

Course Syllabus

[Jump to Today](#)
 **Edit**

 <p>POINT LOMA NAZARENE UNIVERSITY</p>	<p>Department of Kinesiology</p> <p>EXS2001-Fundamentals of Fitness Assessment & Development</p> <p>2 units</p>
<p>Fall 2020</p>	

Meeting days: Tues/Thurs	Instructor: Prof. Ann Davis
Meeting times: 8:30-9:25	Phone: 619-889-7738
Meeting location: Rohr Science Rm 195	Email: andavis@pointloma.edu
Final Exam: Nov. 19	Office location and hours: Kinesiology Dept. M-F 8-3:30
Additional info:	Additional info:

PLNU Mission

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an expression of

faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

COURSE DESCRIPTION

This fitness assessment course provides a practical component to fitness certifications. It serves as a <https://canvas.pointloma.edu/courses/51819/assignments/syllabus>

This fitness assessment course provides a practical component to fitness certification. It serves as a foundation for safe and effective design of exercise program. Students will learn, understand and develop their skills in performing health screening and risk assessments, and conducting fundamental physiological assessments.

COURSE LEARNING OUTCOMES

IDEA Objectives met in this course:

1. Gaining factual knowledge (terminology, classifications, methods, trends)
2. Learning to apply course materials (to improve rational thinking, problem solving and decisions)
3. Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course.

Student Learning Outcomes: Upon completion of this course students will be able

- To provide the tools to effectively screen and stratify a client's risk for exercise participation (IDEA – A, B)
- To become more familiar with health-related fitness assessment protocols (IDEA-C)
- To understand how to design safe and effective exercise programs (IDEA – A, C)
- To understand health screening and risk assessment as well as conduct accurate fitness assessments (IDEA- A, B)
- To evaluate cardiovascular fitness, flexibility, muscle strength and endurance (IDEA- B)
- To determine body composition using skin fold caliper and circumference measurements (IDEA – A, C)
- To monitor resting and exercise heart rates and blood pressure (IDEA – A, B)
- To practice administering blood glucose test (IDEA – C)

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES:

1. [ACSM's Health-Related Physical Fitness Assessment Manual, Fifth Edition](https://na01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fthepoint.lww.com%2FBook%2FShow%2F736208&data=02%7C01%7CJoyce.Kirshenbau)

([https://na01.safelinks.protection.outlook.com/?](https://na01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fthepoint.lww.com%2FBook%2FShow%2F736208&data=02%7C01%7CJoyce.Kirshenbau)

[url=http%3A%2F%2Fthepoint.lww.com%2FBook%2FShow%2F736208&data=02%7C01%7CJoyce.Kirshenbau](https://na01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fthepoint.lww.com%2FBook%2FShow%2F736208&data=02%7C01%7CJoyce.Kirshenbau)

ISBN: 978-1-4963-3880-8

Lippincott, Williams & Wilkins (publishers) ISBN: 978-1-4511-1568-0

2. **ACSM's Guidelines for Exercise Testing and Prescription 9th or 10th Ed.**

ISBN: 978-1-60913-955-1 (optional)

Assignments: Complete the case studies assigned (TBA). Case studies evaluate your abilities in completing health risk assessments and test administration planning. (TBA).

Practicum: These occur throughout the course during each module or chapter. You will complete a

... these occur throughout the course during each module or chapter. You will complete a practicum of the assessments learned during this course. You will work with partners and will demonstrate your knowledge, skills, and abilities by:

1. Briefly explaining test objectives and instructions
2. Briefly demonstrating test protocols
3. Allowing practice trials and administering test protocols where necessary.

Attendance: Attendance is mandatory for the entire duration of this course. Participation in class practicum and discussion constitutes 10% of your final grade and requires **active** participation in all modules.

Grading:

1. Quiz 18 pts/Final Exam 36 pts		54
2. Assignments (case studies, Power pt., discussion)	TBA	
3. Practicum (approx.) 7-8		70-80
4. Final Paper (TBA)		TBA
5. Attendance and Participation 15 weeks @ 5 ea	75	
		Total: TBA

A = 93-100% A- =90-92% B+ = 87-79% 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 = < 60%

COURSE CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 2 unit class delivered over 15 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request. (Based on 37.5 hours of student engagement per credit hour.)

