I. Course Description:
A study of the applications of health assessment, risk stratification, and exercise prescription principles for apparently healthy populations. Emphasis will also be given to clinical populations. Prerequisites: KIN 353.

Credit Hour Justification: KIN 451 “Fitness Appraisal & Exercise Prescription” (3 credits) meets 4 times each week in 1:55 segments for 5 weeks, and also meets for a 2-hour final examination. Students have significant weekly reading assignments, take 3 exams and a final examination. Students have several out of class homework assignments over metabolic equations, put together a comprehensive training program, and present an in class presentation. These activities average at a minimum 6 hours of work each week to adequately prepare outside of classroom hours.

II. Intended Learning Outcomes/Goals/Objectives (Program/Student Learning Outcomes):
This course links with SFA Initiative #4: Develop a learner-centered environment.
This course links with SFA’s COE Goal and Initiative #2: Prepare educators and industry professionals.
This course links with SFA Initiative #5: Create new learning opportunities through additional interdisciplinary, international, service learning, and civic engagement experiences.
This course links with SFA’s COE Goal and Initiative #2: Prepare educators and industry professionals.
A master list of standards can be found on the PCOE web page.

Program Learning Outcomes:
- The student will demonstrate an understanding of basic principles of physical fitness concepts and the utilization of available technology in assessing fitness levels, performance, and physiological effects during various levels of physical stress (FHP 1-4).
- The student will demonstrate knowledge of kinesiological principles and content (FHP 1).
- The student will design and implement human performance experiences that are appropriate and safe (FHP 2-4).

Student Learning Outcomes:
- Students will demonstrate ability to work with individuals in pre-participation screening. (FHP 2.1-2.5)
- Students will be able to identify various exercise tests and demonstrate ability to implement such tests. (FHP 3.1-3.8)
- Students will demonstrate ability to give exercise prescriptions with a variety of clientele. (FHP 4.1-4.4)

* A primary guide for the course is information and skills required for certification as a “Certified Exercise Physiologist” by the American College of Sports Medicine (i.e. The ACSM EP-C Exam).
III. Course Assignments and Exams:
Cognitive evaluation will consist of three exams (multiple guess, short answer, essay, oral) and a final exam. The final exam is comprehensive and will be modeled after the EP-C written exam. Questions will be taken from various sources (review and preparation text) listed in the textbook and resource materials section. The final exam will be challenging and will require students to recall information learned in other courses as well (example: Exercise Physiology, Biomechanics, etc.).

Make Up Assignments/Exams – Make up exams will not be given, prior arrangements must be made in critical cases. If a student is absence on exam day he/she will be earn a zero.

IV. Evaluation and Assessment:
Grading/Evaluation Procedures        FHP Program Standards
Exam I            30%         1, 2, 3, 4
Exam II           30%         1, 2, 3, 4
Exam III          30%         1, 2, 3, 4
Final Exam        10%         1, 2, 3, 4

V. Tentative Course Outline/Calendar:

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic/Assignment</th>
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<tbody>
<tr>
<td>Week 1</td>
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<tr>
<td>7/16-7/18</td>
<td>Ch. 1: Benefits/Risks of Physical Activity</td>
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<td>Ch. 2: Pre-participation Health Screening,</td>
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<td></td>
<td>Cardiovascular Risk Factor Assessment, Risk Stratification</td>
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<tr>
<td>Week 2</td>
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<tr>
<td>7/22</td>
<td>Exam 1</td>
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<tr>
<td>7/23-25</td>
<td>Ch. 7: FITT Principles</td>
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<tr>
<td>Week 3</td>
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<tr>
<td>7/29-8/1</td>
<td>Metabolic Equations</td>
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<td>Week 4</td>
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<tr>
<td>8/5</td>
<td>Metabolic Equations</td>
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<tr>
<td>8/6</td>
<td>Metabolic Equations</td>
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<tr>
<td>8/7</td>
<td>Exam 2</td>
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<td>8/8</td>
<td>Clinical Populations</td>
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<td>Week 5</td>
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<td>8/12</td>
<td>Clinical Populations</td>
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<td>8/13</td>
<td>Clinical Populations</td>
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<td>8/14</td>
<td>Clinical Populations/ACSM EP-C Practice</td>
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<tr>
<td>8/15</td>
<td>Exam 3</td>
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<tr>
<td>8/16</td>
<td>Final Exam</td>
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*Schedule is an approximation and could change*
VI. Readings:

Additional Resources
*ACSM Certification Review Guide*

VII. Course Evaluations:
Near the conclusion of each semester, students in the College of Education electronically evaluate courses taken within the COE. Evaluation data is used for a variety of important purposes including:

1. Course and program improvement, planning, and accreditation;
2. Instruction evaluation purposes; and
3. Making decisions on faculty tenure, promotion, pay, and retention.

