

University of Louisiana at Lafayette
College of Education
Class Syllabus

Course : Kinesiology 110 (001)
Schedule: MWF 10:30-11:20

Semester: Fall 2006
Location: Bourgeois 108A

Instructor: Wendel H. Gatch , PhD
Telephone: 482-6153
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Office: 129-A
Office Hours: TBA

Course Description

Kinesiology 110 Fitness Assessment and Prescription (1,2,2)
Skills knowledge, techniques, and strategies specific to health and performance related to physical fitness. Applicable to both personal fitness programs and educational settings. Includes field experiences

Optional Text

Hoeger, W.K. And Hoeger, S.H.. Principles and Labs For Physical Fitness 5th Edition, Thomson Wadsworth,, 2006.

Conceptual Framework: The Responsive Professional

The conceptual framework of the UL Lafayette College of Education is designed to expand upon the institution's commitment to be a responsive university. Teacher candidates are expected to demonstrate knowledge, skills, and dispositions associated with the four elements of a Responsive Professional. Responsive Professionals demonstrate expertise in knowledge and practice. They are reflective practitioners who respect diversity and demonstrate a commitment to professionalism.

Course Requirements

The Kinesiology student will Apply the TEACHER AS A Responsive Professional model to exercise science by demonstrating a proficiency with an average minimum grade of 70% on each written discussion exam for the following .

PASS-PORT Artifacts

Not Applicable

Field Experiences

A minimum of 10 hours TBA

Technology Integration

Laboratory experiences with extensive technology will be coordinated with lecture and internet resources.

Course Evaluation

Evaluations: Each of the criterion measures is listed as a weighted percentage of 100% of the final course grade.

1. Exam I	30%
2. Exam II	30%
3. Final Examination	30%
4. Homework Assignments	10%

TOTAL	100%
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Exam dates will be announced one week prior to exam date

NOTE: All make-up exams will be ORAL.

The Final Exam will be administered during the exam period.

ORIGINALITY OF WORK: Anything you submit for grade under your name should be your own original work. This includes laboratory reports and term projects, as well as examination papers. On labs you may work together in deciding how a report should be approached, but the wording of the report should be your own. Anyone found giving or receiving information even without consent will receive a zero on the examination concerned, and the event will be reported to the department chairman for his recommendations. **NOTE:** All information taken from sources must be cited. Paraphrasing is not acceptable as a means of avoiding citing.

Grading Scale:

TERM GRADES: Term grades will be based on a percentage of 100.

A = 90-100%
B = 80- 89%
C = 70- 79%
D = 60- 69%
F = 0- 63%

Resources

Professional Associations

American Alliance of Health, Physical Education, Recreation and Dance (AAHPERD)
American College of Sports Medicine (ACSM)

Professional Journals

International journal of sport nutrition
Journal of Applied Physiology
Journal of Sports Medicine and Physical Fitness
Medicine and science in sports and exercise
Research quarterly for exercise and sport
Strength and Conditioning
Journal of Strength and Conditioning Research

Related Materials and Resources

References

Roberg,R. and Roberts S. (1997) Exercise Physiology :Exercise ,Performance and Clinical Applications. St. Louis: Mosby.

Powers,S. and Howley E. (1997) Exercise Physiology: theory and Application to Fitness and Sport. Dubuque: Brown and Benchmark.

McArdle,W., Katch I., and Katch V. (2001) Exercise Physiology : Energy, Nutrition, and Human Performance 5th Ed., Philadelphia: Lippincott ,Williams and Wilkins.

Course Policies and Procedures

Emergency Evacuation Procedures

A map of this floor is posted near the elevator marking the evacuation route and the Designated Route Area. This is an area where emergency service personnel will go first to look for individuals who need assistance in exiting the building. Student who may need assistance should identify themselves to the teaching faculty

Attendance Policy

1.Any student missing more than 20% (8 absences for MWF classes and 5 absences for T-Th classes) of class periods will receive an F for the semester. Two tardies equal one absence. THERE ARE NO UN-EXCUSED ABSENCES.

2.No studying, reading a newspaper, answering study questions or any improper diversions in class.

3.No beepers or cell phones in class.

4.To remain in the class all students must follow the safety procedures set forth by the instructor.

5.If you have to leave class for any reason before the class is over it will count as an absence.

Academic Honesty

The College of Education adheres to the policy on academic honesty as outlined on page 427 in the Undergraduate Bulletin (2003-2005) .

Students Requiring Special Accommodations

Students requiring special accommodations must register with the Office of Services for Students with Disabilities and provide official documentation to the instructor in a timely manner.

Tentative Topic Schedule

- 1. Why physical fitness and Exercise training principles**
- 2. Exercise prescription and assessment for fitness and sport**
- 3. Motivation and Goal setting for fitness and health**
- 4. Nutrition for health, fitness and athletic performance**
- 5. Development of Muscular Strength, Endurance and Flexibility**
- 6. Body composition and weight control**
- 7. Muscular Strength, Endurance and Flexibility**
- 8. Cardiorespiratory endurance and fitness**
- 9. Exercise and Training for Health and Fitness**
- 10. Environmental Impact on Exercise and Athletic Performance**
- 11. Stress management**