Credit Hours: 2
Room: Tykeson Hall XXX
Schedule: Lecture CRN 39326: T 1400-1450
         Lab CRN 39327: T 1500-1650
         Lab CRN 39328: R 1500-1650

Course Instructor: Timothy Burnett, Ph.D.
Office Location: Tykeson Hall 305
Office Phone: 541-322-2032
E-Mail: timothy.burnett@osucascades.edu
Office Hours: MW 12-1 pm; TTh 3-4 pm and by appt

COURSE DESCRIPTION:
Introduction to lab and field-based physical fitness assessments and the skills needed to design safe and effective exercise programs for apparently healthy adults

Prerequisites: KIN 324  Co-requisites: None

LEARNING RESOURCES:
• Access to the Canvas site at: https://oregonstate.instructure.com
• The free Canvas mobile app

STUDENT LEARNING OUTCOMES:
1. Understand the basic principles of physical fitness assessment and exercise prescription according to ACSM
2. Perform basic assessments of resting and exercise heart rate and blood pressure, submaximal aerobic fitness, muscular strength and endurance, body composition and flexibility
3. Demonstrate the knowledge and skills necessary to prescribe exercise to improve cardiorespiratory fitness, muscular strength and endurance, body composition, and flexibility
4. Understand/Explain appropriate tests and basic exercise guidelines for apparently healthy adults
5. Explain the principles of physical fitness assessment and exercise prescription.
6. Perform basic metabolic calculations

PROGRAM COMPETENCIES IN KINESIOLOGY:
Upon satisfactory completion of the KIN degree, the student will have met the KIN program competencies, which can be found at: http://health.oregonstate.edu/degrees/competencies.
**COURSE CONTENT:**

*Introduction*
- Defining Physical Activity, Health, and Chronic Disease
- Preliminary Health Screening and Risk Classification

*Assessing Body Composition*
- Classification and Uses of Body Composition Measures
- Field Methods for Assessing Body Composition

*Assessing Cardiorespiratory Fitness*
- Graded Exercise Testing: Guidelines and Procedures
- Maximal Exercise Test Protocols
- Field Tests for Assessing Aerobic Fitness
- Submaximal Exercise Test Protocols

*Assessing Muscular Fitness*
- Strength and Muscular Endurance Assessment

*Assessing Flexibility*
- Assessment of Flexibility

*Program Design*
- Weight Management and Body Composition Programs
- Flexibility and Low Back Care Programs
- Resistance Training Programs
- Cardiorespiratory Exercise Programs
- Balance Training Programs

**EVALUATION OF STUDENT PERFORMANCE:**

<table>
<thead>
<tr>
<th></th>
<th>Points</th>
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<tbody>
<tr>
<td>Lab Assignments</td>
<td>100 pts</td>
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<tr>
<td>Exams (2)</td>
<td>200 pts</td>
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<tr>
<td>Lab Practicum</td>
<td>200 pts</td>
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<tr>
<td><strong>Total</strong></td>
<td>500 pts</td>
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</tbody>
</table>

A  93-100%
A- 90-92%
B+ 87-89%
B  83-86%
B- 80-82%
C+ 77-79%
C  73-76%
C- 70-72%
D+ 67-69%
D  63-66%
D- 60-62%
F  0-59%
Policy on absences, late work or missed quizzes
- You are responsible for any information missed due to an absence, so make friends.
- If you will be absent for an exam you can schedule a time to submit it early.
- Unexcused absence for a quiz or exam will be handled case-by-case.

DIVERSITY STATEMENT
The College of Public Health and Human Sciences strives to create an affirming climate for all students including underrepresented and marginalized individuals and groups. Diversity encompasses differences in age, color, ethnicity, national origin, gender, physical or mental ability, religion, socioeconomic background, veteran status, sexual orientation, and marginalized groups. We believe diversity is the synergy, connection, acceptance, and mutual learning fostered by the interaction of different human characteristics.

EXPECTATIONS FOR STUDENT CONDUCT
The Student Conduct Code establishes community standards and procedures necessary to maintain and protect an environment conducive to learning, in keeping with the educational objectives of Oregon State University. This code is based on the assumption that all persons must treat one another with dignity and respect in order for scholarship to thrive. For the full Student Conduct Code see http://oregonstate.edu/studentconduct/

Academic or Scholarly Dishonesty is prohibited and considered a serious violation of the Student Conduct Code. It is defined as an act of deception in which a Student seeks to claim credit for the work or effort of another person, or uses unauthorized materials or fabricated information in any academic work or research, either through the Student's own efforts or the efforts of another. For specifics related to offenses proscribed by the University see: http://oregonstate.edu/studentconduct/offenses-0

RELIGIOUS HOLIDAY STATEMENT
Oregon State University strives to respect all religious practices. If you have religious holidays that are in conflict with any of the requirements of this class, please see me immediately so that we can make alternative arrangements.

STUDENTS WITH DOCUMENTED DISABILITIES
"Accommodations for students with disabilities are determined and approved by Disability Access Services (DAS). If you, as a student, believe you are eligible for accommodations but have not obtained approval please contact DAS immediately at 541-737-4098 or at http://ds.oregonstate.edu. DAS notifies students and faculty members of approved academic accommodations and coordinates implementation of those accommodations. While not required, students and faculty members are encouraged to discuss details of the implementation of individual accommodations."

OSU-CASCADES ETHOS STATEMENT
The guiding vision of OSU-Cascades is to contribute significantly to intellectual, cultural, ecological, social and economic vitality. To achieve that goal, the OSU-Cascades community will strive to model principles and practices of a thriving, equitable and sustainable society. A culture of learning and exploration provides significant rewards to its members; those rewards are best achieved when all community members (faculty, staff, administrators, students and Board of Advisors) strive to honor the following principles:
1. Respect the dignity and uniqueness of individuals. This principle applies to a diversity of cultures, belief systems, academic ranks and academic/professional disciplines.
2. Aspire to excellence and integrity in every endeavor.
3. Consider current and future generations in every deliberation.
4. Demonstrate leadership in service to community.
NEED SOMEONE TO TALK TO?
Individual and group counseling is available at no additional cost for OSU-Cascades students. To schedule an appointment call 541-322-3162 or email kathy.lawrence@osucascades.edu. Counseling appointments are confidential and are not part of students’ educational records. Students seek services for a variety of issues ranging from stress to relational issues to down mood. Seeking support early is encouraged. For more information visit http://osucascades.edu/student-wellness.

IMPORTANT MESSAGE FROM DR. BURNETT
You are paying me to educate you. I am here to help you get the most out of this course, this institution, and your education. I try to be vigilant, but can’t always tell when someone is struggling. **Please, don't hesitate to ask for help.** Send me an e-mail, give me a call, stop by during office hours, make an appointment, send me a telegram… Whatever is the most comfortable for you.

Also, in this class you are an adult, and I will treat you as such. Please behave as such.