

PEHR 2020

Exercise Science

Fall 2006

Instructor: Christian Hildebrandt
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Fitness Center Phone: 652-7989

Office: Fitness Center
(MW 12pm -1pm)
Office Phone:652-7988

Credit Hours: 2

Lecture Section: Smith Computer Center Room #103

Required Book : Personal Trainer Manual & Lecture Notes

Course Description:

This introductory class has been designed to prepare individuals to become certified as either an Aerobics Instructor or Personal Trainer. This class does not certify. The lecture portion of the class will touch on major topics such as anatomy, biomechanics, kinesiology, physiology (as it applies to exercise) nutrition, exercise testing as well as exercise protocols for special populations, etc. . The lab portion of the class is a hands on approach to applying the material learned in the lecture. The labs are specifically designed to train Aerobic Instructors or Personal Trainers. Each student will need to decide which line of Instruction they want to pursue. The goal of this class is to prepare students to become Certified Aerobics Instructors or Personal Trainers.

Course Objectives:

- Introduce Students to the Field of Exercise Science
- Prepare Students to sit for a National Standardized Personal Training Certification Exam (ACE)
- Prepare Students to proceed on and gain entrance into 4year baccalaureate degree
- Prepare Students for Gainful employment in the area of Personal Training

Course Information:

If you are a student with medical, psychological, or learning disability or think you might have a disability and would like accommodations, contact the Disability Resource Center (652-7516) in the Student Services Center. The Disability Resource Center will determine eligibility of the student requesting special services and determine the appropriate accommodations related to the individual's disability.

Attendance:

Students are responsible for all material presented in the lecture. Excused absences must be pre-arranged

Exams:

There will be 5 lecture exams and a comprehensive final. All lecture exams will be taken in the Testing Center at the student's convenience (see course outline for dates).

Notebook:

Students will be required to compile a notebook of various handouts and assignments given through out the Semester. Notebooks will be graded on; neatness, completeness, organization, etc. Notebooks will be due on the last day of class.

Field Trip:

Below is a list of 8 local clubs/athletic facilities in town. You will be required to visit 5 out of the 8 of them and write a **ONE** page review (**typed**) about your visit. *Note the class syllabus to see the due date.*

*Dixie College Fitness Center
IHC Rehabilitation Center
Dixie College Athletic Training Facility
Red Mountain Health Spa
Desert Palms
Gold's Gym
St George Recreation Center
U-Fit Personal Training
Summit Athletic Club
Rezults*

Grading:

| | | |
|--|----------------------|--------------------|
| Field Trips | 25points each | 125 points |
| Lecture Tests | 5 @100 points | 500 points |
| Homework Assignments (*) | 25-100 points | 200 points |
| Notebook (*) | 1 @50 points | 75 points |
| <u>Lecture Final(comprehensive)</u> | 1 @100 points | 100 points |
| Total | | 1000 points |

(* These totals are subject to change)

Grading Scale:

| | |
|-----------|--------------|
| A | 100 - 93% |
| A- | 92 – 90% |
| B | 89 - 83% |
| B- | 82 – 80% |
| C | 79 - 73% |
| C- | 72 – 70% |
| D | 69 - 63% |
| D- | 62 – 60% |
| F | 59% or lower |

CLASS SCHEDULE

August

- 22– Introduction / Anatomy
- 24 - Anatomy
- 29 - Anatomy
- 31 - Biomechanics and Kinesiology

September

- 05 - Biomechanics and Kinesiology **EXAM # 1** (Testing Center Sept 5th – Sept 9th)
- 07 - Exercise Physiology
- 12 - Exercise Physiology
- 14 - Exercise Physiology **EXAM # 2** (Testing Center Sept 14th - Sept 18th)
- 19 - Health Screening
- 21 - Exercise Testing
- 26 - Exercise Testing **EXAM # 3** (Testing Center Sept 27th – 30th)
- 28 - Cardiovascular Fitness & Exercise

October

- 03 - Cardiovascular Fitness & Exercise
- 05 - Cardiovascular Fitness & Exercise
- 10- Muscular Strength & Endurance
- 12 - Muscular Strength & Endurance
- 17 - Flexibility
- 19 - Body Composition & Nutrition **EXAM # 4** (Testing Center Oct 19th – Oct 23rd)
- 24 - Adherence and Motivation
- 26 - Special Populations and Health Concerns
- 31 - Special Populations and Health Concerns

November

- 02 - Exercise and Pregnancy **** Field Trip Evaluations Due**
- 07 - Exercise and Pregnancy **EXAM # 5** (Testing Center Nov 07th –Nov 11th)
- 09 - Emergency Procedures & Legal and Professional Responsibilities
- 14 – **Career Day** “No Classes”
- 16 – Emergency Procedures & Legal and Professional Responsibilities
- 21 - Musculoskeletal Injuries
- 22nd – 24th Thanksgiving Break NO SCHOOL**
- 28 - Musculoskeletal Injuries
- 30 - Emergency Procedures

December

- 05 – Review
- 07 – Review
- December 7th – 9th FINAL EXAM (comprehensive) Web CT**

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