

Request for Undergraduate Course Change

Prepare one paper copy with all signatures and forward to Bernice Bullock in the Faculty Senate office. Additionally, immediately following attainment of the College Curriculum Chair signature, send one identical ELECTRONIC COPY sans signatures in PDF format with all supporting documentation converted to PDF format by email to Bernice Bullock in the Faculty Senate office.

College: COEHS Department/Division: ESSR Current Alpha Designator/Number: ESS 211
 Contact Person: Eric Arnold, Ph.D., and Gina Sobrero Evans, Ph.D. Phone: 696-2412/2924

CURRENT COURSE DATA:

Full Course Title: <u>Physical Fitness Leadership</u>	
Catalog Title Abbreviation:	<u>Physical Fitness Leadership</u>
Alpha Designator/Number: <u>ESS 211</u>	Credit Hours: <u>3</u>
Term for which changes will be effective (Fill in with appropriate calendar year.): <u>2009</u> Fall _____ Spring _____ Summer _____ Other _____	

CHECKLIST/QUESTIONS:

1. Complete this **three** page form in its entirety and route through the departments/committees below for changes to a course involving: course title, alpha designator (see accompanying note to the section on the next page), course number, course content, credit hours, or catalog description.
2. If this change will affect other departments that require this course, please send a memo to the affected department and include it with this packet, as well as, the response received from the affected department.
3. If the changes made to this course will make the course similar in title or content to another department's courses, please send a memo to the affected department and include it with this packet, as well as, the response received from the affected department.
4. List courses, if any, that will be deleted because of this change (*must submit course deletion form*): None _____
5. If the faculty requirements and/or equipment need to be changed upon approval of this proposal, attach a written estimate of additional needs.
6. If library resources are deemed inadequate, include in the rationale a plan to overcome this. The plan must include the cost as stated by the Dean of Libraries.
7. Send a copy of this completed form to the Marshall University Catalog Editor.

SIGNATURES: (If disapproved at any level, do not sign. Return to previous signer.)

Department Chair/Division Head: _____	Date: _____
Registrar: _____	Date: _____
Librarian: _____	Date: _____
College Dean: _____	Date: _____
College Curriculum Chair: _____	Date: _____
University Curriculum Committee Chair: _____	Date: _____
Faculty Senate Chair: _____	Date: _____
VP Academic Affairs/VP Health Science: _____	Date: _____

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Additional Information Required for Undergraduate Course Change

College: COEHS Department/Division: ESSR Current Alpha Designator/Number: ESS 211

Change in CATALOG TITLE: Yes No

From:

P	h	y	s	i	c	a	l		F	i	t		L	e	a	d	e	r	s	h	i	p		
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To:

E	x	e	r		L	e	a	d		&		P	r	o	g		P	l	a	n	n		
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 (Limit of 25 characters and spaces.)

Change in ALPHA DESIGNATOR: Yes No

From:

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 To:

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Change in COURSE NUMBER: Yes No

From:

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To:

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Change in CONTENT: Yes No

From:

To adequately prepare physical education students to safely and effectively deliver lifetime physical fitness and/or training sessions to untrained individuals. This course will both review old and teach new exercise science concepts as they relate to one's ability to teach exercise. The student will gain knowledge through lectures, research, reading, and practical experience. +

To:

This course is an introduction to the basic principles of physical fitness and activities that promote a healthy lifestyle. The student will gain knowledge of behavior change, components of exercise sessions, cardinal principles of conditioning, basics of fitness programming, and instructing individual and group exercise sessions.

Change in CREDIT HOURS: Yes No

(A change in credit hours requires documentation that specifies the work requirements have been adjusted accordingly.)

From:

2 hours

To:

3 hours and see syllabus

Change in CATALOG DESCRIPTION: Yes No

(Limit of 30 words. If change is substantial, document in the rationale. If change is minor, simply show the change below.)

From:

The student will learn skills needed to lead exercise classes involving aerobic, resistive, and flexibility exercises.

To:

The student will gain knowledge of behavior change, components of exercise sessions, cardinal principles of conditioning, basics of fitness programming, and instructing individual and group exercise sessions.