Distribution of Student Learning Hours

Category	Time Expectation in Hours
Online Participation in Discussions, Groups, etc.	1.5
Reading Assignments	1-2
Written Assignments	2

Other Assignments & Learning Activities	2
Quizzes, Surveys	1
Total Hours	7.5-8.5

COURSE SCHEDULE AND ASSIGNMENTS

See the [Schedule](#) page for the most current list of assignment dates.

ASSESSMENT AND GRADING

Note: Clearly define a grading policy to avoid any confusion concerning expectations. It is most helpful if at least two things are present: 1) a point distribution and 2) a grading scale.

Student grades will be posted in the Canvas grade book no later than midnight on Tuesday of each week beginning in Week Two of this course. It is important to read the comments posted in the grade book as these comments are intended to help students improve their work. Final grades will be posted within one week of the end of the class. Grades will be based on the following:

Standard Grade Scale Based on Percentages

A	B	C	D	F
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F Less than 59
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

STATE AUTHORIZATION

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) (<https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures>) to view which states allow online (distance education) outside of California.

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside <https://canvas.pointloma.edu/courses/51819/assignments/syllabus>

materials protected by the US Copyright Act for classroom education. Any use of these materials outside the class may violate the law.

PLNU ACADEMIC HONESTY POLICY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog.

See [Academic Policies](http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278) (<http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278>) for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMMODATIONS POLICY

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center.

(DRC@pointloma.edu (<https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=DRC@pointloma.edu>) or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 (a) prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

PLNU ATTENDANCE AND PARTICIPATION POLICY

Face-to-Face Format

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See [Academic Policies](http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278)

appropriate grade for their work and participation. See <http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278>

(<http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278>) in the Undergraduate Academic Catalog.

Hybrid Format

At Point Loma Nazarene University, attendance is required at all scheduled classes. Adult Degree Completion courses are taught in the hybrid format, which means some class meetings will be face-to-face and some will be online.

Attendance in the face-to-face classes is to be for the entire time of the class. Arriving late or leaving early will be considered a partial absence. A day of attendance in an online class is determined as contributing a substantive note, assignment, discussion, or submission that adds value to the course as determined by the instructor. Three days of attendance are required each week. (It may be any three days during the week.)

Face-to-face Portion of the Hybrid course

In blended or hybrid courses, if a student misses one face-to-face class then the faculty member will send an email to the student and the Director of Student Success warning of attendance jeopardy. There are no exceptions to this policy.

If a student misses two face-to-face classes, the faculty member or Vice Provost for Academic Administration (VPAA) will initiate the student's de-enrollment from the course without further advanced notice to the student. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of "F" and there will be no refund of tuition for that course.

Online Portion of the Hybrid Course

If a student misses two online classes (fails to contribute to a discussion board) during the course, then the faculty member will send an email to the student and the Director of Student Success warning of attendance jeopardy. There are no exceptions to this policy.

If a student misses three online classes (fails to contribute to a discussion board by the due date) during the course, then the faculty member or Vice Provost for Academic Administration (VPAA) will initiate the student's de-enrollment from the course without further advanced notice to the student. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of "F" and there will be no refund of tuition for that course.

1 missed F2F class = warning

2 missed F2F classes = de-enrollment

2 missed online classes = warning

3 missed online classes = de-enrollment

Online Format

Students taking online courses are expected to attend each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes posting in a graded activity in the course. (Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.)

Students who do not attend at least once in any 3 consecutive days will be issued an attendance warning. Students who do not attend at least once in any 7 consecutive days will be dropped from the course retroactive to the last date of recorded attendance.

SPIRITUAL CARE

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the [Office of Spiritual Development](https://www.pointloma.edu/offices/spiritual-development) (<https://www.pointloma.edu/offices/spiritual-development>)

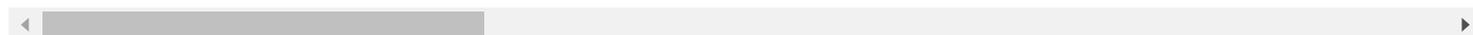
USE OF TECHNOLOGY

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349) (<https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349>) information.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

ASSIGNMENTS AT-A-GLANCE

The table below lists our assignments and their due dates. Click on any assignment to review it.



