

**PEHR 2040**  
**Exercise Science**  
**Lab Syllabus**  
*Fall 2006*

---

Instructor: Christian Hildebrandt  
[hilde\\_c@dixie.edu](mailto:hilde_c@dixie.edu)  
Fitness Center Phone: 652-7989

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

---

**Credit Hours:** 2

**Lab Section :** Tuesday & Thursday 1:00pm – 1:50pm

**Required Book :** Personal Trainer Lab Manual

**Course Description:**

PEHR 2040 lab works synergistically with the PEHR 2020 Exercise Science and must be taken concurrently. These two courses have been designed to prepare individuals to become certified as a Personal Trainer. These classes do not certify they should be considered as preparation for students to become certified. PEHR 2020 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. PEHR 2040 is a hands on approach to applying the material learned in the lecture. The labs are specifically designed to train Personal Trainers. The goal of this class is to prepare students in every way to become Certified 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

**Attendance:**

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

**Exams:**

There will be 2 Exams (Mid-Term & Final) during the semester.

**Grading:**

<b>Laboratories</b>	200pts
<b>Presentation</b>	100pts
<b>Mid Term Exam (Practical)</b>	100pts
<b>Final (Practical)</b>	100pts
<hr/>	
<b>Total</b>	500pts

**Grading Scale:**

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

# Lab Schedule

## August

- 22 – Introduction / Anatomy (Lab 1)
- 24 – Anatomy(Lab 1)
- 29– Personal Assessment (Lab 2)
- 31 – Personal Assessment (Lab 2)

## September

- 05 – Personal Assessment (Lab 2)
- 07 – Personal Assessment (Lab 2)
- 12 – Exercise Testing **#1** (RHR, Ht, Wt.) **Lab 2 Due**
- 14 – Review **#1**
- 19 –Exercise Testing **#2** (BP, Cardio, Girth)
- 21 – Review **#2** **#1 Assessment Trials Due**
- 26 – Exercise Testing **#3** (Bd Comp, Flex)
- 28 – Review **#3** **#2 Assessment Trials Due**

## October

- 03 – Exercise Testing **#4** (Mus End, Mus Str)
- 05 – Review **#4** **#3 Assessment Trial Due**  
**(Assign Muscle Presentation Muscle Groups)**

## Mid Term Exam

- 9<sup>th</sup> – 18<sup>th</sup> – **Mid Term Exam** (by Appointment) NO CLASS  
**#4 Assessment Trials Due**
- 19– Student Presentations Muscles
- 24 – Student Presentations Muscles
- 26 – Student Presentations Muscles
- 31 – Student Presentations Muscles

## November

- 02 – Prescription of Exercise (**Lab 3 Assigned**)
- 07 – Prescription of Exercise
- 09 – Prescription of Exercise (**Lab 3 Due**)
- 14 – Career Day “No Classes”**
- 16 – Prescription of Exercise
- 21- Prescription of Exercise
- 22<sup>nd</sup> – 24<sup>th</sup> Thanksgiving Break No School**
- 28 - Prescription of Exercise

## Final Exam

- November 30<sup>th</sup> – December 07<sup>th</sup> **Lab Final Exam** (by Appointment) NO CLASS

\*\*\*\*If you are a student with a medical, psychological, or learning disability and need accommodations, contact Sherri Dial at 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 disability.