



08/2011

## Fall 2011—ExSc 485—Exercise & Wellness Certification Preparation

Instructor: James D. George, PhD

Office: 228A SFH

Hours: MW 1:00 pm–3:30 pm (or by appointment)

E-mail: jim@byu.edu

### Required Materials

- *ACSM's Guidelines for Exercise Testing and Prescription*, 8<sup>th</sup> edition, Lippincott, Williams & Wilkins (2010)
- *ACSM's Health Fitness Certification Review*, 3<sup>rd</sup> edition, Lippincott, Williams & Wilkins (2009)
- *ExSc 485 Course Packet*, BYU Bookstore

### Optional Book

- *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription*, 6<sup>th</sup> edition, Lippincott, Williams & Wilkins (2009)

### Class Prerequisites

- Senior in Exercise and Wellness (set to graduate in April 2012 or August 2012)
- Successful completion of Exercise Physiology (ExSc 463) and the accompanying lab (ExSc 464)

### Student Learning Objectives

- Explain and apply the essential concepts and principles of pathophysiology; exercise physiology; health appraisal and fitness testing; exercise programming; nutrition and weight management; anatomy and biomechanics; human behavior and psychology; human development and aging; and safety and injury prevention in an understandable and accurate way
- Prepare to certify as a *Health and Fitness Specialist* (HFS) through the American College of Sports Medicine (ACSM)

### Student Learning Activities

- Attend and participate in the class lectures
- Attend and participate in the lab activities
- Read and study the ACSM textbooks

### Assessment of Student Learning

- Daily quizzes
- Laboratory activities/practical examination
- Written examinations

### Daily Quizzes

- There will be a written quiz at the beginning or ending of each class which collectively count for 15% of your final grade
- Each quiz will cover material discussed in a previous class or from reading assignments announced in class
- To take the quiz you must be in the classroom (201 SFH) before the instructor closes the door at the beginning of class; once the quiz is completed, the instructor will open the door so any latecomers can join the group (please knock if you believe the quiz has been completed; about 10 minutes after the hour)
- Each quiz will consist mostly of short-answer questions; when instructed, give your quiz to a classmate for grading and when it is returned to you, record your score on your quiz grading sheet (which is due the last class period)
- Your quiz score may be counted when you 1) take the quiz on time, 2) record your score on the quiz/attendance grading sheet, 3) don't leave before the end of class for any reason, and 4) are respectful, attentive, and participate throughout the entire 50-minute class period (which means no cell phones, texting, sleeping, reading the newspaper, studying for another class, listening to music, etc.); also refer to the University/Department policy
- You can drop your lowest three quiz scores at the end of the semester; however, there are no make ups for any quiz, for any reason

### Attendance

- To earn a passing grade in this class you must attend at least 80% of the time (which means you can't miss more than 6 lecture class periods for any reason and still earn a passing grade); you should withdraw from the course before the posted university deadline (November 7) if you miss more than 6 times before this deadline; if you fail to withdraw and miss more than 6 times, you will fail the course (unless you qualify for an Incomplete grade; see below)
- If you are a part-time student or on an athletic team (in season or not; senior year or not) that prevents you from attending at least 80% of the time, you should enroll in this course at another time
- During the semester, mark down your attendance on your quiz/attendance sheet; due the last day of class
- Leaving class early for any reason counts as an absence (with the quiz for that day counted as zero)
- At the end of some class periods your instructor will call for an attendance quiz; attendance points can be earned by summarizing what was learned in class on that day and turning in your paper (with the points added to your quiz score total)

### Laboratory Activities/Practical Exam

- Attend and participate in lab each Friday (or as scheduled); complete and turn in each lab assignment by the announced deadline (any assignment submitted after a given deadline will be penalized 10% per day)
- Fill out your Lab Attendance/Summary Sheet after each lab and turn this in on the last day of class
- Complete the practical exam on the scheduled day
- Complete this assignment successfully for 15% of your final grade

### Written Examinations

- There are three unit exams (which collectively count for 70% of your final grade)
- Exams 2 and 3 are comprehensive and may also cover any material addressed in a previous unit
- Each exam consists of multiple-choice questions and will be taken in the Testing Center
- Taking an exam late will result in a penalty of 10% per day unless an acceptable reason (illness, school-related activity, family emergency) is given; to take an exam late (for any reason) you should email your instructor BEFORE the last day of the exam period and explain the reason for missing the exam; all late exams must be taken within 7 days of emailing your instructor
- The schedule for each exam will be announced in class (at least one week before the exam); see the general schedule outlined below

