Note:

Course content may be changed, term to term, without notice. The information below is provided as a guide for course selection and is not binding in any form, and should <u>not</u> be used to purchase course materials.

LIBERTY UNIVERSITY

COURSE SYLLABUS

EXSC 660

FITNESS ASSESSMENT AND PROGRAMMING

COURSE DESCRIPTION

This course is a study of the 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, and flexibility.

RATIONALE

The purpose of this course is to provide students a greater understanding of how to successfully access physical fitness. With this knowledge students will learn how to plan, develop, and carry out individualized exercise prescriptions to improve on the assessed fitness components.

I. PREREQUISITE

For information regarding prerequisites for this course, please refer to the Academic Course Catalog.

II. REQUIRED RESOURCE PURCHASE

Click on the following link to view the required resource(s) for the term in which you are registered: http://bookstore.mbsdirect.net/liberty.htm

III. ADDITIONAL MATERIALS FOR LEARNING

A. Computer with basic audio/video output equipment

B. Internet access (broadband recommended)

C. Microsoft Office

IV. MEASURABLE LEARNING OUTCOMES

Upon successful completion of this course, the student will be able to:

A. Integrate a biblical worldview when discussing the principles of physical fitness assessment and exercise prescription.

B. Identify and prescribe various exercise and conditioning programs for development of each physical fitness component.

C. Examine the various principles and programs for weight management.

D. Examine practical applications in using field and laboratory tests for the appraisal of physical fitness status and the design of exercise and weight-management programs.

E. Develop and design individualized physical fitness programs.

V. COURSE REQUIREMENTS AND ASSIGNMENTS

A. Textbook readings

B. Course Requirements Checklist

After reading the Course Syllabus and Student Expectations, the student will complete the related checklist found in Module/Week 1.

C. Discussion Board Forums (2)

Discussion boards are collaborative learning experiences. Therefore, the student is required to provide a thread in response to the provided prompt for each forum. Each thread must be 350–500 words and demonstrate course-related knowledge with at least 1 citation. In addition to the thread, the student is required to reply to 2 other classmates' threads. Each reply must be 200–250 words and include at least 1 citation.

D. Case Study Questions (5)

The student will write a 2–3-page paper in response to a provided Case Study Question. Each question will cover at least 1 if not multiple content areas for each module/week.

E. Comprehensive Exercise Program Proposal

The student will write a 1–2-page proposal, selecting a client and briefly providing the elements he/she plans to include for the Comprehensive Exercise Program Design.

F. Comprehensive Exercise Program Design

The student will prepare a comprehensive 8–12-page program design appropriate for a self-selected client. Elements of the program design must include a mission statement, client profile, health history, lifestyle history, and goals in various training areas. The student must also include a 6–8-week training cycle chart. The paper must include 3–5 references in an additional reference page.

VI. COURSE GRADING AND POLICIES

A. Points

Course Requirements Checklist		10
Discussion Board Forums (2 at 100 pts ea)		200
Case Study Questions (5 at 100 pts ea)		500
Comprehensive Exercise Program Proposal		50
Comprehensive Exercise Program Design		250
	Total	1010

B. Scale

A = 940–1010 A- = 920–939 B+ = 900–919 B = 860–899 B- = 840–859
C+ = 820–839 C = 780–819 C- = 760–779 D+ = 740–759 D = 700–739
D- = 680–699 F = 0–679

C. Disability Assistance

Students with a documented disability may contact Liberty University Online's Office of Disability Academic Support (ODAS) at LUOODAS@liberty.edu to make arrangements for academic accommodations. Further information can be found at www.liberty.edu/disabilitysupport.

COURSE SCHEDULE

EXSC 660

Textbook: Heyward & Gibson, *Advanced Fitness Assessment and Exercise Prescription* (2014).

MODULE/ WEEK	READING & STUDY	ASSIGNMENTS	POINTS
1	Heyward & Gibson: chs. 1–2	Course Requirements Checklist Class Introductions DB Forum 1	10 0 100
2	Heyward & Gibson: ch. 3	Case Study Question 1	100
3	Heyward & Gibson: chs. 4–5	Case Study Question 2 Comprehensive Exercise Program Proposal	100 50
4	Heyward & Gibson: chs. 6–7	Case Study Question 3	100
5	Heyward & Gibson: ch. 8	Case Study Question 4	100
6	Heyward & Gibson: ch. 9	Case Study Question 5	100
7	Heyward & Gibson: chs. 10–11	DB Forum 2	100
8	Heyward & Gibson: ch. 12	Comprehensive Exercise Program Design	250
		TOTAL	**1010**

DB = Discussion Board

NOTE: Each course module/week begins on Monday morning at 12:00 a.m. (ET) and ends on Sunday night at 11:59 p.m. (ET). The final module/week ends at 11:59 p.m. (ET) on **Friday**.