

WAYNE STATE UNIVERSITY  
COLLEGE OF EDUCATION  
**LEARNING TO PUT KNOWLEDGE INTO PRACTICE**

DIVISION: Kinesiology, Health and Sport Studies  
[www.kinesiology.wayne.edu](http://www.kinesiology.wayne.edu)

PROGRAM AREA: Exercise and Sport Science

COURSE: KIN 6320 - Fitness Assessment and Exercise Prescription

COURSE REFERENCE NUMBER: 27910

COURSE CREDIT: 3 Credit Hours

PREREQUISITE: An appropriate university level exercise physiology course (e.g., KIN 3570, KIN 5580, KIN 6310)

TERM/YEAR: Fall 2016

COURSE LOCATION: 0103 Main  
006 Lab

TIME: Tuesday: 5:30pm-8:15pm

INSTRUCTOR: Carole A. Sloan, Ph.D.

OFFICE EMAIL: [carole.sloan@wayne.edu](mailto:carole.sloan@wayne.edu)

OFFICE PHONE: (313) 845-6318

OFFICE HOURS: Meeting before or after class is the best way to see me.  
Also, the best way to contact me is through email at [carole.sloan@wayne.edu](mailto:carole.sloan@wayne.edu)

COURSE DESCRIPTION: Physiological principles of physical fitness, including the assessment of physical fitness status and exercise prescription guidelines.

COURSE OUTCOMES: At the conclusion of the course the student will be able to:

1. Demonstrate an understanding of the normal risks associated with exercise testing and participation, including basic emergency and common health screening procedures.
2. Demonstrate an ability to accurately measure basic physiological responses (heart rate, arterial blood pressure) at rest and during exercise according to established guidelines.
3. Demonstrate an understanding of the quantity and quality of exercise for developing and maintaining cardiorespiratory, musculoskeletal, and neuromotor fitness.
4. Demonstrate practical knowledge and administrative proficiency in the use of selected clinical and/or laboratory approaches designed to assess cardiorespiratory fitness, body composition, and other functional aspects (e.g., flexibility, neuromotor) in healthy adults.
5. Correctly interpret/critique information that is commonly obtained from standard fitness evaluation and other exercise related tests (e.g., body composition assessment) and discuss both the advantages and limitations underlying the use of each approach.
6. Design, implement, and evaluate individualized and group exercise sessions/programs designed to enhance selected facets of fitness, such as aerobic fitness, muscular strength and endurance, flexibility, body composition, etc. using scientifically based principles of exercise prescription.
7. Demonstrate an understanding of the normal physiological responses to acute exercise and describe the adaptations that occur at rest, during submaximal and maximal exercise following chronic exercise.
8. Differentiate between exercise prescriptions aimed primarily for health improvement versus maximizing physical fitness and athletic ability.
9. Perform standard metabolic calculations commonly used for fitness assessment and exercise prescription purposes.

## REQUIRED TEXT:

ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, American College of Sports Medicine, ISBN/ISSN: 9781609139568, Baltimore, MD: Lippincott, Williams & Wilkins, 7<sup>th</sup> edition.

## OTHER RECOMMENDED TEXTS:

- A contemporary textbook on fitness assessment and exercise prescription. For example: Heyward, V. H. Advanced Fitness Assessment and Exercise Prescription: Champaign, IL: Human Kinetics, (most recent edition).
- A contemporary general exercise physiology textbook.
- ACSM's Guidelines for Exercise Testing and Prescription, 9th edition.

## COURSE POLICIES:

This course uses a blend of instructional methods consisting of lecture, lecture-discussion, and lab-based, practical clinical learning experiences (e.g., learning how to perform selected body composition and fitness assessment procedures). Students are expected to attend class regularly as attendance is part of the overall grade.

### Course Assignments:

Students will be given regular assignments (readings & quizzes, etc.) throughout the course of the semester and are expected to complete them as indicated.