As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the PCOE faculty is committed to excellence in teaching and continued improvement.

In the Perkins College of Education, the course evaluation process has been simplified and is completed electronically through MySFA. Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after final grades are posted.

VIII. Student Ethics and Other Policy Information:

Class Attendance and Excused Absence: Policy 6.7
Regular, punctual attendance, documented participation, and, if indicated in the syllabus, submission of completed assignments are expected at all classes, laboratories, and other activities for which the student is registered. Based on university policy, failure of students to adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. The instructor shall maintain an accurate record of each student’s attendance and participation as well as note this information in required reports and in determining final grades. Students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. However, students are responsible for notifying their instructors in advance, when possible, for excusable absences. Whether absences are excused or unexcused, a student is still responsible for all course content and assignments. Students with accepted excuses may be permitted to make up work for up to three weeks of absences during a semester or one week of a summer term, depending on the nature of the missed work. Make-up work must be completed as soon as possible after returning from an absence.

Academic Accommodation for Students with Disabilities: Policy 6.1 and 6.6
To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 468-3004 as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely
manner may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/. In the event that exams are administered solely online, students with disabilities will be granted the exam accommodations under the same online conditions allowed for other students enrolled in the course.

Student Academic Dishonesty: Policy 4.1
Abiding by university policy on academic integrity is a responsibility of all university faculty and students.

Definition of Academic Dishonesty
Academic dishonesty includes both cheating and plagiarism. Cheating includes, but is not limited to:
- using or attempting to use unauthorized materials on any class assignment or exam;
- falsifying or inventing of any information, including citations, on an assignment; and/or;
- helping or attempting to help another in an act of cheating or plagiarism.

Plagiarism is presenting the words or ideas of another person as if they were one’s own. Examples of plagiarism include, but are not limited to:
- submitting an assignment as one’s own work when it is at least partly the work of another person;
- submitting a work that has been purchased or otherwise obtained from the Internet or another source; and/or,
- incorporating the words or ideas of an author into one’s paper or presentation without giving the author credit.

Penalties for Academic Dishonesty
Penalties may include, but are not limited to reprimand, no credit for the assignment or exam, re-submission of the work, make-up exam, failure of the course, or expulsion from the university.

Student Appeals
A student who wishes to appeal decisions related to academic dishonesty should follow procedures outlined in Academic Appeals by Students (6.3).

Withheld Grades: Policy 5.5
At the discretion of the instructor of record and with the approval of the academic unit head, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F, except as allowed through policy [i.e., Active Military Service (6.14)]. If students register for the same course in future semesters, the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

Student Code of Conduct: Policy 10.4
Classroom behavior should not interfere with the instructor’s ability to conduct the class or the ability of other students to learn from the instructional program (see the Student Conduct Code, policy D-34.1). Unacceptable or disruptive behavior will not be tolerated. Students who disrupt the learning environment may be asked to leave class and may be subject to judicial, academic or other penalties. This prohibition applies to all instructional forums, including electronic, classroom, labs, discussion groups, field trips, etc. The instructor shall have full discretion over what behavior is
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appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the iCare: Early Alert Program at SFA. Information regarding the iCare program is found at https://www.sfasu.edu/judicial/earlyalert.asp or call the office at 936-468-2703.

Additional Information:  
To complete Certification/Licensing Requirements in Texas related to public education, you will be required to:

1. Undergo criminal background checks for field or clinical experiences on public school campuses; the public school campuses are responsible for the criminal background check; YOU are responsible for completing the information form requesting the criminal background check. If you have a history of criminal activity, you may not be allowed to complete field or clinical experiences on public school campuses. At that point, you may want to reconsider your major while at SFASU.

2. Provide one of the following primary ID documents: passport, drivers license, state or providence ID cards, a national ID card, or military ID card to take the TExES exams (additional information available at www.texas.ets.org/registrationBulletin/<http://www.texas.ets.org/registrationBulletin/>). YOU must provide legal documentation to be allowed to take these mandated examinations that are related to certification/licensing requirements in Texas. If you do not have legal documentation, you may want to reconsider your major while at SFASU.

3. Successfully complete state mandated a fingerprint background check. If you have a history of criminal activity, you may want to reconsider your major while at SFASU.

For further information concerning this matter, contact Katie Snyder 936-468-1740 or snyderke1@sfasu.edu.