Course Summary:

Date	Details	
Thu May 21, 2020	 Sample Zoom Session #1 Agenda page https://canvas.pointloma.edu/courses/51819/assignments/509686	due by 1pm
Mon Aug 17, 2020	 Week 1 Overview*	to do: 11:59pm
Tue Aug 18, 2020	 Sample Week 1: Synchronous Session Agenda with Discussion https://canvas.pointloma.edu/courses/51819/assignments/509679	due by 11:59pm

Date	Details	
	 Week 1: Synchronous Session Agenda	to do: 11:59pm
	 EXS2001-1 FA20 - Fundamentals of Fitness Assmnt & Development https://canvas.pointloma.edu/calendar?event_id=56950&include_contexts=course_51819	8:30am to 9:30am
Thu Aug 20, 2020	 1 Corinthians 6:19-20 Discussion https://canvas.pointloma.edu/courses/51819/assignments/493244	due by 11:59pm
	 Chapter 1 Homework Assignment/Quiz https://canvas.pointloma.edu/courses/51819/assignments/493251	due by 11:59pm
Fri Aug 21, 2020	 Week 1 Assignment https://canvas.pointloma.edu/courses/51819/assignments/509688	due by 11:59pm
	 WK1 Video Lecture and Quiz https://canvas.pointloma.edu/courses/51819/assignments/543307	due by 11:59pm
Sat Aug 22, 2020	 Week 1 Quiz https://canvas.pointloma.edu/courses/51819/assignments/509676	due by 11:59pm
Thu Aug 27, 2020	 EXS2001-1 FA20 - Fundamentals of Fitness Assmnt & Development https://canvas.pointloma.edu/calendar?event_id=46970&include_contexts=course_51819	8:25am to 9:25am
	 Partner interview forms https://canvas.pointloma.edu/courses/51819/assignments/560720	due by 11:59pm
Fri Aug 28, 2020	 Week 2 Discussion: "Bob" Case Study https://canvas.pointloma.edu/courses/51819/assignments/509682	due by 11:59pm
Sun Aug 30, 2020	 WK2 Video Lecture and Quiz https://canvas.pointloma.edu/courses/51819/assignments/546028	due by 11:59pm
Tue Sep 1, 2020	 Case Studies - old guidelines https://canvas.pointloma.edu/courses/51819/assignments/493248	due by 11:59pm

Date	Details	
Thu Sep 3, 2020	 EXS2001-1 FA20 - Fundamentals of Fitness Assmnt & Development (https://canvas.pointloma.edu/calendar?event_id=63094&include_contexts=course_51819)	8:30am to 9:30am
Fri Sep 4, 2020	 WK3 Video Lecture and Quiz (https://canvas.pointloma.edu/courses/51819/assignments/546616)	due by 11:59pm
Tue Sep 8, 2020	 Practical #1 Health-Risk Screening (https://canvas.pointloma.edu/courses/51819/assignments/493266)	due by 11:59pm
Thu Sep 10, 2020	 EXS2001-1 FA20 - Fundamentals of Fitness Assmnt & Development (https://canvas.pointloma.edu/calendar?event_id=63614&include_contexts=course_51819)	8:30am to 9:30am
	 Discussion Board (https://canvas.pointloma.edu/courses/51819/assignments/546572)	due by 11:59pm
	 Practicum #2 HR and BP Responses to Exercise (https://canvas.pointloma.edu/courses/51819/assignments/493269)	due by 11:59pm
Sun Sep 13, 2020	 Week 4 Blood Pressure Cuff Video upload (https://canvas.pointloma.edu/courses/51819/assignments/546590)	due by 11:59pm
	 WK4 Video Lecture and Quiz (https://canvas.pointloma.edu/courses/51819/assignments/546633)	due by 11:59pm
Tue Sep 15, 2020	 EXS2001-1 FA20 - Fundamentals of Fitness Assmnt & Development (https://canvas.pointloma.edu/calendar?event_id=64367&include_contexts=course_51819)	8:30am to 9:30am
Thu Sep 17, 2020	 EXS2001-1 FA20 - Fundamentals of Fitness Assmnt & Development (https://canvas.pointloma.edu/calendar?event_id=64372&include_contexts=course_51819)	8:30am to 9:30am
Sun Sep 20, 2020	 Discussion Board: Video Upload of Body Composition (https://canvas.pointloma.edu/courses/51819/assignments/565871)	due by 11:59pm

