American Public University System

The Ultimate Advantage is an Educated Mind

School of Management

Department of Sports and Health Sciences
SPHS 506
Exercise Testing and Prescription
3 Credit Hours
8 weeks
Prerequisite(s): None

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Instructor Information

Instructor:
Email:

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Course Description (Catalog)

SPHE 506 Exercise Testing and Prescription (3 hours)

This course provides a thorough introduction to exercise testing and prescription. Students will learn to perform preliminary screenings, cardiorespiratory, strength, flexibility, body composition and balance assessments. Students will learn to interpret the results of these assessments and prescribe programs accordingly.

Course Scope

This course in Exercise Testing and Prescription will help the student understand exercise testing and prescribe prescriptions accordingly.

Course Objectives

After successfully completing this course, students will fulfill the following **Learning Objectives** (L.O.):

Each student will:

1. Prepare health appraisals including screening and risk stratification of apparently healthy individuals.

2. Design an individualized exercise prescription using the results of fitness and exercise testing

3. Test knowledge of the general principles of exercise prescription.

4. Write an exercise prescription for healthy individuals and individuals with a controlled disease.

5. Test knowledge of exercise prescription for individuals in cardiac rehabilitation, who have lifestyle diseases, live with hypertension, diabetes or obesity.

6. Synthesize knowledge of body composition assessment in the context of exercise prescription

7. Synthesize knowledge of proper nutrition and weight management techniques in the context of exercise prescription

8. Test general knowledge of Exercise Testing and Prescription

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Course Delivery Method

This course, SPHE506 **Exercise Testing and Prescription,** delivered via distance learning will enable students to complete academic work in a flexible manner, completely online. Course materials and access to an online learning management system will be made available to each student. **Online assignments are due by Sunday evening** of the week as noted. The initial post for each forum assignment is required to be submitted by Thursday at midnight. The responses to others are to be submitted by midnight on Sunday. Late forum posts are not accepted. Assigned faculty will support the students throughout this eight-week course.

Course Materials

Required Course Textbooks:

Book Number	Authors	Book Title	Publication Info	ISBN
SPHE3506-0	Heyward, Vivian	Advanced Fitness Assessment and Exercise Prescription	Human Kinetics	0-7360-8659-5

Textbook in APA format:
Heyward, V. Advanced Fitness Assessment and Exercise Prescription. Human Kinetics (2010)
ISBN: 0-7360-8659-5

Required Readings:

See Course Outline

Additional Resources:

In the Course Materials folder there are additional course articles, and up to date APA handouts.

Websites

STUDENT WARNING: **This course syllabus is from a previous semester archive and serves only as a preparatory reference. Please use this syllabus as a reference only until the professor opens the classroom and you have access to the updated course syllabus. Please do NOT purchase any books or start any work based on this syllabus; this syllabus may NOT be the one that your individual instructor uses for a course that has not yet started. If you need to verify course textbooks, please refer to the online course description through your student portal. This syllabus is proprietary material of APUS.**

In addition to the required course texts the following public domain Websites are useful. Please abide by the university's academic honesty policy when using Internet sources as well. Note web site addresses are subject to change.

Site Name	Website URL/Address
The OWL at Purdue	http://owl.english.purdue.edu/
APA Style Homepage	http://www.apastyle.org/index.aspx

Evaluation Procedures	
Graded Assignment	**Percent of Final Grade**
Week 1 – Forum 1	1
- **Forum 2**	1
- Lab 1	6
Quiz 1	5
Week 2 - Forum 3	1
- **Forum 4**	1
- Assessment Assignment	6
Quiz 2	5
Week 3 - Forum 5	1
- **Forum 6**	1
- Lab 2	6
Quiz 3	5
Week 4 – Quiz 4	5
-Forum 7	1
-Forum 8	1
Week 5 - Forum 9	1
- **Forum 10**	1
- Lab 3	6
Quiz 5	5
Week 6 – Forum 11	1
- **Forum 12**	1
- Lab 4	6
Quiz 6	5
Week 7 – Final Paper	20
-Forum 13	1

- **Forum 14**	1
Week 8 – Forum 15	1
- Quiz 7	5

Total	**100**

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8 – Week Course Outline

Week	Topic(s)	Learning Objective(s)	Reading(s)	Assignment(s)
1	Physical activity, health, and chronic disease Preliminary Health Screening and Risk Classification	**1, 3**	Chapters 1 & 2 in Heyward	1) Forum 1 & 2 2) Lab 1 3) Quiz 1
2	Principles of Assessment, Prescription and Exercise Program Adherence	**4**	Chapter 3 in Heyward	1) Forum 3 & 4 2) Writing Assignment 3) Quiz 2
3	Assessing Cardiorespiratory Fitness Designing Cardiorespiratory Exercise Programs	**1, 2, 3, 5**	Chapter 4 & 5 in Heyward	1) Forum 5 & 6 2) Lab 2 3) Quiz 3
4	Assessing Muscular Fitness Designing Resistance Training Programs	**1, 2, 5**	Chapters 6 & 7 Heyward	1) Quiz 4 2) Forum 7 & 8

5	Assessing Body Composition Designing Weight Management and Body Composition Programs	**1, 2, 3, 5**	Chapters 8 & 9 Heyward	1) Quiz 5 2) Lab 3
6	Assessing Flexibility Designing Programs for Flexibility and Lower Back Care	**1, 2, 3, 5**	Chapters 10 & 11 Heyward	1) Forum 11 & 12 2) Lab 4 3) Quiz 6
7	Assessing Balance and Designing Balance Programs	**4, 5**	Chapter 12 Heyward	1) Final Paper 2) Forum 13 & 14
8	Functional Assessments	**4**	Assigned Reading	1) Forum 15 2) Quiz 7

Please see the Student Handbook to reference the University's grading scale

Policies

Please see the Student Handbook to reference all University policies. Quick links to frequently asked question about policies are listed below.