**Note:** The use of laptop computers are not allowed in ExSc 485.

### Grading

Daily quizzes	15%
Lab activities and practical exam	15%
Written exams 1-3	70%

(The final grade is based on the following scale: A = 94–100%, A- = 90–93%, B+ = 87–89%, B = 84–86%, B- = 80–83%, C+ = 77–79%, C = 74–76%, C- = 70–73%, D+ = 67–69%, D = 64–66%, D- = 60–63%, E = 59% or below)

### General Schedule

Unit 1: Case Study 1; ACSM Guidelines book, pages 2–36, 42–58, 60–101, 155–163; **Exam 1: Beginning of October**  
Unit 2: Case Study 2; ACSM Guidelines book, pages 152–180, 274–291; **Exam 2: Middle of November**  
Unit 3: Case Study 3; ACSM Guidelines book, pages 183–266; **Exam 3: Middle of December**

**Note:** The schedule and procedures for this course may be modified. Please email your instructor if you have any questions regarding the course schedule.

# University/Department Policy

## Academic Honesty

The first injunction of the BYU Honor Code is the call to “be honest.” Students come to the university not only to improve their minds, gain knowledge, and develop skills that will assist them in their life’s work, but also to build character. President David O. McKay taught that “character is the highest aim of education” (*The Aims of a BYU Education*, p. 6). It is the purpose of the BYU Academic Honesty Policy to assist in fulfilling that aim. BYU students should seek to be totally honest in their dealings with others. They should complete their own work and be evaluated based upon that work. They should avoid academic dishonesty and misconduct in all its forms, including but not limited to plagiarism, fabrication or falsification, cheating, and other academic misconduct.

## Preventing Sexual Harassment

Title IX of the Education Amendments of 1972 prohibits sex discrimination against any participant in an educational program or activity that receives federal funds. The act is intended to eliminate sex discrimination in education. Title IX covers discrimination in programs, admissions, activities, and student-to-student sexual harassment. BYU’s policy against sexual harassment extends not only to employees of the university, but to students as well. If you encounter unlawful sexual harassment or gender-based discrimination, please talk to your professor; contact the Equal Employment Office at 801-422-5895 or 367-5689 (24-hours); or contact the Honor Code Office at 801-422-2847.

## Students with Disabilities

Brigham Young University is committed to providing a working and learning atmosphere, which reasonably accommodates qualified persons with disabilities. If you have any disability which may impair your ability to complete this course successfully, please contact the University Accessibility Center (UAC) Office (801-422-2767). Reasonable academic accommodations are reviewed for all students who have qualified, documented disabilities. Services are coordinated with the student and instructor by the UAC. If you need assistance or if you feel you have been unlawfully discriminated against on the basis of disability, you may seek resolution through established grievance policies and procedures. You should contact the Equal Employment Office at 801-422-5895, D-285 ASB.

## Diversity

A classroom is similar to the workplace. In the workplace, it is illegal to discriminate based on race, color, religion, gender, national origin, disability, or age. Furthermore, we believe Christ would never belittle anyone based on their race, color, religion, gender, national origin, disability, or age. Therefore, we feel strongly that no one in a classroom should be belittled for any reason. If you experience such an offense in any class in this Department (caused either by the instructor or a fellow student), we strongly encourage you to contact the Department Chair.

## Dress and Grooming

“The dress and grooming of both men and women should always be modest, neat, and clean consistent with the dignity adherent to representing The Church of Jesus Christ of Latter-day Saints and any of its institutions of higher education.” Students understand and have committed to obey this policy, thus instructors or other students should never be placed in the uncomfortable situation of having to remind someone of adhering to the sacred honor they have pledged.

## Cell Phones

Students are not allowed to use cell phones in classes. Please turn them off as you enter the classroom and keep them stored out of sight in your backpack, purse, or pocket.

## Incomplete Grades

An incomplete grade may be given for nonacademic extenuating circumstances (serious illness, personal injury, death in the immediate family, etc.) that arise after the discontinuance deadline (the twelfth week of a semester). The student must have attended up until the discontinuance deadline and be passing the class. Students whose extenuating circumstances as mentioned above arise after the withdraw deadline but before the twelfth week of a semester or the sixth week of a term should immediately petition for an official withdrawal with the Petitions Office. An incomplete grade is only given when a student can complete the remaining work on an individual basis with the instructor. For some special instances, such as a lab class, attendance may be required for the portion of the class or lab section missed. Re-registration or “sitting in” the course is not permitted to make up the incomplete grade.