COURSE SYLLABUS

LAST REVIEW	Spring 2021
COURSE TITLE	Exercise Testing and Prescription
COURSE NUMBER	EXSC-0213
DIVISION	Math, Science, Business & Technology
DEPARTMENT	Exercise Science
CIP CODE	24.0101
CREDIT HOURS	3
CONTACT HOURS/WEEK	Class: 3
PREREQUISITES	BIOL0121, General Biology or BIOL0143, Human Anatomy and Physiology, EXSC 0212 Exercise Physiology
COREQUISITES	BIOL0121, General Biology or BIOL0143, Human Anatomy and Physiology, EXSC 0212 Exercise Physiology
COURSE PLACEMENT	Students must meet the correct placement measure for this course. Information may be found at: https://www.kckcc.edu/admissions/information/mandatory-evaluation-placement.html

COURSE DESCRIPTION
This course is a survey of the practical aspects of the physical fitness industry. The topics covered include health appraisal, exercise testing and prescription for patients ranging from apparently healthy to those with known disease.

KANSAS SYSTEMWIDE TRANSFER: course number
The learning outcomes and competencies detailed in this course outline or syllabus meet or exceed the learning outcomes and competencies specified by the Kansas Core Outcomes Groups project for this course as approved by the Kansas Board of Regents.

PROGRAM ALIGNMENT
This course is part of a program aligned through the Kansas Board of Regents and Technical Education Authority. For more information, please visit:
https://kansasregents.org/workforce_development/program-alignment

Program Learning Outcomes

1. Student will be able to analyze and implement an appropriate assessment of client to determine their exercise needs.

2. Student will be able to discuss the importance of exercise science as it relates to enhancing and recognizing health and fitness activities, sports, and athletic performance.

3. Student will be able to recognize incorrect lifting technique and develop a plan for error correction.

TEXTBOOKS
http://kckccbookstore.com/

METHODS OF INSTRUCTION
A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, panels, conferencing, performances, and learning experiences outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE

I. Physical Fitness Testing Concepts
   A. Cardio respiratory Endurance
   B. Muscular Strength
   C. Muscular Endurance
   D. Flexibility
   E. Body Composition

II. Interpretation of Test data
   A. Cardio respiratory Endurance
   B. Muscular Strength
   C. Muscular Endurance
   D. Flexibility
   E. Body Composition

III. Principles of Exercise Prescription
   A. Cardio respiratory Endurance
   B. Muscular Strength
   C. Muscular Endurance
   D. Flexibility
   E. Body Composition

IV. Special Populations
   A. Exercise Testing & Prescription for Cardiac Patients
   B. Exercise Testing & Prescription for Pulmonary Patients
   C. Exercise Testing & Prescription for Children
   D. Exercise Testing & Prescription for Elderly
   E. Exercise Testing & Prescription for Pregnancy.

COURSE LEARNING OUTCOMES
Upon successful completion of this course, the student will:

A. The student will be able to evaluate the potential health risks of an individual through a fitness screening.

B. The student will be able to demonstrate fitness testing skills for cardiovascular endurance.

C. The student will be able to demonstrate fitness testing skills for muscular strength.

D. The student will be able to demonstrate fitness testing skills for muscular endurance.

E. The student will be able to demonstrate fitness testing skills for joint flexibility.

F. The student will be able to demonstrate fitness testing skills for body composition analysis.

G. The student will be able to demonstrate personal skills which enhance effectiveness during the administration of the fitness test.

H. The student will be able to interpret test results.

I. The student will be able to prescribe exercise according to test results.

J. The student will be able to test and prescribe exercise for special populations.

ASSESSMENT OF COURSE LEARNING OUTCOMES
Student progress is evaluated through both formative and summative assessment methods. Specific details may be found in the instructor's course information document.

COLLEGE POLICIES AND PROCEDURES
Student Handbook
https://www.kckcc.edu/files/docs/student-resources/student-handbook-and-code-of-conduct.pdf

College Catalog
https://www.kckcc.edu/academics/catalog/index.html

College Policies and Statements
https://www.kckcc.edu/about/policies-statements/index.html

Accessibility and Accommodations
https://www.kckcc.edu/academics/resources/student-accessibility-support-services/index.html.