

PEHR 2040
Exercise Science
Lab Syllabus
Fall 2012

Instructor: Christian Hildebrandt
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Fitness Center Phone: 652-7989

Office: Fitness Center
MW 12pm – 1pm
Office Phone:652-7988

Credit Hours: 1

Lab Section : Tuesday & Thursday 1:00pm – 1:50pm

Required Book : Personal Trainer Lab Manual

Course Prerequisites: None

Student Support Services:

Student Support Services are available to all students that desire or require there support. Support include; Library services, Tutoring, the Writing Center and OWL. To access more information regarding these serves go 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 Students will not be officially withdrawn after the twelfth week of the semester.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 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.

Course Description:

PEHR 2040 lab works synergistically with the PEHR 2020 Exercise Science and must be taken concurrently. These two courses have been designed to prepare individuals to become certified as a Personal Trainer. These classes do not certify they should be considered as preparation for students to become certified. PEHR 2020 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. PEHR 2040 is a hands on approach to applying the material learned in the lecture. The labs are specifically designed to train Personal Trainers. The goal of this class is to prepare students in every way to become Certified 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

Attendance:

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

Exams:

There will be 2 Exams (Mid-Term & Final) during the semester.

Grading:

Laboratories	200pts
Presentation	100pts
Mid Term Exam (Practical)	100pts
Final (Practical)	100pts
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Total	500pts

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

Lab Schedule

August

- 20 – Introduction / Anatomy
- 22 – Anatomy /HRA & Personal Assessment
- 27 – Exercise Testing (HR, BP, Flexibility)
- 29 – Practice

September

- 03 – Exercise Testing (Cardiovascular, Sit-ups, Circumferences)
- 05 – Practice **Assessment Trials Due**
- 10 – Exercise Testing (Push-ups, Skin Folds)
- 12 – Practice **Assessment Trials Due**
- 17 – Exercise Testing (Chest Press, Leg Press)
- 19 – Practice **Assessment Trials Due**
- 24 – Exercise Testing – Putting the Assessment together
- 26 – Exercise Testing – **Assessment Trials Due**
(Assign Muscle Presentation Muscle Groups)

October

Mid Term Exam 01st –3rd (by appointment) NO LAB CLASS **Assessment Trial Due**

- 08 – Intro to Exercise Prescription
- 10 & 11 – Semester Break – NO CLASS
- 15 – Intro to Exercise Prescription
- 17 – Core Presentation
- 22 – Student Presentation Muscles
- 24 – Student Presentation Muscles
- 29 – Student Presentations Muscles
- 31 – Student Presentations Muscles

November

- 05 – Student Presentations Muscles (**Lab 3 Assigned**)
- 07 – Student Presentations Muscles
- 12 – Career Day “No Classes”**
- 14 – Prescription of Exercise
- 19 – Prescription of Exercise
- 21 – Prescription of Exercise
- 26 – Prescription of Exercise

December

- 2nd – 5th **Lab Final Exam** (by Appointment) NO CLASS