**Class Title**

Location

Professor:

Office:

E-mail:

Phone: 512-245-

Office Hours: Wednesdays from 5:00 to 6:00 PM, or M, T, H, F by appointment.

**Course Description:** This course provides an intensive study of current scientifically-based exercise testing and prescription procedures. Students will learn how to evaluate fitness and prescribe exercise through laboratory experiences.

**Goal:** To prepare students to become health/fitness and clinical exercise professionals by presenting them with the most current information in a usable form and exposing them to field-based laboratory activities.

**Course Objectives:** By the end of the semester, the student will be able to**:**

1. Identify the benefits and risks associated with physical activity.
2. Define physical activity and related terminology.
3. Conduct pre-participation health screening and risk stratification.
4. Make appropriate exercise testing supervision recommendations.
5. Conduct pre-exercise evaluations and health-related physical fitness testing.
6. Interpret results of pre-exercise evaluations and health-related physical fitness tests.
7. Describe the general principles of exercise prescription.
8. Prescribe safe and optimal exercise based on client’s goals, fitness level, age, and health status.
9. Evaluate energy balance and make appropriate weight management recommendations.
10. Using relevant literature, design a meaningful research study.
11. Conduct the research investigation and write up as well as present the results.

**Course Evaluations:** As a graduate student, you are beginning to achieve a level of knowledge above that found in most textbooks. You are rapidly approaching a situation where you will need and desire to learn additional information on a particular topic in exercise science. This additional learning will come from reading new research and also by rethinking what you have already learned. This course is structured to enable you to look at facts related to exercise testing and prescription in a new way.

The basic format will be a participative lecture interspersed with discussion, lab activities, and experiments. Because you are a graduate student, I expect you to do all outside reading (text and journal articles) before class and to be prepared to participate in discussions. Additionally, we do not have time to cover everything – it is imperative that you read the material. Complaints of covering too much material too rapidly usually arise from those who fail to prepare outside of class.

***Attendance.*** Punctualattendance is expected at every class. Roll will be taken at the start of every class. Absences are excused for University sanctioned events or due to an extended illness that has been documented by the Dean of Students Office (<http://www.dos.txstate.edu/handbook/rules/policies.html>) as well as for religious holidays (<http://www.txstate.edu/effective/upps/upps-02-06-01.html>). Students are allowed **ONE** unexcused class. Any unexcused absence, thereafter, will lower the final grade by one letter grade and a grade of zero will be given to all work due in class that day.

***In-class Participation, Recall, and Demonstration (PRD).*** *Active participation is class and laboratory activities, accurate recall, and successful demonstration are required. PRD includes a variety of activities:* 1) willingness and preparedness to respond to questions asked by the instructor, 2) asking questions about the course material, 3) offering observations and examples of topics under discussion, 4) engaging in critical analysis of course material, 5) administering laboratory activities, and 6) serving as a willing participant in laboratory activities. If you do not participate in class lecture/discussion/laboratory activities, complete activities, answer questions correctly when called upon, or successfully demonstrate how to solve math problems/case studies, then points will be deducted from your PRD grade.

*Note:*

* Often times, you will be asked to refer to material in the text/research article. **You** **should bring your textbook and assigned articles to every class.**
* Review the following “Common Sense Rules to Conducting Oneself Properly in Class:” 1) turn off all electronic devices, 2) arrive to class on time, 3) do not leave class early, and 4) do not sleep during class. Failure to comply will result in a lowering of your PRD grade. If you are caught using an electronic device during class, you will be asked to leave (and you will be counted absent and will not receive PRD points for that day).
* If you are absent or tardy, then points will be deducted from your PRD grade.
* Actual calculators (not calculators on cell phones or laptop computers) are permitted during class; all other electronic devices are not permitted.

***Reading assignments and outlines/notes.*** Students are **expected to read** the appropriate reading materials **before** class. To prepare for class, each student should study the assigned readings so thoroughly that he/she is prepared to actively participate in the class discussion and successfully complete a reading quiz.

Related to the assigned readings, students are expected to either turn in a typed outline or set of notes (2 pages, double spaced, 1-inch margins, and 12-inch font). Students will be able to use the outline during class discussion and quizzes. *Note*. Each outline will be turned in with each quiz.

***Examinations and Quizzes:*** Five reading quizzes as well as a mid-term and a final exam will be given and will include multiple-choice, true-false, short answers, and in-depth essay. No make-up will be given. *Note*. The final exam is comprehensive.

***Research Experiment, Paper, and Presentation***. Students will be randomly assigned to a group of 4 to 6 students. The group will choose a chair (to organize and lead the group) and a scribe (to take minutes of each meeting and maintain a manual to be turned in at the end of the semester). They will conduct an experiment, write a paper, and present their information on an assigned topic. Throughout the semester, students will be required to submit related assignments (e.g., an outline, references, purpose statement, etc.)

