



This course will apply the practical - hands on application of what you will be learning in EXS 350. This exercise prescription with hands-on experience using various field methods to evaluate cardiorespiratory composition, flexibility and balance. This course is designed for those seeking a career in the health/fitness for certification exams such as the ACSM Certified Exercise Physiologist or NSCA Strength and Conditioning Specialist.

Let's get started...

1. To learn more about your instructor, review [Meet Your Instructor](https://canvas.pointloma.edu/courses/55177/pages/meet-your-instructor) (<https://canvas.pointloma.edu/courses/55177/pages/meet-your-instructor>).
2. Review the [Course Syllabus](https://canvas.pointloma.edu/courses/55177/assignments/syllabus) (<https://canvas.pointloma.edu/courses/55177/assignments/syllabus>).
3. **Please check** this link daily before class to determine what we will do in lab, what assignment is due, and what attire you need to wear. Please bring your lab manual to class. [Course Schedule](https://docs.google.com/document/d/18gB60SaAUDUuyu32dUgD3RwzzpaqCtcapyf61rek7T4/edit) ([view](https://docs.google.com/document/d/18gB60SaAUDUuyu32dUgD3RwzzpaqCtcapyf61rek7T4/edit) <https://docs.google.com/document/d/18gB60SaAUDUuyu32dUgD3RwzzpaqCtcapyf61rek7T4/edit>).
4. Review the [Required Materials and Recommended Resources](https://canvas.pointloma.edu/courses/55177/pages/required-material-and-recommended-resources) (<https://canvas.pointloma.edu/courses/55177/pages/required-material-and-recommended-resources>).
5. Review the Quick Links below.
6. Click on the **Modules** tab on the left-hand navigation and **Begin** by reviewing the [Course Overview](https://canvas.pointloma.edu/courses/55177/modules/176716) (<https://canvas.pointloma.edu/courses/55177/modules/176716>) module.

Quick Links

[Canvas Guides](https://community.canvaslms.com/t5/Student-Guide/tkb-p/student) | [_ \(https://community.canvaslms.com/t5/Student-Guide/tkb-p/student\)](https://community.canvaslms.com/t5/Student-Guide/tkb-p/student) | [Netiquette](https://community.canvaslms.com/t5/Student-Guide/tkb-p/student)
[Guidelines](https://canvas.pointloma.edu/courses/55177/pages/netiquette-guidelines) (https://canvas.pointloma.edu/courses/55177/pages/netiquette-guidelines) | [Help](https://canvas.pointloma.edu/courses/55177/pages/help-resources-and-technical-support)
[Resources & Technical Support](https://canvas.pointloma.edu/courses/55177/pages/help-resources-and-technical-support) (https://canvas.pointloma.edu/courses/55177/pages/help-resources-and-technical-support)