Date	Details	
	 Estimation of Goal Body Weight - Extra credit (https://canvas.pointloma.edu/courses/51819/assignments/493254)	due by 11:59pm
	 Practicum #3 Body Composition Packet (https://canvas.pointloma.edu/courses/51819/assignments/546676)	due by 11:59pm
	 WK5 Video Lecture and Quiz (https://canvas.pointloma.edu/courses/51819/assignments/552980)	due by 11:59pm
Thu Sep 24, 2020	 EXS2001-1 FA20 - Fundamentals of Fitness Assmnt & Development (https://canvas.pointloma.edu/calendar?event_id=65538&include_contexts=course_51819)	8:30am to 9:30am
Fri Sep 25, 2020	 WK 6 Video Lecture and Quiz Sept 25 (https://canvas.pointloma.edu/courses/51819/assignments/567936)	due by 11:59pm
Sun Sep 27, 2020	 Matching Quiz Chapter 5 Sept 27 (https://canvas.pointloma.edu/courses/51819/assignments/568199)	due by 11:59pm
Thu Oct 1, 2020	 EXS2001-1 FA20 - Fundamentals of Fitness Assmnt & Development (https://canvas.pointloma.edu/calendar?event_id=65539&include_contexts=course_51819)	8:30am to 9:30am
Fri Oct 2, 2020	 WK 6 & 7 Pract. #4 Muscular Fitness Due Oct. 2 (https://canvas.pointloma.edu/courses/51819/assignments/493265)	due by 11:59pm
Thu Oct 8, 2020	 EXS2001-1 FA20 - Fundamentals of Fitness Assmnt & Development (https://canvas.pointloma.edu/calendar?event_id=65540&include_contexts=course_51819)	8:30am to 9:30am
Thu Oct 15, 2020	 EXS2001-1 FA20 - Fundamentals of Fitness Assmnt & Development (https://canvas.pointloma.edu/calendar?event_id=65541&include_contexts=course_51819)	8:30am to 9:30am

Date	Details	
Thu Oct 22, 2020	 EXS2001-1 FA20 - Fundamentals of Fitness Assmnt & Development (https://canvas.pointloma.edu/calendar?event_id=65542&include_contexts=course_51819)	8:30am to 9:30am
Thu Oct 29, 2020	 EXS2001-1 FA20 - Fundamentals of Fitness Assmnt & Development (https://canvas.pointloma.edu/calendar?event_id=65543&include_contexts=course_51819)	8:30am to 9:30am
Thu Nov 5, 2020	 EXS2001-1 FA20 - Fundamentals of Fitness Assmnt & Development (https://canvas.pointloma.edu/calendar?event_id=65544&include_contexts=course_51819)	8:30am to 9:30am
Thu Nov 12, 2020	 EXS2001-1 FA20 - Fundamentals of Fitness Assmnt & Development (https://canvas.pointloma.edu/calendar?event_id=65545&include_contexts=course_51819)	8:30am to 9:30am
Thu Nov 19, 2020	 EXS2001-1 FA20 - Fundamentals of Fitness Assmnt & Development (https://canvas.pointloma.edu/calendar?event_id=65546&include_contexts=course_51819)	8:30am to 9:30am
Thu Nov 26, 2020	 EXS2001-1 FA20 - Fundamentals of Fitness Assmnt & Development (https://canvas.pointloma.edu/calendar?event_id=65547&include_contexts=course_51819)	8:30am to 9:30am
	 article free wts vs resistance (https://canvas.pointloma.edu/courses/51819/assignments/493245)	
	 Balance and Core Practicum (https://canvas.pointloma.edu/courses/51819/assignments/493246)	
	 Cardiorespiratory Sub-Max field test - Practicum 6 worksheets (https://canvas.pointloma.edu/courses/51819/assignments/493247)	
	 Case Study "Mary" (https://canvas.pointloma.edu/courses/51819/assignments/493250)	

Date**Details**

 [Case Study Assignment](#)
(<https://canvas.pointloma.edu/courses/51819/assignments/493249>)

