

PEHR 2020

Exercise Science

Spring 2013

Instructor: Christian Hildebrandt
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Office: Fitness Center
(MW 12pm -1pm)
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Credit Hours: 2

Lecture Section: Student Activities Center; Classroom 105

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 Students will not be officially withdrawn after the twelfth week of the semester.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 prepare individuals to become certified as either an Aerobics Instructor or Personal Trainer. This class does not certify. The lecture portion of the class will touch on major topics such as anatomy, biomechanics, kinesiology, physiology (as it applies to exercise) nutrition, exercise testing as well as exercise protocols for special populations, etc. . The lab portion of the class is a hands on approach to applying the material learned in the lecture. The labs are specifically designed to train Aerobic Instructors or Personal Trainers. Each student will need to decide which line of Instruction they want to pursue. The goal of this class is to prepare students to become Certified Aerobics Instructors or Personal Trainers.

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).

Homework Assignments:

Anatomy Assignment (50pts): A detailed Picture of each anatomical system

Biomechanics Assignment (50pts): Origin, Insertion, action & training exercise

Flexibility Assignment (50pts): Stretching exercise, description, & name

Muscle Training Assignment (50pts): Training exercise, Identification of antagonist, stabilizers & co-contractor (synergistic) muscles

Article

Students will be required to identify 4 fitness/exercise related peer reviewed articles throughout the semester and type up a critical review for each article. Refer to the course schedule for the specific deadlines for each article.

Field Trip:

Below is a list of several local clubs/athletic facilities in town. You will be required to visit 4 different fitness facilities throughout the course of the semester and then write a **ONE** page review (**typed**) about your visit. *Note the class syllabus to see the due date.*

Dixie College Fitness Center
IHC Rehabilitation Center
Dixie College Athletic Training Facility
Red Mountain Health Spa
Desert Palms
Gold's Gym
St George Recreation Center
Summit Athletic Club
Anytime Fitness
ETC....

Grading:

Field Trips	25points each	100 points
Lecture Tests	5 @100 points	500 points
Homework Assignments * <i>(* These totals are subject to change)</i>	4 @ 50 points	200 points
Articles	4 @100 points	100 points
<u>Lecture Final(comprehensive)</u>	1 @100 points	100 points
Total		1000 points

Grading Scale:

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

CLASS SCHEDULE

January

08- Introduction / Anatomy
10 - Anatomy
15 - Anatomy
17 - Anatomy
22 - Biomechanics and Kinesiology
24 - Biomechanics and Kinesiology
29 - Exercise Physiology
31 - Exercise Physiology

Anatomy Homework Due

EXAM # 1 (Testing Center Jan 26th – 30th)

Biomechanics Homework Due

February

05 - Exercise Physiology
07 - Health Screening
12 - Exercise Testing
14 - Exercise Testing
19- Cardiovascular Fitness & Exercise
21 - Cardiovascular Fitness & Exercise
26- Cardiovascular Fitness & Exercise
28 – Muscular Strength & Endurance

EXAM # 2 (Testing Center Feb 7th - Feb 11th)

Article 1 Due

EXAM # 3 (Testing Center Feb 16th – Feb 20th)

March

05 - Muscular Strength & Endurance
07 – Flexibility
11th – 15th Spring Break “NO SCHOOL”
19- Body Composition & Nutrition
21 - Adherence and Motivation
26 - Special Populations and Health Concerns
28 – Special Populations and Health Concerns

Article 2 Due

EXAM # 4 (Testing Center Mar 20th– Mar 24th)

Flexibility Homework Due

**** Field Trip Evaluations Due & Article 3 Due**

April

02 - Special Populations and Health Concerns
04 - Exercise and Pregnancy

Muscular Training Homework Due

09 - Exercise and Pregnancy
11 – Emergency Procedures & Musculoskeletal Injuries & Legal and Pro Responsibilities
16 – Emergency Procedures & Legal and Professional Responsibilities
18 – Emergency Procedures & Legal and Professional Responsibilities

EXAM # 5 (Testing Center April 10th – April 14th)

Article 4 Due

23 - Review

25 – Review

April 26th – 29th FINAL EXAM (comprehensive) On Canvas in the Testing Center