### Academic Dishonesty, Plagiarism and Cheating:

The College of Education has a “zero tolerance” approach to plagiarism and other forms of academic dishonesty. (See Student Code of Conduct <http://dos0.wayne.edu/assets/student-code-of-conduct-brochure.pdf>). Plagiarism includes copying material (any more than 5 consecutive words) from outside texts or presenting outside information as if it were your own by not crediting authors through citations. It can be deliberate or unintended. Specific examples of academic dishonesty, including what constitutes plagiarism, can be found in the University's Undergraduate Bulletin (<http://bulletins.wayne.edu/ubk-output/index.html>) and Graduate Catalog (<http://www.bulletins.wayne.edu/gbk-output/index.html>) under the heading “Student Ethics.” These university policies are also included as a link on Blackboard within each course in which students are enrolled. It is every student's responsibility to read these documents to be aware which actions are defined as plagiarism and academic dishonesty. Sanctions could include failure in the course involved, probation and expulsion, so students are advised to think carefully and thoroughly, ask for help from instructors if it is needed, and make smart decisions about their academic work.

### Religious Observance Policy:

Because of the extraordinary variety of religious affiliations represented in the University student body and staff, the Wayne State University calendar makes no provision for religious holidays. It is University policy, however, to respect the faith and religious obligations of the individual. Students who find that their classes or examinations involve conflicts with their religious

observances are expected to notify their instructors well in advance so that alternative arrangements as suitable as possible may be worked out.

Enrollment / Withdrawal Policy: The final date to initiate withdrawal is **Sunday, November 13, 2016.**

Students must add classes no later than the end of the first week of classes. This includes online classes. Students may continue to drop classes (with full tuition cancellation) through the first two weeks of the term.

Students who withdraw from a course after the end of the 4th week of class will receive a grade of WP, WF, or WN.

- WP will be awarded if the student is passing the course (based on work due to date) at the time the withdrawal is requested
- WF will be awarded if the student is failing the course (based on work due to date) at the time the withdrawal is requested
- WN will be awarded if no materials have been submitted, and so there is no basis for a grade

Students must submit their withdrawal request on-line through Pipeline /Academia. The faculty member must approve the withdrawal request before it becomes final, and students should continue to attend class until they receive notification via email that the withdrawal has been approved. The last day to withdraw from the course will be at the end of the 10<sup>th</sup> full week of classes (i.e., Sunday, November 15, 2015). Students enrolled in the 10th week and beyond will receive a grade. Because withdrawing from courses may have negative academic and financial consequences, students considering course withdrawal should make sure they fully understand

all the consequences before taking this step. More information on this can be found at: [http://reg.wayne.edu/Withdrawing\\_From\\_a\\_Course.php](http://reg.wayne.edu/Withdrawing_From_a_Course.php)

#### Attention Students with Disabilities:

If you have a documented disability that requires accommodations, you will need to register with Student Disability Services (SDS) for coordination of your academic accommodations. The SDS office is located at 1600 Adamany Undergraduate Library in the Student Academic Success Services department. SDS telephone number is 313-577-1851 or 313-202-4216 (video phone). Once you have your accommodations in place, I will be glad to meet with you privately during my office hours to discuss your special needs. Student Disability Services' mission is to assist the university in creating an accessible community where students with disabilities have an equal opportunity to fully participate in their educational experience at WSU. Please be aware that a delay in getting SDS accommodation letters for the current semester may hinder the availability or facilitation of those accommodations in a timely manner. Therefore, it is in your best interest to get your accommodation letters as early in the semester as possible.

“Undergraduate” Compared to “Graduate” Credit:

Wayne State University requires that a distinction in course expectations is made between graduate and undergraduate students enrolled in the course. Therefore, students who are given graduate credit for the course are required to satisfactorily complete an additional instructor- approved assignment. See your instructor regarding the specific assignment details.

**EVALUATION/GRADING:**

The FINAL COURSE GRADE will be determined from the total points achieved in the following grading areas:

Grading	Possible Points	Percent of Total Grade
Exercise prescription for case study including body composition, cardiorespiratory endurance, muscular strength and endurance, and flexibility (70 points)	50	11%
Weekly Quizzes (10 points each X 12)	120	27%
Laboratories (5 labs X 30 points)	150	35%
Practical Examination (Clinical Skills Testing)	50	11%
Attendance (14 class sessions X 5)	70	16%
For Graduate Level Students only: Expanded Skill Testing		Pass or Fail
Total	440	100%

Grades will be determined according to the following point system:

A	= 92 - 100%	C	= 73 - 77%
A-	= 90 - 91%	C-	= 70 - 72%
B+	= 88 - 89%	D+	= 68 - 69%
B	= 83 - 87%	D	= 63 - 67%
B-	= 80 - 82%	D-	= 60 - 62%
C+	= 78 - 79%	F	= <60%

Note, the WSU grading procedures require that any graduate level student who earns less than a straight “C” grade (i.e., less than 219 points in the point system shown above) must be given a grade of “F.”