Request for Undergraduate Course Change – Page 3
Additional Information Required for Undergraduate Course Change

College: COEHS Department/Division: ESSR Current Alpha Designator/Number: ESS 211

Rationale for changes:

Define the rationale for EACH type of change here.

- A. The name change from physical fitness leadership to exercise leadership and program planning reflects the current terminology in the exercise science/exercise physiology field. In addition, the name represents the course content in a more comprehensive manner.
- B. The course credit hour change from 2 to 3 hours allows additional in class time for students to gain practical knowledge in this area in preparation for more advanced exercise science courses.
- C. The course catalogue description is being changed to reflect 21st century training and scope of practice in the field of exercise science/exercise physiology as defined by the American College of Sports Medicine (ACSM).

- 3) Effectively screen clients and placement of clients in appropriate exercise programs.
- 4) Understand the relationship between, diet, exercise, and weight control.
- 5) Understand the basic concepts of aerobic conditioning.
- 6) Understand the basic concepts of strength conditioning.
- 7) Understand the basic concepts of flexibility/ stretching exercises.

SUGGESTED LEARNING ACTIVITIES

- A) Active Listening
- B) Reading Textbook Assignments
- C) Active Participation
- D) Cooperative Group Discussions
- E) Labs
- F) Notes from Class and Group Discussions
- G) Written Assignments
- H) Tests
- I) Selected Article Critiques
- J) View/Evaluate Selected Media Presentations
- K) Identify Acceptable Instruments for Assessments

COURSE CONTENT (OUTLINE)

- A. Concept of Wellness Promotion: Nutrition, Weight Management, and Stress Management
- B. The Establishment of Habits Related to Wellness
- C. Concept and Components of Fitness
- D. Principles of Physical Training
- E. Designing a Well Rounded Personalized Exercise Program
- F. Basic Functions of the Cardio Respiratory System
- G. How The Body Produces Energy for Exercise
- H. How Individuals Can Create Successful Cardio Respiratory Fitness Programs
- I. Understand General Muscular Strength And Endurance
- J. Understand Flexibility and how it relates to Low Back Health
- K. Understand The Importance of One's Body Composition
- L. Discuss Reasons For Premature Death Among Americans and Methods for Controlling Risk Factors

COURSE REQUIREMENTS:

ATTENDANCE POLICY: Students shall attend all classes in accordance with policies published in all Marshall University policy bulletins. Attendance is included in the daily performance grade. Missing more than two classes will result in the lowering of the final grade by 10 points per absence. Please discuss each absence with your instructor.

IN-CLASS AND EXTRACURRICULAR ASSIGNMENTS: All assignments are due on the date(s) established by the instructor. Late submissions will

NOT be accepted, unless prior approval has been granted through direct communication with the instructor in advance of the deadline date.

ALL WRITTEN ASSIGNMENTS, EXCLUDING TESTS, SHALL BE SUBMITTED IN TYPEWRITTEN OR WORD PROCESSOR FORM. ANY EXCEPTION TO THIS POLICY WILL BE EXPLAINED DURING THE PRESENTATION OF THE ASSIGNMENT.

TESTS: Two tests will be given during the semester. Each test will include subject matter from the lectures, class discussions, and readings.

Make-up tests will not be administered automatically as a result of an test day absence. To qualify to make-up the test, the following conditions Must be met:

- 1) Legitimate (Consult Marshall University Attendance Policy)
- 2) Cleared by the instructor in advance (if possible)
- 3) Documented in oral AND written forms

Any test missed must be legitimized by the instructor and taken prior to the next scheduled class meeting after the test date.

PLAGIARISM POLICY: Any student found cheating on tests, falsifying reports by not noting all sources used throughout the main body of the text, or copying material verbatim without following accepted writing guidelines will receive minimally a grade of “F” for the test or written assignment.

ASSIGNMENTS

Class assignments must be turned in at the beginning of the period. *LATE ASSIGNMENTS WILL NOT BE ACCEPTED. Assignments will be taken up at the beginning of the class meeting.

