



COURSE OUTLINE

Revised Spring 2008

HPE 151
Course Number

1
Credits

INTRODUCTION TO EXERISE SCIENCE
Course Title

1/0
**Lecture/
Lab Hours**

Course Description:

A series of lectures, guest presentations, and student initiated field interviews introduces the student to the history and future of exercise science; wide-ranging careers; current issues in health, wellness, and fitness; and various professional and certifying organizations.

Prerequisites: None

Co-requisites: None

Course Coordinator:

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Information Resources:

Web Sites:

www.acsm.org – American College of Sports Medicine
www.aahperd.org – American Alliance for Health, Physical Education, recreation & Dance
www.fitnessbusiness-pro.com
www.healthpromotionjournal.com
www.ihrsa.org – International Health, Racquet, and Sports Clubs Association
www.isapa.org – International Society for Aging and Physical Activity
www.jap.physiology.org - Journal of Applied Physiology
www.nscf-lift.org – National Strength and Conditioning Association
www.nasm.org – National Academy for Sports Medicine
www.naspem.org – North American Society for Pediatric Exercise Medicine
www.nata.org – National Athletic Training Association
www.physsportsmed.com – The Physician and Sportsmedicine
www.specialolympics.org – Special Olympics
www.sportsnutritionistsociety.org – International Society for Sports Nutrition

www.ymca.com

Information Resources (continued):

Other Journals (not found on the above web sites):

American Journal of Health Behavior
Clinical Exercise Physiology

Other Organizations/Associations:

American Association for Active Lifestyles & Fitness
American Association for Health Education
American Association for Leisure & Recreation
National Association for Girls & Women in Sport
National Association for Sport & Physical Education
National Dance Association

Course Goals- The student will be able to...

- define and describe the many career opportunities available in exercise science;
- describe and distinguish the mission, objectives, role and responsibility of each of the careers within the profession and society;
- describe and distinguish the legal and business management issues associated with each of these careers.
- identify and distinguish the most reputable certifying organizations/associations/boards in the exercise science industry (what their certification requirements are; what certifications are most appropriate for particular career options; and how to obtain a certification through these organizations.);
- identify, distinguish, and examine current issues in health, wellness, and fitness effecting the exercise science professional today.
- to conduct a field interview(s) (in the exercise science profession of their interest); prepare a term paper; and conduct a presentation on their findings (all of which will require the student to define the chosen exercise science profession; describe the education and other professional requirements for obtaining and succeeding in the chosen profession; depict the roles and responsibilities of the chosen profession; analyze its impact on society; analyze/hypothesize the growth potential for the chosen profession; and finally, to assess and support their interest for wanting (or not) to pursue a career in this chosen profession.).

Requirements and Evaluation Criteria

- Class participation – 20%
 - Students will be required to participate in individual and group (2-4 panelists/group) discussions that will promote identification, description, interpretation, discovery, and/or justification of their beliefs/findings relevant to class topics. In addition, students will be required to assess the presentations of their classmates (based on content, professionalism, style, and relevance to the course).
- Term Paper and Presentation (based on interviews & research) – 30%
 - The student will be required to research the exercise science related profession that they may be interested in pursuing and couple that information with that of interviews that they will conduct with professionals in their field of choice. This project will require the student to define the chosen exercise science profession; describe the education and other professional requirements for obtaining and succeeding in the chosen profession; depict the roles and responsibilities of the chosen profession; analyze its impact on society; analyze/hypothesize the growth potential for the chosen profession; and finally, to assess and support their interest for wanting (or not) to pursue a career in this chosen profession.
- Mid-term Examination – 25%
 - The Mid-term will be an objective assessment of student learning up to the mid-term period of the semester. The Mid-term will entail classification, definition, identification, listing, naming and/or contrasting of course appropriate material.
- Final Examination – 25%
 - The Final will be an objective assessment of student learning for the entire semester. The Final will entail classification, definition, identification, listing, naming and/or contrasting of course appropriate material.

Units of Study in Detail

Unit #1: Orientation Exercise Science

The student will be able to...

- describe the evolution of exercise science from it's origins in physical education to the vast career opportunities and social impacts of today;
- define what exercise science is and describe the role it plays in society today;
- hypothesize on the future of the field of exercise science;

Unit #2: Orientation to Careers Opportunities in Exercise Science

The student will be able to...

- list, define, distinguish, discuss, and compare the many career opportunities in the field of exercise science;
- describe and discuss the roles, responsibilities, and social impact that each of the many career opportunities in the field of exercise science;
- determine which field the student is most interested in pursuing;
- list, describe, distinguish, discuss, and compare the different professional/certifying organizations, associations, and boards within the field of exercise science;
- analyze, assess and choose which organizations that the student will seek membership and certification through based on their career of interest; and
- hypothesize on the future grow of the student's chosen profession of interest.

Unit #3: Orientation to Current Issues in Health, Wellness, and Fitness

The student will be able to...

- list, define, distinguish, discuss, and compare proper nutrition and fad diets;
- describe, analyze, and justify the positive impact that physical activity has on metabolism, body composition, cardiovascular fitness, muscle fitness, and athletic performance;
- support their assessment of the prevalence and impact (physiologically, psychologically, and socially) that eating disorders pose;
- project the impact of exercise science on the future of eating disorders;
- discuss the influence that physical activity has on illness and disease prevent, maintenance, and rehabilitation;
- describe and discuss how positive lifestyle change influence drug and alcohol addictions; and
- project the impact of exercise science on smoking cessation.