

# PEHR 2020

## Exercise Science

Fall 2013

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Instructor: Christian Hildebrandt  
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Fitness Center Phone: 652-7989

Office: Fitness Center  
(MW 12pm -1pm)  
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**Credit Hours:** 2

**Lecture Section:** SAC 115

**Required Book :** Personal Trainer Manual & Lecture Notes

**Course Prerequisites:** None

### **Student Support Services:**

Student Support Services are available to all students that desire or require there support. Support includes; Library services, Tutoring, the Writing Center and OWL. To access more information regarding these serves to Dixie State College home website, under "Current Students"

### **Academic Integrity Policy:**

In granting college credit, Dixie State College of Utah adheres to generally accepted standards for contact time, amount and rigor of homework, appropriateness of content, and credentials of instructors. Regardless of the instructional approaches, settings, and media, all credit is to be roughly equivalent in satisfying these basic standards. All students earning credit, whether through traditional learning activities or through special learning activities, are to be held to the same learning standards, and all instruction is to meet the same standards of quality and rigor.

### **College Withdrawal Policy:**

Students are permitted to withdraw completely from Dixie State College through the twelfth week of the semester. Students will not be officially withdrawn after the twelfth week of the semester. Complete withdrawals must originate in the Registrars Office. Refunds will be available in accordance with the Student Tuition and Fee Payment Policy 5-17.

**Course Description:**

This introductory class has been designed to expose students to the core topics of exercise science and familiarize them with pertinent subject matter from the following curricula; anatomy, biomechanics, kinesiology, exercise physiology, as well as exercise testing, exercise prescription and wellness. This class coupled with the lab (PEHR 2040) will also give students hands on instruction and experience in exercise testing and prescription. Students will have opportunity to learn and apply exercise guidelines to appraise physical activity readiness as well as apply exercise testing and programming design for varying subjects and populations. This class does not certify, but it prepares students to sit for the American Council on Exercise (ACE) Personal Training (PT) Exam.

**Course Objectives:**

- Introduce Students to the Field of Exercise Science
- Prepare Students to sit for a National Standardized Personal Training Certification Exam (ACE)
- Prepare Students to proceed on and gain entrance into 4year baccalaureate degree
- Prepare Students for Gainful employment in the area of Personal Training

**Course Information:**

If you are a student with medical, psychological, or learning disability or think you might have a disability and would like accommodations, contact the Disability Resource Center (652-7516) in the Student Services Center. The Disability Resource Center will determine eligibility of the student requesting special services and determine the appropriate accommodations related to the individual's disability.

**Attendance:**

Students are responsible for all material presented in the lecture. Excused absences must be pre-arranged

**Exams:**

There will be 5 lecture exams and a comprehensive final. All lecture exams will be taken in the Testing Center at the student's convenience (see course outline for dates).

**Notebook:**

Students will be required to compile a notebook which will become a "Resource Book" of all the lecture & lab notes, various handouts and assignments given through out the Semester. Notebooks will be graded on; neatness, completeness, organization, etc. Notebooks will be due the last week of class. See Course schedule for the exact date.

## Field Trip:

Below is a list of 8 local clubs/athletic facilities in town. You will be required to visit 5 out of the 8 of them and write a **ONE** page review (**typed**) about your visit. Other sites or locations can be used as per instructor approval. *Note: See the class schedule for the due date.*

**Dixie State College Fitness Center**  
**IHC Rehabilitation Center**  
**Dixie State College Athletic Training Facility**  
**Red Mountain Health Spa**  
**Desert Palms**  
**Gold's Gym**  
**St George Recreation Center**  
**Planet Fitness**  
**Summit Athletic Club**  
**Anytime Fitness**  
**Cross Fit Gyms**  
**Etc...**

## Grading:

<b>Field Trips</b>	25points each	125 points
<b>Lecture Tests</b>	5 @100 points	500 points
<b>Homework Assignments (*)</b>	25-100 points	200 points
<b>Notebook (*)</b>	1 @50 points	75 points
<b><u>Lecture Final(comprehensive)</u></b>	1 @100 points	100 points
<b>Total</b>		<b>1000 points</b>

(\* These totals are subject to change)

## Grading Scale:

<b>A</b>	100 - 93%
<b>A-</b>	92 – 90%
<b>B</b>	89 - 83%
<b>B-</b>	82 – 80%
<b>C</b>	79 - 73%
<b>C-</b>	72 – 70%
<b>D</b>	69 - 63%
<b>D-</b>	62 – 60%
<b>F</b>	59% or lower

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# CLASS SCHEDULE

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## August

- 20 Introduction / Anatomy
- 22 - Anatomy
- 27 - Anatomy
- 29 - Biomechanics and Kinesiology

## September

- 03 - Biomechanics and Kinesiology **EXAM # 1** (Testing Center Sept 5<sup>th</sup> – Sept 10<sup>th</sup>)
- 05- Exercise Physiology
- 10 - Exercise Physiology
- 12 - Exercise Physiology **EXAM # 2** (Testing Center Sept 14<sup>th</sup> - Sept 18<sup>st</sup>)
- 17 - Health Screening
- 19 - Exercise Testing
- 24 - Exercise Testing
- 26 - Cardiovascular Fitness & Exercise

## October

- 01 - Cardiovascular Fitness & Exercise
- 03 - Cardiovascular Fitness & Exercise **EXAM # 3** (Testing Center Oct 5<sup>th</sup> – Oct 09<sup>th</sup>)
- 08 - Muscular Strength & Endurance
- 10 & 11 – **Semester Break** (No School)
- 15 - Muscular Strength & Endurance & Flexibility
- 17 - Body Composition & Nutrition
- 22 - Adherence and Motivation **EXAM # 4** (Testing Center Oct 24<sup>th</sup> – Oct 29<sup>th</sup>)
- 24 - Special Populations and Health Concerns
- 29 - Special Populations and Health Concerns
- 31 – Exercise and Pregnancy **\*\* Field Trip Evaluations Due**

## November

- 05 - Exercise and Pregnancy **EXAM # 5** (Testing Center Nov 07<sup>th</sup> –Nov 12<sup>th</sup>)
- 07 - Emergency Procedures & Legal and Professional Responsibilities
- 12 – **Career Day** “No Classes”
- 14 – Emergency Procedures & Legal and Professional Responsibilities
- 19 - Musculoskeletal Injuries
- 21 – Musculoskeletal Injuries
- 26 – Emergency Procedures
- 27 – 29 Thanksgiving Break (NO SCHOOL)**
- 04– Review
- 06– Review

**December 05<sup>th</sup> – 09<sup>th</sup> FINAL EXAM (comprehensive) Testing Center Web CT**