> Drop/Withdrawal Policy
> Plagiarism Policy
> Extension Process and Policy
> Disability Accommodations

WRITING EXPECTATIONS
All written submissions should be submitted in a font and page set-up that is readable and neat. It is recommended that students try to adhere to a consistent format, which is described below.
- Typewritten in double-spaced format with a readable style and font and submitted inside the electronic classroom (unless classroom access is not possible and other arrangements have been approved by the professor).

- Arial 11 or 12-point font or Times New Roman styles.
- Page margins Top, Bottom, Left Side and Right Side = 1 inch, with reasonable accommodation made for special situations and online submission variances.

CITATION AND REFERENCE STYLE

Attention Please: Students will follow the APA Style Manual, 6th Edition as the sole citation and reference style used in written work submitted as part of coursework to the University. Assignments completed in a narrative essay or composition format must follow the citation used in the APA Style Manual, 6th Edition.

LATE ASSIGNMENTS

Students are expected to submit classroom assignments by the posted due date and to complete the course according to the published class schedule. As adults, students, and working professionals I understand you must manage competing demands on your time. Should you need additional time to complete an assignment please contact me before the due date so we can discuss the situation and determine an acceptable resolution. Routine submission of late assignments is unacceptable and will result in points being deducted from your grade. Point deductions equal approximately ½ a full letter grade per day the assignment is late. A full letter grade is A, B, C, etc. For a 10 point assignment, each day would result in a .5 point deduction. Late Forum assignment posts are not accepted.

NETIQUETTE

Online universities promote the advance of knowledge through positive and constructive debate--both inside and outside the classroom. Discussions on the Internet, however, can occasionally degenerate into needless insults and "flaming." Such activity and the loss of good manners are not acceptable in a university setting--basic academic rules of good behavior and proper "Netiquette" must persist. Remember that you are in a place for the fun and excitement of learning that does not include descent to personal attacks, or student attempts to stifle the discussion of others.

- **Technology Limitations:** While you should feel free to explore the full-range of creative composition in your formal papers, keep e-mail layouts simple. The Sakai classroom may not fully support MIME or HTML encoded messages, which means that bold face, italics, underlining, and a variety of color-coding or other visual effects will not translate in your e-mail messages.
- **Humor Note:** Despite the best of intentions, jokes and--especially--satire can easily get lost or taken seriously. If you feel the need for humor, you may wish to add "emoticons" to help alert your readers: ;-), :), ☺

DISCLAIMER STATEMENT

Course content may vary from the outline to meet the needs of this particular group.

Academic Services

The Online Library is available to enrolled students and faculty from inside the electronic campus. This is your starting point for access to online books, subscription periodicals, and Web resources that are

designed to support your classes and generally not available through search engines on the open Web. In addition, the Online Library provides access to special learning resources, which the University has contracted to assist with your studies. Questions can be directed to **librarian@apus.edu**.

- ***Charles Town Library and Inter Library Loan:*** The University maintains a special library with a limited number of supporting volumes, collection of our professors' publication, and services to search and borrow research books and articles from other libraries.
- ***Electronic Books:*** You can use the online library to uncover and download over 50,000 titles, which have been scanned and made available in electronic format.
- ***Electronic Journals:*** The University provides access to over 12,000 journals, which are available in electronic form and only through limited subscription services.
- ***Turnitin.com:*** **Turnitin.com** is a tool to improve student research skills that also detect plagiarism. Turnitin.com provides resources on developing topics and assignments that encourage and guide students in producing papers that are intellectually honest, original in thought, and clear in expression. This tool helps ensure a culture of adherence to the University's standards for intellectual honesty. Turnitin.com also reviews students' papers for matches with Internet materials and with thousands of student papers in its database, and returns an Originality Report to instructors and/or students.
- ***Tutor*.com**: AMU and APU Civilian & Coast Guard students are eligible for 10 free hours of tutoring provided by APUS. Tutor.com connects you with a professional tutor online 24/7 to provide help with assignments, studying, test prep, resume writing, and more. Tutor.com is tutoring the way it was meant to be. You get expert tutoring whenever you need help, and you work one-to-one with your tutor in your online classroom on your specific problem until it is done.

Request a Library Guide for your course (http://apus.libguides.com/index.php)
The AMU/APU Library Guides provide access to collections of trusted sites on the Open Web and licensed resources on the Deep Web. These are specially tailored for academic research at APUS:

- Program Portals contain topical and methodological resources to help launch general research in the degree program. To locate, search by department name or navigate by school.
- Course Lib-Guides narrow the focus to relevant resources for the corresponding course. To locate, search by class code (e.g., SOCI111) or class name.

If a guide you need isn't available yet, let us know by emailing the APUS Library: librarian@apus.edu