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

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|---|--|
| <p>Meeting days: Tuesday</p> <p>Final Exam: Dec 17th</p>  | <p>Instructor: Kristen Snyman, PhD, CSCS*D</p> <p>Associate Professor of Kinesiology</p> |
| <p>Meeting times: 2:30-4:20pm</p>   | <p>Phone: 619-849-3329</p>   |
| <p>Meeting location: Rohr 195</p>   | <p>Email: <a href="mailto:ksnyman@pointloma.edu">ksnyman@pointloma.edu</a></p>           |
| <p>Office location and hours: Kinesiology office #8 TuTh 9:00 - 11:30 am &amp; Zoom ; Wednesday 12:00-2:00pm Balboa</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 & laboratory methods to evaluate cardiorespiratory fitness, muscular fitness, body composition, 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 ACSM Certified Personal Trainer.

## **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 & balance
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**

Students are responsible for having the required course textbooks prior to the first day of class.

All supplemental materials posted on this course site (including articles, book excerpts, or other documents) are provided for your personal academic use. These materials may be protected by copyright law and should not be duplicated or distributed without permission of the copyright owner.

Exercise Testing and Prescription Lab Manual 2nd Ed.

ISBN: 978-0-7360-8728-5

Resources for the Exercise Physiologist 3rd Ed. [required for lecture, recommended for lab]

ISBN: 978-1975153168

## **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.)

| <b>Category</b>                         | <b>Time Expectation in Hours</b> |
|---|----------------------------------|
| Activity Journal                        | 15                               |
| Reading Assignments                     | 5                                |
| Lab Assignments                         | 12.5                             |
| Other Assignments & Learning Activities | 3                                |
| Quizzes, Surveys                        | 2                                |
| <b>Total Hours</b>                      | <b>37.5</b>                      |

## **COURSE SCHEDULE AND ASSIGNMENTS**

### **Laboratory & Professional Experience & Skills (15 points)**

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

### **Lab Questions & Reports (10 @ 30 points)**

Lab questions will be due the following Thursday by midnight

| <b>Item</b>                      |             | <b>Total Points</b> |
|----------------------------------|-------------|---------------------|
| 1. Lab & Professional Experience | 15 points   | 15                  |
| 2. Labs Questions & Reports      | 10 @ 30 pts | 300                 |
| 3. Activity Journal              |             | 50                  |

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:

| 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 |                |

## FINAL EXAMINATION POLICY

Successful completion of this class requires taking the final examination on its scheduled day. The final examination schedule is posted on the [Traditional Undergraduate Records: Final Exam Schedules](#) site. If you find yourself scheduled for three (3) or more final examinations on the same day, you are authorized to contact each professor to arrange a different time for one of those exams. However, unless you have three (3) or more exams on the same day, no requests for alternative final examinations will be granted.

## 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 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 documented with appropriate paperwork (doctor's note etc).

## **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 RECORDING NOTIFICATION**

In order to enhance the learning experience, please be advised that this course may be recorded by the professor for educational purposes, and access to these recordings will be limited to enrolled students and authorized personnel.

Note that all recordings are subject to copyright protection. Any unauthorized distribution or publication of these recordings without written approval from the University (refer to the Dean) is strictly prohibited.

## **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. For all student appeals, faculty and students should follow the procedures outlined in the University Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

## **PLNU ACADEMIC ACCOMMODATIONS POLICY**

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities in accordance with the Americans with Disabilities Act (ADA). Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center ([EAC@pointloma.edu](mailto:EAC@pointloma.edu) or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will work with the student to create an Accommodation Plan (AP) that outlines allowed accommodations. The EAC makes accommodations available to professors at the student's request.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course. Accommodations are not retroactive so clarifying with the professor at the outset is one of the best ways to promote positive academic outcomes.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC. Students cannot assume that because they had accommodations in the past, their eligibility at PLNU is automatic. All determinations at PLNU must go through the EAC process. This is to protect the privacy of students with disabilities who may not want to disclose this information and are not asking for any special accommodations.

## **PLNU ATTENDANCE AND PARTICIPATION POLICY**

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, 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 withdrawal date or, after that date, receive an "F" grade.

**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 you have questions, a desire to meet with the chaplain or have prayer requests you can contact your professor or the [Office of Spiritual Life and Formation](#).

## **USE OF TECHNOLOGY**

In order to be successful in the online or hybrid environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their computer available to use. Please note that any course with online proctored exams requires a computer with a camera (tablets are not compatible nor allowable) to complete exams online.

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.