



Department of Kinesiology

EXS 3001: Fitness Assessment & Exercise Prescription

3 Units

Spring 2021

Meeting days: T,R

Instructor title and name: Susan Ganz, Ph.D., ATC

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Phone: (619) 701-2567

Meeting location: online

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

In-depth study of the principles and techniques used to assess health and physical fitness and to design and prescribe exercise programs and physical activities. Students will acquire the knowledge and skills necessary to address the fitness needs of apparently healthy populations, those with medical considerations, and athletic populations.

COURSE LEARNING OUTCOMES

Upon completion of this course, the student will:

1. Recognize the importance of physical activity in the prevention of hypokinetic diseases.
2. Develop knowledge of the principles of physical fitness assessment, interpretation of results, and exercise prescription.
3. Have the opportunity for practical experiences using field and laboratory tests for the appraisal of physical fitness status and the design of individualized exercise programs in the following areas:
 1. A) health screening & risk stratification
 2. B) cardiorespiratory fitness
 3. C) muscular strength & endurance
 4. D) body composition & weight management
 5. E) flexibility & posture
6. Develop knowledge of the principle of exercise for individuals with controlled cardiovascular, pulmonary, and metabolic diseases.
7. Identify and describe the theories and models used to explain physical activity behavior changes.

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

ACSM's Resources for the Exercise Physiologist 2nd Ed.

ISBN:978-1-4963-2286-9

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 3 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.	40
Reading Assignments	36

Distribution of Student Learning Hours

Category	Time Expectation in Hours
Written Assignments	12
Other Assignments & Learning Activities	4.5
Quizzes, Surveys	20
Total Hours	112.5

COURSE SCHEDULE AND ASSIGNMENTS

Note: For each assignment, provide the following things:

- Description: Clear explanation of the assignment
- Requirements: Clearly identify all evaluation requirements for each assignment, including rubrics, if any, for assignments.
- Style standard: APA, Chicago, etc., if applicable.

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 \(https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures\)](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 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 \(mailto:DRC@pointloma.edu\)](mailto: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

Regular and punctual attendance at all **synchronous** class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), the faculty member will issue a written warning of 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. In some courses, a portion of the credit hour content will be delivered **asynchronously** and attendance will be determined by submitting the assignments by the posted due dates. See [Academic Policies](#) (https://catalog.pointloma.edu/content.php?catoid=46&navoid=2650#Class_Attendance) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

Asynchronous Attendance/Participation Definition

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

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>)








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>) information.










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











Course Summary:




Date	Details	Due
Thu Oct 8, 2020	 Wk 8: Synchronous Lecture/Lab: Muscular Strength & Endurance - Review weight Management https://canvas.pointloma.edu/calendar?event_id=77518&include_contexts=course_55176	8am to 9:15am
Mon Mar 1, 2021	 COVID-19 Preparedness https://canvas.pointloma.edu/courses/55176/assignments/621233	due by 11:59pm
Tue Mar 2, 2021	 EXS3001-1 SP21 - Fitness Assessment & Exercise Prescription https://canvas.pointloma.edu/calendar?event_id=86430&include_contexts=course_55176	1:30pm to 2:45pm
Wed Mar 3, 2021	 WK 1 Synchronous Lesson: Introduction to course https://canvas.pointloma.edu/courses/55176/assignments/614736	due by 11:59pm
Wed Mar 3, 2021	 WK 1 Discussion: Lack of Physical Activity https://canvas.pointloma.edu/courses/55176/assignments/614722	due by 11:59pm
Fri Mar 5, 2021	 WK 1 Reflection: State of our Nation https://canvas.pointloma.edu/courses/55176/assignments/614735	due by 11:59pm
Tue Mar 9, 2021	 WK 2 Graded Lesson: Principles of Assessment & Prescription https://canvas.pointloma.edu/courses/55176/assignments/614737	due by 11:59pm

