



Department of Kinesiology  
**KIN 3001L: Fitness Assessment  
 Prescription Lab**  
 1 Unit

KIN 2021

<b>Meeting days:</b> R	<b>Instructor:</b> Dr. Susan Ganz
<b>Meeting times:</b> 7:30 am - 9:20 am	<b>Phone:</b> (619) 701-2567
<b>Meeting location:</b> Rhor 195	<b>Email:</b> sganz@pointloma.edu
<b>Office location and hours:</b> Virtual by appointment Wednesday 9:00 am - 12:00 pm Thursday: 9:30 am - 12:30 pm	

**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 course covers principles of exercise prescription with hands-on experience using various field methods to evaluate cardiorespiratory fitness, muscular fitness, body composition, flexibility and balance. This course is designed for those seeking a career in the health/fitness industry and serves as preparation for certification exams such as the ACSM Certified Exercise Physiologist or NSCA Strength and Condition Specialist.

## **COURSE LEARNING OUTCOMES**

Upon completion of this course, the student will:

1. Develop knowledge of the principles of physical fitness assessment, interpretation of results, and exercise prescription.
2. 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. Learn to assess and design various exercise and conditioning programs for development of each physical fitness component and weight management.
  7. Learn to assess and develop exercise protocols for individuals with controlled cardiovascular, pulmonary, and metabolic diseases.

## **REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES**

Exercise Testing and Prescription Lab Manual 2nd Ed.

ISBN: 978-0-7360-8728-5

## **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 1 unit class delivered over 37.5 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**

<b>Category</b>	<b>Time Expectation in Hours</b>
Online Participation in Discussions, Groups, etc.	15
Reading Assignments	5
Lab Assignments	12.5
Other Assignments & Learning Activities	5
Quizzes, Surveys	0

## Distribution of Student Learning Hours

Category	Time Expectation in Hours
Total Hours	37.5

### COURSE SCHEDULE AND ASSIGNMENTS

#### Laboratory & Professional Experience & Skills (10 points )

Attendance and participation in laboratory discussions. Assisting other class members with lab testing for class projects.

#### Lab Questions (10 @ 10 points )

Lab questions will be due the following Thursday by midnight

#### I Am My First Client (140 points)

The purpose of this project is to provide you with practical experience in assessing physical fitness levels and in designing individualized exercise programs. You will use yourself as your client for this project.

- Phase I: Health/Lifestyle Assessment (20 points)
- Phase II: CR Fitness Assessment/Aerobic Exercise Program (50 points)
- Phase III: Body Composition Assessment (50 points)
- Phase IV: Strength & Resistance Training Program (50 points)
- Phase V: Flexibility & Stretching Program (50 points)

Item		Total Points
1. Lab & Professional Experience	10 points	10
2. Labs Questions	10 @ 10 pts	100
3. Lab Write ups	1@20pts; 4@50 pts (200)	220
Total		330

### ASSESSMENT AND GRADING

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

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>F</b>
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](#) 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 PoliciesLinks to an external site.](#) 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) 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**

### **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 Links to an external site.](#)

## **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\*](#) [Links to an external site.](#) information.

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