LABS

***Labs will be done in class. Assignments will be given in class and depending on the task findings will be typed with a 12 font; double spaced and will be due at the next class meeting.**

PAPER

***This will be a 1 to 2 page typed paper concerning a topic in Physical Fitness Leadership. Topic will be approved by the instructor.**

PERSONAL FITNESS PLAN

***Student will develop a personal fitness plan that will be used during the semester. An outline will be given out in class.**

FITNESS TESTING BY THE EXERCISE PHYSIOLOGY DEPARTMENT

***Student will set help an appointment to be tested in the exercise physiology lab. A handout will be given out in class.**

GRADES

<u>ASSIGNMENT</u>	<u>POINTS</u>	<u>DUE DATE</u>
-Labs	7@10=70	Throughout the Semester
-Paper	30	9/22/04 (Weds.)
-Personal Fitness Plan	30	10/18/04 (Mon.)
-Testing (Exercise Physiology Lab)	50	10/18/04 (Mon.)
-Mid-Term Exam	100	10/13/04 (Weds.)
-Final Exam	<u>100</u>	12/10/04 (Fri.)
-Possible Points	<u>380</u>	

A= 380-342

B= 341-304

C= 303-266

D= 265-228

F= BELOW 227

CLASS SCHEDULE Fall 2004 (Class Schedule is tentative and subject to Change)

<u>DATE</u>	<u>TOPIC AND/OR CHAPTER</u>
8-23 Monday	Introduction to the Course; Syllabus
8-25 Wednesday	Chapter 1
8-30 Monday	Lab #1
9-1 Wednesday	Chapter 2
9-6 Monday	No Class-Labor Day Holiday
9-8 Wednesday	Chapter 2
9-13 Monday	Lab #2
9-15 Wednesday	Chapter 3
9-20 Monday	Chapter 3
9-22 Wednesday	Lab #3
9-27 Monday	Chapter 4
9-29 Wednesday	Lab #4
10-4 Monday	Chapter 7
10-6 Wednesday	Chapter 6
10-11 Monday	Review For Mid-Term Exam
10-13 Wednesday	Mid-Term Exam
10-18 Monday	Chapter 5
10-20 Wednesday	Chapter 8
10-25 Monday	Chapter 8
10-27 Wednesday	Lab #5
11-1 Monday	Chapter 9
11-3 Wednesday	Chapter 9
11-8 Monday	Chapter 10
11-10 Wednesday	Chapter 10
11-15 Monday	Lab #6
11-17 Wednesday	Chapter 11
11-22 Monday	Chapter 11

11-24 Wednesday
11-29 Monday
12-1 Wednesday
12-10 Friday

No Class-Thanksgiving Holiday
Lab #7
Review for Final Exam
FINAL EXAM (12:45-2:45)

Exercise Leadership and Program Planning

ESS 211

Fall 2009

Instructor: Gina Sobrero Evans, Ph.D., HFI® **Phone:** 304-696-2924
Office: GH 1E **E-Mail:** evansg@marshall.edu
Office Hours: TBA
Text: Required Delavier, F. (2006). Strength Training Anatomy (2nd Ed.), Champaign, Illinois: Human Kinetics.
Required NSCA The Quick Series Guide(s) to: Aerobic Training, & Weight Training

COURSE OVERVIEW: This course is an introduction to the basic principles of fitness and activities that promote fitness. The student will gain experience in assessing activities that promote fitness. Acquiring knowledge with regard to such activities and how to instruct them in both individual and group settings is the focus of this course. In addition, aspects of psychology related to stages of behavior change and the basics of fitness programming will be introduced.

GRADE CONSTITUENTS:

Exams: Five written exams will be administered throughout the term. They will consist of both objective and subjective items. Each test will **emphasize** new material. The final will be comprehensive. **No make-up exams.** (60%)

Teaching Sessions: Each student will have (peer) teaching opportunities. These activities will be in a variety of fitness activities in both group and individual settings. (20 %) *Both instructor and peer evaluations will be a part of the grading process for this portion of the course.*

Assignments: A variety of written and practical assignments will be given throughout the semester. All will have written instructions and due dates. (20 %)

