



## COURSE OUTLINE

Revised Spring 2008

HPE242  
**Course Number**

Exercise Measurement and Prescription  
**Course Title**

3  
**Credits**

2/3  
**Lecture/  
Lab Hours**

### **Course Description:**

This course will emphasize the development of the protocol knowledge and skills necessary for appropriate physical fitness assessments and exercise prescriptions. These assessments and prescriptions will address the physical fitness needs of generally healthy populations; those with medical protocol considerations; and athletic populations.

**Prerequisites:** BIO 103, BIO 104, and HPE 241

**Co-requisites:** None

**Required Textbook:** *Advanced Fitness Assessment and Exercise Prescription*, V. Heyward; Human Kinetics.

**Other Helpful Text:** *Essentials of Strength Training and Conditioning*, D. Baechle and R. Earle; Human Kinetics.

### **Course Coordinator:**

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### **Information Resources:**

*Web Sites:*

[www.acsm.org](http://www.acsm.org) – American College of Sports Medicine

[www.aahperd.org](http://www.aahperd.org) – American Alliance for Health, Physical Education, recreation & Dance

[www.fitnessbusiness-pro.com](http://www.fitnessbusiness-pro.com)

[www.healthpromotionjournal.com](http://www.healthpromotionjournal.com)

[www.ihrsa.org](http://www.ihrsa.org) – International Health, Racquet, and Sports Clubs Association

[www.isapa.org](http://www.isapa.org) – International Society for Aging and Physical Activity

[www.jap.physiology.org](http://www.jap.physiology.org) - Journal of Applied Physiology

[www.nscs-lift.org](http://www.nscs-lift.org) – National Strength and Conditioning Association

[www.nasm.org](http://www.nasm.org) – National Academy for Sports Medicine

[www.naspem.org](http://www.naspem.org) – North American Society for Pediatric Exercise Medicine

[www.nata.org](http://www.nata.org) – National Athletic Training Association

[www.physsportsmed.com](http://www.physsportsmed.com) – The Physician and Sportsmedicine

[www.specialolympics.org](http://www.specialolympics.org) – Special Olympics

[www.sportsnutritionociety.org](http://www.sportsnutritionociety.org) – International Society for Sports Nutrition

[www.ymca.com](http://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...**

- describe and distinguish the purpose for appropriate physical fitness assessments and exercise prescriptions for generally healthy populations, those with diabetes, hypertension, low back ailments, patella femoral syndrome, shoulder bursitis, and shoulder impingements;
- describe and illustrate the knowledge of safety and emergency procedures as they apply to physical fitness assessments;
- perform, analyze, and interpret an initial client consultation and health appraisal.
- perform, analyze, interpret appropriate cardiovascular fitness assessments on generally healthy populations, individuals with medical protocol considerations, as well as athletic populations;
- perform, analyze, and interpret appropriate muscular strength and endurance assessments on generally healthy populations, individuals with medical protocol considerations, as well as athletic populations;
- perform, analyze, and interpret appropriate flexibility assessments on generally healthy populations, individuals with medical protocol considerations, as well as athletic populations;
- **perform, analyze, and interpret appropriate body composition assessments on generally healthy populations, individuals with medical protocol considerations, as well as athletic populations;**
- perform, analyze, and interpret speed, agility, reaction time, and power assessments on athletic populations;
- design appropriate assessment protocols for generally healthy populations, individuals with medical protocol considerations, as well as athletic populations; and
- design training programs for individuals based on the physical fitness assessments, health history, personal goals, and experience level.

## **Requirements and Evaluation Criteria**

- Written Assignments (2) -- 20% (50 pts ea. = 100 pts)
  - The students will be given particular protocols/scenarios pertinent to specific course topics with which they will be required to combine their research with the knowledge provided through the course; evaluate the situation and any applicable data; and support their recommendation for action.
- Laboratory Work (10) – 40% (20 pts ea. = 200 pts)
  - Labs will be a practical application of specific topics addressed in class. They will require the student to perform an appropriate assessment; tabulate and analyze the data; interpret it; and make suggestions for improvement. Students will be required to assess, design, and implement appropriate programs (based on their discoveries) for a client.
- Mid-term Examination – 20% (100 pts)
  - The Mid-term will be a subjective and objective tool that will require the student to analyze, define, describe, design, discover, explain, identify, list, and make recommendations appropriate to the subject matter up to the mid-term.
- Final Examination – 20% (100 pts)
  - The Final will assess the students learning for the entire semester in the same format as the Mid-term.