Date	Details	Due
Thu Mar 11, 2021	 EXS3001-1 SP21 - Fitness Assessment & Exercise Prescription (https://canvas.pointloma.edu/calendar?event_id=86431&include_contexts=course_55176)	1:30pm to 2:45pm
	 WK 2 Synchronous Lesson: Health Screening & Risk Classification (https://canvas.pointloma.edu/courses/55176/assignments/614738)	due by 11:59pm
Fri Mar 12, 2021	 WK 2 Quiz 1 (https://canvas.pointloma.edu/courses/55176/assignments/614716)	due by 11:59pm
Wed Mar 17, 2021	 WK 3 Discussion: Behavior Modification (https://canvas.pointloma.edu/courses/55176/assignments/614721)	due by 11:59pm
Thu Mar 18, 2021	 EXS3001-1 SP21 - Fitness Assessment & Exercise Prescription (https://canvas.pointloma.edu/calendar?event_id=86432&include_contexts=course_55176)	1:30pm to 2:45pm
	 WK 3 Synchronous Lesson: Glucose & Blood Lipids (https://canvas.pointloma.edu/courses/55176/assignments/614739)	due by 11:59pm
Fri Mar 19, 2021	 WK 3 Exam 1 (https://canvas.pointloma.edu/courses/55176/assignments/614710)	due by 11:59pm
Thu Mar 25, 2021	 EXS3001-1 SP21 - Fitness Assessment & Exercise Prescription (https://canvas.pointloma.edu/calendar?event_id=86433&include_contexts=course_55176)	1:30pm to 2:45pm
	 WK 4 Reflection: Certifications (https://canvas.pointloma.edu/courses/55176/assignments/614741)	due by 11:59pm
	 WK 4 Synchronous Lecture: HR, BP& ECG (https://canvas.pointloma.edu/courses/55176/assignments/614742)	due by 11:59pm

Date	Details	Due
Sat Mar 27, 2021	 WK 4 Graded Lesson: Assessment of Cardiorespiratory https://canvas.pointloma.edu/courses/55176/assignments/614740	due by 11:59pm
Thu Apr 1, 2021	 EXS3001-1 SP21 - Fitness Assessment & Exercise Prescription https://canvas.pointloma.edu/calendar?event_id=86434&include_contexts=course_55176	1:30pm to 2:45pm
Sat Apr 3, 2021	 WK 5 Synchronous Lecture: Designing Cardiorespiratory Fitness https://canvas.pointloma.edu/courses/55176/assignments/614744	due by 11:59pm
Sat Apr 3, 2021	 WK 5 Activity: CRF Scenarios https://canvas.pointloma.edu/courses/55176/assignments/614743	due by 11:59pm
Sat Apr 3, 2021	 WK 5 Lesson: Assessing Muscular Fitness https://canvas.pointloma.edu/courses/55176/assignments/614712	due by 11:59pm
Thu Apr 8, 2021	 EXS3001-1 SP21 - Fitness Assessment & Exercise Prescription https://canvas.pointloma.edu/calendar?event_id=86435&include_contexts=course_55176	1:30pm to 2:45pm
Sat Apr 10, 2021	 WK 6 Synchronous Lecture: Muscular fitness design https://canvas.pointloma.edu/courses/55176/assignments/614746	due by 11:59pm
Sat Apr 10, 2021	 WK 6 Activity: Muscular Fitness Scenarios https://canvas.pointloma.edu/courses/55176/assignments/614745	due by 11:59pm
Tue Apr 13, 2021	 WK 7 Exam 2 https://canvas.pointloma.edu/courses/55176/assignments/614719	due by 11:59pm
Thu Apr 15, 2021	 EXS3001-1 SP21 - Fitness Assessment & Exercise Prescription https://canvas.pointloma.edu/calendar?event_id=86436&include_contexts=course_55176	1:30pm to 2:45pm

Date	Details	Due
Sat Apr 17, 2021	 WK 7 Graded Lesson: Assessing Body Composition https://canvas.pointloma.edu/courses/55176/assignments/614747	due by 11:59pm
Tue Apr 20, 2021	 WK 8 Discussion: Weight Management https://canvas.pointloma.edu/courses/55176/assignments/614723	due by 11:59pm
Thu Apr 22, 2021	 EXS3001-1 SP21 - Fitness Assessment & Exercise Prescription https://canvas.pointloma.edu/calendar?event_id=86437&include_contexts=course_55176	1:30pm to 2:45pm
	 WK 8 Synchronous Lecture: Muscular Strength & Endurance - review weight management https://canvas.pointloma.edu/courses/55176/assignments/614748	due by 11:59pm
Tue Apr 27, 2021	 WK 9 Lesson: Principles of Flexibility https://canvas.pointloma.edu/courses/55176/assignments/614715	due by 11:59pm
Thu Apr 29, 2021	 EXS3001-1 SP21 - Fitness Assessment & Exercise Prescription https://canvas.pointloma.edu/calendar?event_id=86438&include_contexts=course_55176	1:30pm to 2:45pm
Sat May 1, 2021	 WK 9 Activity: Flexibility Scenario https://canvas.pointloma.edu/courses/55176/assignments/614749	due by 11:59pm
Thu May 6, 2021	 EXS3001-1 SP21 - Fitness Assessment & Exercise Prescription https://canvas.pointloma.edu/calendar?event_id=86439&include_contexts=course_55176	1:30pm to 2:45pm
	 WK 10 Synchronous Lecture: Body Composition & Review low back care https://canvas.pointloma.edu/courses/55176/assignments/614725	due by 11:59pm