Class Attendance and Participation: Participation in class discussions and active debate (expressing ones opinion openly) is **expected**. In addition, this course requires all students to participate in and/or lead exercise/fitness related activities. Attendance is a prerequisite for the above. For each absence beyond three, **you will loose 3% off of your final grade.** If you have to leave class early, inform the instructor (by phone or email) prior to class and try and sit close to the exit to minimize disruption to your fellow classmates. Also, please keep **pagers, cell phones, beepers, personal digital assistants, satellite messaging systems, laptops, or other audible communicators** turned off during lecture or on vibration mode. Show **respect** toward your classmates and **please don't talk during lecture.**

GRADING SCALE:

A	100 – 90
B	80-89
C	70-79
D	60-69
F	59.4 and below

POLICIES: No make-up exams are possible, unless arrangements are made **prior** to exam dates or a **verifiable** excuse (medical) is provided.
 Assignments are to be typed and double-spaced, unless otherwise stated.
 Late assignments will not be accepted.

THINGS TO REMEMBER:

Grades are Earned
 Attendance is Taken
 Instructors are Resources

Extra Credit- **Rarely**
 Don't Understand – **ASK**
 Get Behind, Stay Behind

TOPICS COVERED

Methods of Changing Exercise Behavior
 Exercise Leadership
 Professionalism in Exercise Science
 Group and Individual Exercise Programming Basics
 Components of an Exercise Session:
 Warm-up, Stretching, Conditioning Activity, Cool Down
 Cardinal Principles of Conditioning:
 Overload, Progression, Specificity, Rest & Recovery, Reversibility
 Benefits and Purpose of Exercise Components
 Benefits, Purpose, and Science of Warm-up, Cool Down, Flexibility,
 Cardiovascular and Resistance Training
 Uniqueness of Water as a Medium for Exercise

TENTATIVE LIST OF ASSIGNMENTS FOR THE SEMESTER

Career Assignment
 Group Exercise Class Evaluation
 Two Page Lift Description
 Special Event Planning and Implementation (Exercise Science Competition)
 Personal Exercise Program

POLICY ON ACADEMIC HONESTY

The University assumes as a basic and minimum standard conduct in academic matters that students are honest and they submit for credit only the products of their own efforts. All dishonest work will be rejected as the basis for academic credit. This includes work done in unauthorized collaboration with another person, falsification, or plagiarism (for instance, misrepresented material, fabricated information, false or misleading citation sources, falsification of the results of experiments or computer data). Any of the above violations will result in a final grade of **F** being received.

STATEMENT CONCERNING LEARNING DISABLED STUDENTS

If you have special needs regarding testing or notetaking please notify the instructor at the beginning of the semester. You will be asked to follow up with written documentation from the appropriate agency. Appropriate accommodations will be made on an individual basis. As a general rule please plan on taking exams on the day and time as posted in the syllabus.

Date	Topic	Assignment/Test
Week 1	Syllabus Review Changing Exercise Behavior Health-Related Components of Fitness	
Week 2	Principals of Conditioning Components of an Exercise Program	CDC Behavior Change Assignment Due
Week 3	Benefits and Purpose of Exercise Components	
Week 4	Professionalism Career Paths Code of Conduct of Prof Org in Field	Test 1
Week 4	Group and Individual Exercise Programming Basic	ACSM Careers Assignment Due Handout on ACSM Cardio Activity Grouping Handout on Target Heart Rate Training Zone
Week 5	Warm Up Student Teaching	Programming Assignment Due Test 2
Week 6	Cardiovascular Exercise Advanced CRE	NSCA Aerobic Training Booklet
	Stages of Training Cardio Student Teaching	
Week 7	Step Aerobic Exercise Demonstration Circuit Student Teaching Game Cardio Student Teaching	
Week 8	Muscular Strength & Endurance Systems of Resistance Training	NSCA Resistance Training Booklet Test 3
	Introduction to Weight Room Lift Student Teaching	
Week 9	Flexibility Flexibility & Stretching Demonstration Flexibility Student Teaching	
Week 10	Cool Down Student Teaching	Lift Description Assignment Due Test 4
Week 11	Uniqueness of Water Pool Workout: Group & Individual Student Teaching: Water exercise	
Week 12	Hospital-Based Fitness Programming	
Week 13	Corporate Fitness Programming	
Week 14	School Fitness Programming	
Week 15	Lift Project Presentations	Specialty Programming Assignment Due
Week 16	Final Exam	Final Exam