

Global Learning Semesters

Course Syllabus

Course: SPSC-310 Fitness Assessment & Exercise Prescription

Department: Liberal Arts

Host Institution: Intercollege, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
SPSC-310	Fitness Assessment & Exercise Prescription	3
Semester Offered	Contact Hours	Prerequisites
Please contact us	42-45	BIOL-105, BIOL-106, SPSC-210, SPSC-215, SPSC-260
Department	Level of Course	Language of Instruction
Liberal Arts	Upper Division	English

Course Description

This course is designed to facilitate students' understanding of and ability to perform both field and clinical testing of health and physical activity parameters and to inform students of proper safety and emergency guidelines for exercise testing. In addition, practical experiences and applications will be provided via selected experimental laboratory procedures.

Prerequisites

BIOL-105, BIOL-106, SPSC-210, SPSC-215, SPSC-260

Topic Areas

1. Benefits and risks associated with exercise
2. Health screening and risk stratification
3. Pre-test evaluation
4. Physical fitness testing
5. Understanding and assessing body composition/fat distribution.
6. Understanding and assessing flexibility.
7. Understanding and assessing muscular strength/endurance.
8. Understanding and assessing cardio respiratory fitness.
9. Understanding and assessing blood pressure.
10. Understanding metabolic pathways and calculation of respiratory quotient.
11. Understanding and assessing ventilator processes.
12. Understanding and assessing blood glucose levels.
13. Understanding and assessing blood cholesterol level.

Learning Outcomes

Upon completion this course students should be able to:

1. Demonstrate an understanding of exercise concepts related to fitness, conditioning, and training.
2. Apply the appropriate levels of intensity, duration, frequency, progression, and types of physical activities necessary to develop positive cardio respiratory alterations in an apparently healthy population.
3. Analyze and discuss the effects of various exercise protocols for various populations.

4. Describe the differences in an exercise program designed to develop cardio respiratory fitness versus one designed to maintain present levels of cardio respiratory fitness.
5. Analyze, discuss, and demonstrate aerobic exercise routines, class procedures and appropriate modifications in exercise programs which may be recommended for various fitness levels in adults.
6. Analyze, discuss, and demonstrate exercises for improving flexibility, muscular strength, and muscular endurance.
7. Demonstrate the ability to construct, lead, and evaluate exercise sessions for specialized populations.
8. Analyze, discuss, and conduct appropriate exercises used in warm-up.
9. Develop and submit a complete exercise program.

Assessment

Midterm Examination:	(25%)
Final Examination:	(45%)
Coursework/Practical:	(30%)
Attendance and Participation:	(10%)

Readings and Resources

Required Textbooks

1. Assessment and Exercise Prescription. 4th Ed. Human Kinetics, 2002.
2. American College of Sports Medicine. Guidelines for Exercise Testing and Prescription. 7th Ed. Lea & Febiger, 2006.
3. Linda K Hall G Curt Meyer. Cardiac Rehabilitation, Vol li: Exercise Testing & Prescription. (1st edition) (1998) ISBN: 087322910X.

Recommended Textbooks

1. David C. Nieman. Exercise Testing and Prescription. (4th edition), (1999).