


Course Syllabus

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	<p>Department of Kinesiology</p> <p>KIN 3001L: Fitness Assessment & Exercise Prescription Lab</p> <p>1 Unit</p>
Spring 2024	

Meeting days: W	Instructor: D. Taylor La Salle, M.S.
Meeting times: 4:00 - 5:50 pm	
Meeting location: Rohr 195	Email: tlasalle@pointloma.edu
<p>Office location and hours: By Appointment</p> <p>M (11:00-12:00 am); Tu (11:00-1:00pm)); F (by special appt)</p> <p><i>Additional virtual hours by appt hosted via zoom</i></p>	

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

Category	Time Expectation in Hours
Online Participation in Discussions, Groups, etc.	15
Reading Assignments	5
Lab Assignments	12.5



Category	Time Expectation in Hours
Other Assignments & Learning Activities	5
Quizzes, Surveys	0
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

A	B	C	D	F
A 94-100	B+ 88-89	C+ 78-79	D+ 68-69	F Less than 59
A- 90-93	B 83-87	C 74-77	D 64-67	
	B- 80-83	C- 70-73	D- 60-63	

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 in canvas by the due date. Late assignments will be accepted up to 3 days late with automatic deductions (20% day 1, 30% day 2, 40% day 3) taken before grading content.

Make-Ups

No make-up labs will be allowed unless excused by the school and the professor is notified of the excused absence prior to the missed class or if the student has a legitimate emergency.

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 Polici](#)



(<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>) 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

F2F

These labs require in-person attendance and participation. There is no way to make-up in-person labs which are required for most of your assignments. If you have a conflict or illness please communicate with the professor as early as possible.

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	Due
Thu Aug 10, 2023	 WK 12 Lab Questions: Postural Assessment https://canvas.pointloma.edu/courses/73192/assignments/976935	due by 11:59pm
Mon Jan 15, 2024	 Meet Your Instructor: Professor La Salle	to do: 11:59pm
Fri Jan 26, 2024	 WK 1 Lab Questions: Risk Factor & Medical History Evaluation https://canvas.pointloma.edu/courses/73192/assignments/976937	due by 11:59pm
	 Upload Check List Form https://canvas.pointloma.edu/courses/73192/assignments/1014552	due by 11:59pm
	 Upload Informed Consent https://canvas.pointloma.edu/courses/73192/assignments/1014557	due by 11:59pm
Sun Jan 28, 2024	 Upload Lifestyle Evaluation Form https://canvas.pointloma.edu/courses/73192/assignments/1014558	due by 11:59pm
	 Upload Medical History Questionnaire Form https://canvas.pointloma.edu/courses/73192/assignments/1014556	due by 11:59pm
	 Upload PAR-Q Form https://canvas.pointloma.edu/courses/73192/assignments/1014558	due by 11:59pm



Date	Details	Due
Thu Feb 1, 2024	 WK 2 Lab Questions: HR and BP https://canvas.pointloma.edu/courses/73192/assignments/976938	due by 11:59pm
		
	 WK 2 Lab Questions: ECG https://canvas.pointloma.edu/courses/73192/assignments/976939	due by 11:59pm
		
Thu Feb 8, 2024	 WK 3 Lab Questions: Blood Lipids https://canvas.pointloma.edu/courses/73192/assignments/976940	due by 11:59pm
		
	 Week 4 Lab https://canvas.pointloma.edu/courses/73192/assignments/976946	due by 10am
		
Thu Feb 15, 2024	 WK 1 Class Project: Phase I https://canvas.pointloma.edu/courses/73192/assignments/976936	due by 11:59pm
		
	 WK 5 Lab Questions: Equipment Calibration https://canvas.pointloma.edu/courses/73192/assignments/976941	due by 11:59pm
		
Thu Feb 22, 2024	 Mid-Course Survey https://canvas.pointloma.edu/courses/73192/assignments/976926	due by 11:59pm
		
	 WK 6 Lab Questions: Sub Max https://canvas.pointloma.edu/courses/73192/assignments/976943	due by 11:59pm
		
Thu Mar 14, 2024	 WK 9 Lab Questions: Muscular Strength & Endurance https://canvas.pointloma.edu/courses/73192/assignments/976944	due by 11:59pm
		
Thu Mar 21, 2024	 WK 10 Lab Questions: Body Composition	due by 11:59pm



Date	Details	Due
	(https://canvas.pointloma.edu/courses/73192/assignments/976931) 	
Mon Apr 15, 2024	 Phase II- Make Up Optional Assignment (https://canvas.pointloma.edu/courses/73192/assignments/976928)	due by 11:59pm
		
Tue Apr 16, 2024	 WK 11 1 Lab Questions: Flexibility (https://canvas.pointloma.edu/courses/73192/assignments/976932)	due by 11:59pm
		
Sun Apr 21, 2024	 WK 4&5 Class Project: Phase II (https://canvas.pointloma.edu/courses/73192/assignments/976942)	due by 11:59pm
		
Thu Apr 25, 2024	 WK 12 Class Project: Phase V (https://canvas.pointloma.edu/courses/73192/assignments/976933)	due by 11:59pm
		
Thu Apr 25, 2024	 WK 12 Lab Questions: Balance (https://canvas.pointloma.edu/courses/73192/assignments/976934)	due by 11:59pm
		
Fri Apr 26, 2024	 End-of-Course Evaluation (https://canvas.pointloma.edu/courses/73192/assignments/976927)	due by 11:59pm
		
Sun Apr 28, 2024	 WK 9 Class Project: Phase III (https://canvas.pointloma.edu/courses/73192/assignments/976945)	due by 11:59pm
		
Thu May 2, 2024	 WK 10 Class Project: Phase IV (https://canvas.pointloma.edu/courses/73192/assignments/976930)	due by 11:59pm
		
	 Roll Call Attendance (https://canvas.pointloma.edu/courses/73192/assignments/976929) 