

Plymouth State University
Department of Health and Human Performance
Course Syllabus
PE 3260 Health Fitness Assessment And Programming – 3 Credits

Catalog Description: This course focuses on the components of fitness associated with optimal health, cardiorespiratory fitness, muscular fitness, flexibility, and body composition. Learners will explore the associations among physical activity, health, and hypokinetic diseases; health screening and risk classification; principles of assessment, prescription, and exercise program adherence; various assessments strategies for determining levels of health fitness as well as practice health fitness programming techniques specific to health fitness assessments. Learning outcomes will include knowledge of health fitness components and their relationship to optimal health, health fitness measures and test administration, health fitness data analyses, and exercise programming and techniques relative to health fitness assessment outcomes.

Required Reading: Howley, E. & Franks, B. (2007) Fitness Professionals Handbook, Human Kinetics, Champaign, IL. ISBN 13: 978-0-7360-6178-0

Learning Objectives (LO): Upon completion of this course the student should be able to:

1. Describe and discuss the relationships between physical activity and health across the lifespan.
2. Organize and conduct appropriate and varied assessments for physical activity readiness, health/medical history, risk factors related to physical activity and informed consent/assumption of risk.
3. Conduct health-related fitness assessments for cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition using age/condition appropriate measures and methods.
4. Determine appropriate levels of frequency, intensity, duration and mode/type of activities to use in a program to improve and/or maintain health related fitness for apparently healthy groups and individual of varying ages based on assessment information.
5. Describe and apply basic principles of motivation and behavior modification by using SMART goals in the context of health fitness setting and applications.
6. Discuss and demonstrate the planning and implementation of fitness assessment & programming in varied settings, e.g., public school physical education classes, community recreational settings, commercial/corporate centers and direct personal training.
7. Gather and utilize information about assessment and programming resources and associated information required for health fitness leaders/educators

Student Responsibilities:

- ✓ Full participation and attendance at every scheduled class.
 - Students are expected to come to class **fully prepared** to participate in class discussions and labs (complete readings, necessary materials and be appropriately dressed)
 - Be aware of where class is meeting by **checking the course calendar daily**.
- ✓ Avoid absences - Only instructor pre-approved absences will be eligible to make up any work or for deadline extensions.
- ✓ Absences that are most likely to be pre-approved include: participation in scheduled athletic events off campus, serious personal or family situations, or HHP/PSU sponsored participation in professional conferences. **Pre-approval means speaking with the instructor prior to the absence to plan for academic support or make ups.**
- ✓ In the event of illness, it is expected that students will **notify the instructor ASAP** and not come to class when contagious.
- ✓ **Students should assume responsibility** for obtaining and applying any and all course materials and content covered during any absence. For excused absences, arrangements will be made to take exams at alternate times. In the event of an unexcused absence, missed tests or late labs will result in a grade of zero.

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Assignments and Assessments: Rubrics will be provided for all work other than tests:

- A. Objective Examinations: (300 points total)** (LO-1-5). Three exams @ 100 points each. These will include multiple choice, true/false, short answer and some case study analysis/computation questions.
- B. Fitness Assessment Experiences: (100 points total)** (LO 2, 3, 4) Students will participate in personal and professional fitness assessment activities. Some will involve in class labs, others will require out of class activities. Each will require preparation by reading in the text and applying practical skills necessary to assess health status, evaluate risk, obtain informed consent, and assess all components of health-related fitness using laboratory and field-based assessments.
- C. Class Project Case Study: (100 points)** (LO 2, 3, 4, 5, 6, 7) Using case study methodology, students will secure a willing and engaged client to be a test subject and receiver of a full fitness assessment and general prescription for health-related physical activity. SMART goals will be developed and documented.
- D. Special topic group presentation and attendance: (50 points)** (LO 5, 6, 7) Attendance will be recorded and students will present at least one special topic/chapter review to the class.

Course Grading: A grade will be assigned as a percentage of **400 total points** as follows.

A	93-100 %	A-	90-92 %	B+	87-89 %	B	83-86 %
B-	80-82 %	C+	77-79 %	C	73-76 %	C-	70-72 %
D+	67-69 %	D	63-66 %	D-	60-62 %	F	< 59.5 %

Note: The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. If you believe you have a disability requiring an accommodation, please contact the Counselor for Students with Disabilities at Plymouth Academic Support Services (PASS). The web address for PASS is <http://www.plymouth.edu/pass/serve.htm>. As your instructor, and if you are willing, I would appreciate knowing if you have any unique physical, medical, mental, or learning abilities. This information may assist me in accommodating for diversity among our students.

Academic Integrity: All work submitted in this course must be your own and produced exclusively for this course. The use of sources (ideas, quotations, and paraphrases) must be properly acknowledged and documented (APA format). Violations of university policy will be reported in accordance with the procedures outlined under Academic Policies and Procedures - Academic Integrity at http://www.plymouth.edu/registrar/academic_policies.html.

Academic dishonesty, as defined by Plymouth State University, is an intentional act of deception in one of the following areas:

- *Cheating – use or attempted use of unauthorized materials, information, or study aids.*
- *Fabrication – falsification or invention of any information.*
- *Assisting – helping another commit an act of academic dishonesty.*
- *Tampering – altering or interfering with evaluation instruments and documents.*
- *Plagiarism – representing the works of ideas of another person as one’s own.*