***Plagiarism Quiz:*** Students will go on-line to Indiana University’s “How to Recognize Plagiarism” web site. Students will read through the examples and case studies related to plagiarism and will successfully complete the on-line quiz. In order to receive credit for this activity, students must complete the quiz no later than August 31, 2011, at 6:30 p.m. and must submit their confirmation certificate to the instructor. The Web site URL is: <https://www.indiana.edu/~istd/definition.html>

*CITI Training:* Students will go on-line to Texas State University’s “Required Human Subjects Protection Training” Web page. Students will read through the instructions and will successfully complete the CITI training. To receive credit for this activity, students must complete the quiz no later than September 7, 2011, at 6:30 p.m. and must submit their confirmation certificate to the instructor. The web site URL is: <http://www.txstate.edu/research/orc/humans-in-research/training.html>

Grades in this course are based on performance, not on a student’s “need” for a grade (i.e., grades are earned).

The following tables indicate how the final grade is calculated.

|  |  |  |  |
| --- | --- | --- | --- |
| Distribution of Points | | | |
| Item | | | Points |
| Mid-term | | | 100 |
| Comprehensive Final Exam | | | 100 |
| Plagiarism Quiz | | | 5 |
| CITI Training | | | 5 |
| 6 Quizzes (one will be dropped) | | | 100 |
| PRD | | | 120 |
| Research Experiment | | | 170 |
| Total | | | 600 |
| Grade Calculation | | |
| Grade | Percent | Points |
| A | 90 – 100 % | 540 - 600 |
| B | 80 – 89.9 % | 480 - 539 |
| C | 70 – 79.9 % | 420 - 479 |
| D | 60 – 69.9 % | 360 - 419 |
| F | < 60 % | 0 – 359 |

**Other Policies:**

***Students with Disabilities:***If you are a student with a disability who will require an accommodation to participate in this course, please contact me as soon as possible. You will be asked to provide documentation from the Office of Disability Services. Failure to contact me in a timely manner may delay your accommodations. For more information, refer to the Office of Disability Service’s Website: [www.ods.txstate.edu](http://www.ods.txstate.edu).

***Texas State’s Academic Honesty Policy.***All work for credit must be the student’s original work. Any plagiarism will automatically result in a grade of zero on that assignment. This is especially important when writing research papers. No copying of phrases or sentences is allowed. Depending on the magnitude of the offense, copying another student’s work or cheating on exams may result in a grade of F in the course. To avoid suspicion, stow all notes and written documents and electronic devices prior to accepting examination materials. An assignment that is questionable will be investigated and subject to disciplinary actions recommended under the Texas State Honor Code.

Students who are unfamiliar with the University’s Honor Code policy should review UPPS 07.10.01 at <http://www.txstate.edu/effective/upps/upps-07-10-01.html>. In short, violation of the “Honor Code" includes, but is not limited to, cheating on an examination or other academic work, plagiarism, collusion and the abuse of resource materials.

1. Cheating means engaging in any of the following activities:
2. Copying from another student's test paper, laboratory report, other report of computer files, data listing or programs.
3. Using, during a test, materials not authorized by person giving the test.
4. Collaborating, without authorization, with another person during an examination or in preparing academic work.
5. Knowingly, and without authorization, using, buying, selling, stealing, transporting, soliciting, copying, or possessing, in whole or in part, the content of an unadministered test.
6. Substituting for another student or permitting another person to substitute for oneself in taking an examination or preparing academic work.
7. Bribing another person to obtain an unadministered test or obtain information about an unadministered test.
8. Purchasing, or otherwise acquiring and submitting as one's own work any research paper or other writing assignment prepared by an individual or firm. This section does not apply to the typing of the rough or final versions of an assignment by a professional typist.
9. Plagiarism means the appropriation of another's work and the unacknowledged incorporation of that work in one's own written work offered for credit.
10. Collusion means the unauthorized collaboration with another person in preparing written work offered for credit.
11. Abuse of resource materials means the mutilation, destruction, concealment, theft or alteration of materials provided to assist students in the mastery of course materials.

For additional information, students should refer to the student handbook. (In particular, they should go to: <http://www.dos.txstate.edu/handbook.html> and click on Academic Honor Code).

***Dress:***Students should wear to class clothing (i.e., shorts, t-shirts, sports bras, sweats, tennis shoes, etc.) that allows for them to participate in exercise testing and prescription activities. Inappropriate attire will not be tolerated and the student will be asked to leave and points will be deducted from their PRD grade.

**Required Textbook:** American College of Sports Medicine(2010). *Guidelines for graded exercise testing and exercise prescription* (8th ed.)*.* Baltimore, PA: Lippincottt, Williams and Wilkins.

**Strongly Suggested Resource:** American Psychological Association (2009). *Publication manual of the American Psychological Association* (6th ed.) Washington D.C.: APA.

