



SUL ROSS
KINESIOLOGY DEPARTMENT

Kine 4634-001 Fitness Testing and Prescription
MWF GPC – 108
12:30 -1:45pm

Doug Renshaw M.Ed., Ph.D. (c)

Lecturer - Kinesiology

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Office Hours: Tuesday 9am-12am, Thursday 9am-12am, and Friday 10am-2pm **By appointment (email to set an appointment)**
Meeting: On-line or in person
Required Text: Gibson, A.L., Wagner, D.R., and Heyward, V. H. 2019. *Advanced Fitness Assessment and Exercise Prescription, 8th ed.* Champaign, IL: Human Kinetics. Older edition and eBook are acceptable

COURSE DESCRIPTION

This course covers laboratory and field tests used for assessing physical fitness components as well as principles of exercise prescription. Test results are used in developing individualized exercise prescriptions to improve cardiorespiratory fitness, muscular fitness, body weight and body composition, flexibility, and balance.

EXPECTATION OF STUDENTS

Students are responsible for keeping up with the reading and are expected to read the assigned chapters and/or other posted readings prior to class in order to contribute to online discussion. Handouts distributed through Blackboard should be kept in a notebook in order to be referred to as necessary.

MARKETABLE SKILLS – The following marketable skills are met in this course:

- **Collaboration** – students will interact with one another through a multitude of class discussions and activities
- **Communication** – students will understand the necessity of communicating proper techniques of exercise testing and prescription.
- **Critical Thinking** – students will be asked to critically decipher a multitude of real-world scenarios that could occur during exercise testing and prescription
- **Career Readiness** – students will learn skills that will aid them in careers involving exercise testing and prescription

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. Emphasis is placed on preparing students for a variety of fitness related certifications.

Course Description

This course covers laboratory and field tests used for assessing physical fitness components as well as principles of exercise prescription. Test results are used in developing individualized exercise prescriptions to improve cardiorespiratory fitness, muscular fitness, body weight and body composition, flexibility, and balance. 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.

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. To develop knowledge of the principles of physical fitness assessment and exercise prescription
2. To familiarize the student with various exercise and conditioning programs for development of each physical fitness component
3. To familiarize the student with various principles and programs for weight management
4. To provide the student with the opportunity to design individualized physical fitness programs
5. To provide the opportunity for practical experiences in using field and laboratory tests for the appraisal of physical fitness status and the design of exercise and weight management programs

Program Learning Outcomes

1. SLO 1 - Knowledge of Human Cultures and the Physical and Natural World Through study in the areas of Exercise Science, Sport Management, K-12 Physical Education, Sport Psychology, and other sport, health, wellness, and fitness related academic foci. Students will demonstrate written comprehensive competency.
2. SLO 2 - Integrative and Applied Learning, including: Synthesis and advanced accomplishment across specialized studies. Integrative learning is an understanding and a disposition that a student builds across the curriculum and co-curriculum, from making simple connections among ideas and experiences to synthesizing and transferring learning to new, complex situations within and beyond the campus. This integration is demonstrated through the application of knowledge, skills, and responsibilities to new and familiar settings and through addressing complex problems in Kinesiology-related areas.
3. SLO 3 - Intellectual and Practical Skills. Practiced extensively, across the Kinesiology curricula, in the context of progressively more challenging problems, projects, and standards for performance.
 - a. Critical thinking. Critical thinking is a habit of mind characterized by the comprehensive exploration of issues, ideas, artifacts, and events before accepting or formulating an opinion or conclusion.
 - b. Written communication. Written communication is the development and expression of ideas in writing. Written communication involves learning to work in many genres and styles. It can involve working with many different writing technologies, and mixing texts, data, and images. Written communication abilities develop through iterative experiences across the curriculum.
 - c. Oral communication. Oral communication is a prepared, purposeful presentation designed to increase knowledge, to foster understanding, or to promote change in the listeners' attitudes, values, beliefs, or behavior.

- d. Teamwork. Teamwork is behaviors under the control of individual team members (effort they put into team tasks, their manner of interacting with others on team, and the quantity and quality of contributions they make to team discussions.

Course Format

The format for this course will include, but is not limited to – face to face delivery and on-line components. The objectives of this course will be met through an integrated teaching style that will include presentations and lab activities. 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 a face-to-face course with a blackboard component. 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.**

Quizzes

will be assigned weekly via blackboard and will be due Sundays by 11:59pm

Final Project

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. You will 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: 1) assessments 2) appropriate program design 3) appropriate rationale for each selection.