## CLASS SCHEDULE

**This schedule is tentative and is subject to change.**

<b>DATE</b>	<b>TOPIC</b>	<b>READING ASSIGNMENT</b>
Day 1	Course Introduction, Legal Documents, Health Screening, Program Safety & Emergency Procedures	Chapter 10 – Legal considerations for exercise programming Chapter 11 – General overview of pre-participation health screening & risk assessment Chapter 19 – Exercise program safety and emergency procedures
Day 2	RHR, BP, & Exercise HR	Chapter 20 – Pre-exercise testing evaluation
Day 3	BMI, Height, Weight, & Body Composition Assessment	Chapter 18 – Body composition status and assessment
Day 4	Body Composition Prescription	Chapter 15 – Nutritional status Chapter 35 – Weight management
Day 5	Cardiorespiratory Assessment	Chapter 21 – Cardiorespiratory and health-related physical fitness assessments
Day 6	Cardiorespiratory Assessment	Chapter 32 – Adaptations to cardiorespiratory exercise training
Day 7	Cardiorespiratory Prescription	Chapter 30 – Cardiorespiratory exercise prescription
Day 8	Flexibility Assessment & Prescription	Chapter 21 – Cardiorespiratory and Health-Related Physical Fitness Assessments Chapter 31 – Musculoskeletal Exercise Prescription
Day 9	Muscle Fitness Assessment & Prescription	Chapter 22 – Muscular fitness and assessment
Day 10	Muscle Fitness Assessment & Prescription	Chapter 31 – Musculoskeletal exercise prescription
Day 11	Special Populations	Chapter 36 – Exercise Prescription in special populations: women, pregnancy, children, and the elderly Chapter 37 – Exercise Prescription and medical considerations Chapter 40 – Exercise prescription in patients with

		diabetes Chapter 42 – Exercise prescription for people with osteoporosis Chapter 43 – Exercise prescription for people with arthritis
Day 12	Behavior Modification Strategies	Chapter 45 – Principles of behavior change: Skill building to promote physical activity Chapter 46 – Counseling physical activity behavior change Chapter 47 – Delivering physical activity programs
Day 13	Practical Exam Review	
Day 14	Practical Exam	
Day 15	Practical Exam	Last Day of Class

### **Undergraduate and Graduate Student Exclusion Policy**

The Kinesiology, Health, and Sports Studies (KHS) division values the student experience and goes to great lengths to ensure that our students have the opportunities, tools, and support to succeed. The individual program areas in KHS review the academic records of students at the close of every academic term. If sufficient academic progress is not attained, a student may be considered for program exclusion, which will result in the cancellation of any future course enrollments in KHS and removal from the program. The following criteria will be used to determine exclusion for inadequate academic progress:

**KHS Undergraduate** students may be excluded if you:

- Have taken and earned below a C in a core/major course twice – no overrides will be granted for a third attempt.
- Fail to earn at least a 2.5 semester GPA in the term following the placement of an academic probation hold.
- Earned a cumulative GPA below a 2.5 for more than three academic semesters after completing 40+ credits at WSU.
- Violate the *Academic Integrity* policy pursuant to the Student Code of Conduct.

Note: The 2.50 cumulative GPA is required for College of Education undergraduate students and exceeds the minimum 2.0 cumulative GPA used by the university to determine academic probation. This policy applies to Level 2 students and students directly admitted to programs without the Level 1 and 2 distinction.

**KHS Graduate** students may be excluded if you:

- Were offered qualified admission and failed to earn at least a 3.0 in your first academic semester.
- Have taken and earned below a B- in a graduate course twice – no overrides will be granted for a third attempt.
- Fail to earn at least a 3.0 semester GPA in the term following an academic probation hold.
- Earned a cumulative GPA below a 3.0 for more than three academic semesters.
- Violate the *Academic Misconduct* policy pursuant to the Graduate Student Handbook.