**Tentative Course Schedule and Important Dates**

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| --- | --- | --- | --- |
| **Date** | **Subject** | **Work Due** | **Work Assigned for Following Class Period** |
| 8-24 | Review Syllabus; Discussions: 1) Types of Certifications; & 2) Benefits & Risks Associated with Physical Activity. |  | Identification of desired certification; Review Ch. 1; Read & outline Ch. 2; Take the plagiarism quiz (refer to pg. 2) |
| 8-31 | Discussions & related activities: 1) Pre-participation Screening & rPAR-Q; 2) Risk Stratification & Health History Appraisal Questionnaire; & 3) Medical Clearance & Waiver; Assignment of research projects; Reading quiz | Desired certification; Plagiarism certificate | Read & outline Ch. 3, Ch. 5 (pp. 116 – 118, Box 5.2), & Ch. 6 (pp. 139 – 140); Identify a minimum of 5 research articles related to the assigned experiment, begin a reference list, & include articles in a matrix; Go through CITI training (refer to pg. 2) |
| 9-7 | Discussions & related activities: 1) Emergency plans & Informed Consent; 2) Pre-Exercise Evaluations & measuring BP; & 3) Purpose, hypothesis, and significance statements; Reading quiz | Articles, reference list, & matrix; CITI training certificate | Develop purpose, hypothesis, & significance statements; Read and outline Ch. 4, Cardiorespiratory Fitness (pp. 60-62, 71- 90). |
| 9-14 | Discussion & related activities: 1) Graded Maximal and Submaximal Exercise Testing; & 2) Content of a research proposal; Reading Quiz | Purpose, hypothesis, & significance statements are due. | Develop *a very specific* outline of your research proposal. |
| 9-21 | Discussion & related activities: Graded Maximal & Submaximal Exercise Testing | Outline of research proposal | Review for mid-term exam |
| 9-28 | **Mid-term** |  | Read & outline Ch. 7; & Draft a proposal. |
| 10-5 | Discussion & related activities: General principles of exercise prescription and metabolic equations; Reading quiz |  |  |
| 10-12 | Discussion & related activities: General principles of exercise prescription and metabolic equations | Proposal |  |
| 10-19 | Data collection |  |  |
| *10-24* | *Last day to drop a class* |  |  |
| 10-26 | Data Collection |  | Read and outline Ch. 4 through body size and composition (pp. 60-71); Draft a preliminary report |
| 11-2 | Discussion & related activities: 1) Body Size & Composition; 2) Ideal Body Weight; 3) Estimation of %BF; 4) Goal Setting, & 5) Circumferences; Reading quiz |  |  |
| 11-9 | Catch-up |  | Readings to be assigned. |
| 11-16 | Discussion & related activities: Weight management; Reading Quiz | Preliminary report |  |
| 11-30 | Comprehensive Exam | Final report; Preliminary poster |  |
| 12-6 | Poster Presentation (3:30 to 5:00 PM) |  |  |
| 12-7 | Oral Presentation (8:00 to 10:30 PM) |  |  |

Texas State University-San Marcos

Honor Code

As members of a community dedicated to learning, inquiry, and creation, the students, faculty, and administration of our university live by the principles in this Honor Code. These principles require all members of this community to be conscientious, respectful, and honest.

WE ARE CONSCIENTIOUS. We complete our work on time and make every effort to do it right. We come to class and meetings prepared and are willing to demonstrate it. We hold ourselves to doing what is required, embrace rigor, and shun mediocrity, special requests, and excuses.

WE ARE RESPECTFUL. We act civilly toward one another and we cooperate with each other. We will strive to create an environment in which people respect and listen to one another, speaking when appropriate, and permitting other people to participate and express their views.

WE ARE HONEST. We do our own work and are honest with one another in all matters. We understand how various acts of dishonesty, like plagiarizing, falsifying data, and giving or receiving assistance to which one is not entitled, conflict as much with academic achievement as with the values of honesty and integrity.

THE PLEDGE FOR STUDENTS

Students at our university recognize that, to insure honest conduct, more is needed than an expectation of academic honesty, and we therefore adopt the practice of affixing the following pledge of honesty to the work we submit for evaluation:

**I pledge to uphold the principles of honesty and responsibility at our university.**

THE PLEDGE FOR FACULTY AND ADMINISTRATION

Faculty at our university recognize that the students have rights when accused of academic dishonesty and will inform the accused of their rights of appeal laid out in the student handbook and inform them of the process that will take place.

**I recognize students’ rights and pledge to uphold the principles of honesty and responsibility at our university.**

ADDRESSING ACTS OF DISHONESTY

Students accused of dishonest conduct may have their cases heard by the faculty member. The student may also appeal the faculty member’s decision to the Honor Code Council. Students and faculty will have the option of having an advocate present to insure their rights. Possible actions that may be taken range from exoneration to expulsion.

“I have read the Texas State University’s Honor Code and agree to adhere by it.”

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Student’s printed name

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Student’s signed name Date