 [Coronary Risk Factor Quiz](#)
(<https://canvas.pointloma.edu/courses/51819/assignments/493252>)

 [Definition Quiz Chapter 1](#)
(<https://canvas.pointloma.edu/courses/51819/assignments/493253>)

 [extra credit treadmill test](#)
(<https://canvas.pointloma.edu/courses/51819/assignments/493255>)

 [Final Exam](#)
(<https://canvas.pointloma.edu/courses/51819/assignments/493256>)

 [Flexibility Practicum #5](#)
(<https://canvas.pointloma.edu/courses/51819/assignments/493257>)

 [IDEA survey completion - Extra Credit](#)
(<https://canvas.pointloma.edu/courses/51819/assignments/493258>)

 [Karvonen Formula](#)
(<https://canvas.pointloma.edu/courses/51819/assignments/493259>)

 [Matching Quiz](#)
(<https://canvas.pointloma.edu/courses/51819/assignments/493260>)

 [Matching Quiz Muscular Assessments](#)
(<https://canvas.pointloma.edu/courses/51819/assignments/493261>)

 [Muscular Strength demo Videos Sept 25](#)
(<https://canvas.pointloma.edu/courses/51819/assignments/568163>)

 [Pop-Quiz - Extra credit](#)
(<https://canvas.pointloma.edu/courses/51819/assignments/493262>)

 [Postural Assessment](#)
(<https://canvas.pointloma.edu/courses/51819/assignments/493263>)

Date**Details**

 [Postural Self-Analysis](https://canvas.pointloma.edu/courses/51819/assignments/493264)
(<https://canvas.pointloma.edu/courses/51819/assignments/493264>)

 [Practicum #1 Resting Measures
Blood Pressure](https://canvas.pointloma.edu/courses/51819/assignments/493267)
(<https://canvas.pointloma.edu/courses/51819/assignments/493267>)

 [Practicum #2 Health-Risk
Screening](https://canvas.pointloma.edu/courses/51819/assignments/493268)
(<https://canvas.pointloma.edu/courses/51819/assignments/493268>)

 [Practicum #3 Body Composition
Measurements](https://canvas.pointloma.edu/courses/51819/assignments/493270)
(<https://canvas.pointloma.edu/courses/51819/assignments/493270>)

 [Practicum #4 Muscular Fitness
Assessment](https://canvas.pointloma.edu/courses/51819/assignments/493271)
(<https://canvas.pointloma.edu/courses/51819/assignments/493271>)

 [Practicum #4 Muscular Fitness
Packet](https://canvas.pointloma.edu/courses/51819/assignments/568029)
(<https://canvas.pointloma.edu/courses/51819/assignments/568029>)

 [Practicum #5 Flexibility
assessment](https://canvas.pointloma.edu/courses/51819/assignments/493272)
(<https://canvas.pointloma.edu/courses/51819/assignments/493272>)

 [Practicum #6 Aerobic Field Test
submax](https://canvas.pointloma.edu/courses/51819/assignments/493273)
(<https://canvas.pointloma.edu/courses/51819/assignments/493273>)

 [Practicum #6 Cardiorespiratory
sub max](https://canvas.pointloma.edu/courses/51819/assignments/493274)
(<https://canvas.pointloma.edu/courses/51819/assignments/493274>)

 [Practicum #7 Balance](https://canvas.pointloma.edu/courses/51819/assignments/493275)
(<https://canvas.pointloma.edu/courses/51819/assignments/493275>)

 [Quiz - Anatomical descriptions
pop-quiz](https://canvas.pointloma.edu/courses/51819/assignments/493276)
(<https://canvas.pointloma.edu/courses/51819/assignments/493276>)

Date**Details**

 [Target Heart Rate homework](https://canvas.pointloma.edu/courses/51819/assignments/493277)
(<https://canvas.pointloma.edu/courses/51819/assignments/493277>)

 [TENTATIVE Schedule](https://canvas.pointloma.edu/courses/51819/assignments/493278)
(<https://canvas.pointloma.edu/courses/51819/assignments/493278>)

 [VO2 Max explained article](https://canvas.pointloma.edu/courses/51819/assignments/493279)
(<https://canvas.pointloma.edu/courses/51819/assignments/493279>)