GRADING POLICIES/TESTING/ASSIGNMENTS/ATTENDANCE/EXPECTATIONS

Grade calculation	% of Grade	Grading Scale
Attendance	100 (10%)	900 or more A
Lab activities	10 @ 30 = 300 points (30%)	800-899 B
Quizzes	5@20 =100 (10%)	700-799 C
Final Project	500 points (50%)	600-699 D
		Less than 599 F
		Total Points = 1000

- Some lectures & Labs may be altered or amended due to equipment availability and time constraints

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Date	Content	Assignment
Monday, August 28, 2023	Syllabus	Chapter 2
Wednesday, August 30, 2023	health screening	
Friday, September 1, 2023	NO CLASS (TENTATIVE)	
Monday, September 4, 2023	LABOR DAY NO CLASS	chapter 1
Wednesday, September 6, 2023	health and disease	
Friday, September 8, 2023	NO CLASS (TENTATIVE)	
Monday, September 11, 2023	assessing HR and BP and assessing HR and BP	Chapter 2
Wednesday, September 13, 2023	Lab 1: Measurement of heart rate and blood pressure	
Friday, September 15, 2023	NO CLASS (TENTATIVE)	
Monday, September 18, 2023	Principles of physical fitness testing	Chapter 3
Wednesday, September 20, 2023	Principles of exercise prescription	
Friday, September 22, 2023	NO CLASS (TENTATIVE)	
Monday, September 25, 2023	cardiorespiratory Rx	chapter 4
Wednesday, September 27, 2023	cardiorespiratory Rx	
Friday, September 29, 2023	NO CLASS (TENTATIVE)	
Monday, October 2, 2023	Designing aerobic exercise programs	chapter5
Wednesday, October 4, 2023	Designing aerobic exercise programs	
Friday, October 6, 2023	NO CLASS (TENTATIVE)	
Monday, October 9, 2023	Body composition models	Chapter 8
Wednesday, October 11, 2023	Body composition models	
Friday, October 13, 2023	NO CLASS (TENTATIVE)	
Monday, October 16, 2023	CR field tests	Chapter 4
Wednesday, October 18, 2023	CR field tests	
Friday, October 20, 2023	NO CLASS (TENTATIVE)	
Monday, October 23, 2023	Muscular fitness	Chapter 6
Wednesday, October 25, 2023	Muscular fitness	
Friday, October 27, 2023	NO CLASS (TENTATIVE)	
Monday, October 30, 2023	Resistance RX	Chapter 7
Wednesday, November 1, 2023	Resistance RX	
Friday, November 3, 2023	NO CLASS (TENTATIVE)	
Monday, November 6, 2023	Flexibility <i>Dia De Lobo</i>	Chapter 10
Wednesday, November 8, 2023	Flexibility <i>Dia De Lobo</i>	
Friday, November 10, 2023	NO CLASS (TENTATIVE)	
Monday, November 13, 2023	Designing programs to improve body composition	Chapter 9
Wednesday, November 15, 2023	Designing programs to improve body composition	
Friday, November 17, 2023	NO CLASS (TENTATIVE)	
Monday, November 20, 2023	Balance	Chapter 12
Wednesday, November 22, 2023	Balance	
Friday, November 24, 2023	Thanksgiving NO CLASS	
Monday, November 27, 2023	<i>low back care</i>	quiz 5
Wednesday, November 29, 2023	<i>low back care</i>	
Friday, December 1, 2023	NO CLASS (TENTATIVE)	
Monday, December 4, 2023	<i>presentations</i>	due by 11:59
Wednesday, December 6, 2023	<i>presentations</i>	
Friday, December 8, 2023	Final Project due	

No Late Assignments Will Be Accepted. Also, No Credit Will Be Given For Any Late Assignments

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

Students in this class are expected to demonstrate scholarly behavior and academic honesty in the use of intellectual property. A scholar is expected to be punctual, prepared, and focused; meaningful and pertinent participation is appreciated. Examples of academic dishonesty include but are not limited to: Turning in work as original that was used in whole or part for another course and/or professor; turning in another person's work as one's own; copying from professional works or internet sites without citation; collaborating on a course assignment, examination, or quiz when collaboration is forbidden. The Student Handbook can be found at:

<https://www.sulross.edu/catalog/undergraduate-academic-regulations-2/#1605412215143-c8b265dc-3e01>

In addition, please note that plagiarism detection software will be used in this class for written assignments.

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.

Libraries

The Bryan Wildenthal Memorial Library in Alpine.

Offers FREE resources and services to the entire SRSU community. Access and borrow books, articles, and more by visiting the library's website, library.sulross.edu. Off-campus access requires logging in with your LoboID and password. Librarians are a tremendous resource for your coursework and can be reached in person, by email (srsulibrary@sulross.edu), or phone (432-837-8123).

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

SRSU Disability Services. Sul Ross State University (SRSU) is committed to equal access in compliance with Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the student's responsibility to initiate a request each semester for each class. Students seeking accessibility/accommodations services must contact Rebecca Greathouse Wren, LPC-S, SRSU's Accessibility Services Coordinator at 432-837-8203 (please leave a message and we'll get back to you as soon as we can during working hours), or email rebecca.wren@sulross.edu. Our office is located on the first floor of Ferguson Hall (Suite 112), and our mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas, 79832.