Date	Details	Due
Sat May 8, 2021	 WK 10 Activity: Low Back Pain Scenario https://canvas.pointloma.edu/courses/55176/assignments/614717	due by 11:59pm
Tue May 11, 2021	 WK 11 Lesson: Designing Balance Training https://canvas.pointloma.edu/courses/55176/assignments/614711	due by 11:59pm
Thu May 13, 2021	 EXS3001-1 SP21 - Fitness Assessment & Exercise Prescription https://canvas.pointloma.edu/calendar?event_id=86440&include_contexts=course_55176	1:30pm to 2:45pm
Sat May 15, 2021	 WK 11 Activity: Balance Scenario https://canvas.pointloma.edu/courses/55176/assignments/614726	due by 11:59pm
Thu May 20, 2021	 EXS3001-1 SP21 - Fitness Assessment & Exercise Prescription https://canvas.pointloma.edu/calendar?event_id=86441&include_contexts=course_55176	1:30pm to 2:45pm
Thu May 20, 2021	 WK 12 Activity: Corrective Exercises Scenarios https://canvas.pointloma.edu/courses/55176/assignments/614727	due by 11:59pm
Sat May 22, 2021	 WK 12 Synchronous Lecture: FMS & review flexibility https://canvas.pointloma.edu/courses/55176/assignments/614728	due by 11:59pm
Sat May 22, 2021	 WK 12 Exam 3 https://canvas.pointloma.edu/courses/55176/assignments/614714	due by 11:59pm
Thu May 27, 2021	 EXS3001-1 SP21 - Fitness Assessment & Exercise Prescription https://canvas.pointloma.edu/calendar?event_id=86442&include_contexts=course_55176	1:30pm to 2:45pm
Thu May 27, 2021	 WK 13 Activity: Posture Re-education https://canvas.pointloma.edu/courses/55176/assignments/614729	due by 11:59pm

Date	Details	Due
	 WK 13 Synchronous Lecture https://canvas.pointloma.edu/courses/55176/assignments/614731	due by 11:59pm
Sat May 29, 2021	 WK 13 Graded Lesson: Exercise Programming for Individuals with Musculoskeletal Limitations https://canvas.pointloma.edu/courses/55176/assignments/614730	due by 11:59pm
Thu Jun 3, 2021	 EXS3001-1 SP21 - Fitness Assessment & Exercise Prescription https://canvas.pointloma.edu/calendar?event_id=86443&include_contexts=course_55176	1:30pm to 2:45pm
	 WK 14 Synchronous lecture: https://canvas.pointloma.edu/courses/55176/assignments/614733	due by 11:59pm
Sat Jun 5, 2021	 WK 14 Exam 4 https://canvas.pointloma.edu/courses/55176/assignments/614713	due by 11:59pm
	 WK 14 Reflection: Stress Management https://canvas.pointloma.edu/courses/55176/assignments/614732	due by 11:59pm
Wed Jun 9, 2021	 WK 15 Reflection: Leadership https://canvas.pointloma.edu/courses/55176/assignments/614734	due by 11:59pm
Fri Jun 11, 2021	 Final https://canvas.pointloma.edu/courses/55176/assignments/614709	due by 11:59pm
	 WK 10 Reflection: Assessing Balance https://canvas.pointloma.edu/courses/55176/assignments/614724	
	 WK 11 Quiz 3 https://canvas.pointloma.edu/courses/55176/assignments/614718	
	 WK 14 Quiz 4 https://canvas.pointloma.edu/courses/55176/assignments/614720	