD FRIDAY	Metabolic Calculations
13	4/4-4/8	Program design for skill related fitness	Goal Setting & Adherence
14	4/11-4/15	Program design for special pops	Exercise Instruction
15	4/18-4/22	Periodization	Exercise Prescription
16	4/25-4/27	LAST CLASS DAY	Final Project DUE

UNIVERSITY POLICIES

Distance Education Statement

Students enrolled in distance education courses have equal access to the university's academic support services, such as Smarthinking, library resources, online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website. Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard, which requires secure login information to verify students' identities and to protect students' information. The procedures for filing a student complaint are included in the student handbook. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website.

Accidents & Injuries

In the case of bodily or personal property damage, the Kinesiology Department will not be held responsible. The student must report any field experience related injury or illness to the Instructor immediately. Any expense incurred due to injury or illness will be the student's responsibility.

Academic Integrity Statement

Academic dishonesty hurts everyone and reduces the value of college degrees. Doing someone else's work, presenting the ideas and work of others as your own, submitting the same paper for multiple classes, and/or failing to cite your sources when you utilize the ideas of others, are all examples of academic dishonesty. It is your responsibility to read and understand the university's policy on academic dishonesty in the SRSU Student Handbook, as all violations will be taken seriously and handled through the appropriate university process. The Student Handbook can be found at: <https://www.sulross.edu/page/2454/student-handbook> (page 80).

In addition, please note that plagiarism detection software may be used in this class for written assignments, as well as monitoring software for course exams.

Academic Civility Statement

Students are expected to interact with professors and peers in a respectful manner that enhances the learning environment. Professors may require a student who deviates from this expectation to leave the face-to-face (or virtual) classroom learning environment for that particular class session (and potentially subsequent class sessions) for a specific amount of time. In addition, the professor might consider the university disciplinary process (for Academic Affairs/Student Life) for egregious or continued disruptive behavior.

Academic Affairs Service Statement

Sul Ross faculty, staff, and students are expected to model responsible citizenship through service activities that promote personal and academic growth while enhancing the university, local, regional, national, and global communities. These activities will foster a culture of academic/public engagement that contributes to the achievement of the university's mission and core values.

Academic Excellence Statement

Sul Ross holds high expectations for students to assume responsibility for their own individual learning. Students are also expected to achieve academic excellence by:

- Honoring the core values of Sul Ross.
- Upholding high standards of habit and behavior.
- Maintaining excellence through class attendance and punctuality.
- Preparing for active participation in all learning experiences.
- Putting forth their best individual effort.
- Continually improving as independent learners.
- Engaging in extracurricular opportunities that encourage personal and academic growth.
- Reflecting critically upon feedback and applying these lessons to meet future challenges.

ADA Statement - update

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 Schwartze, 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: mschwartze@sulross.edu