Sinclair Community College
444 E. Third St.
Dayton, OH 45402

Master Syllabus

ENS 2318 - Fitness Assessment & Exercise Prescription

Division: Health Sciences

Department: Exercise Science

Credit Hour Total: 3.0 **Lecture Hrs:** 3.0

Prerequisite(s): OR DEV 0075 DEV 0025AND DEV 0035

Date Revised: April 2015

Course Description:

Students learn and experience the process of risk stratification, fitness assessment in the five components of fitness and exercise testing for low- to moderate-risk individuals. Integration and analysis of results and norms to design individualized exercise prescription.

General Education Outcomes:

- Critical Thinking/Problem Solving
- Oral Communication

Course Outcomes:

Risk Factors and Risk Stratification
Identify and utilize coronary artery disease risk factors, risk stratification, and physiological changes associated with exercise.

Assessment Method: Locally developed exams
Performance Criteria: Correctly answer 70% of exam questions.

Assessment Method: Simulations
Performance Criteria: Student scores 70% or higher on rubric.

Analyze Data
Utilize metabolic calculations, normative standards, and assessment measurements and interpret results.

Assessment Method: Locally developed exams
Performance Criteria: Correctly answer 70% of exam questions.

Assessment Method: Simulations
Performance Criteria: Student scores 70% or higher on rubric.

Exercise Prescriptions
Analyze results of fitness assessments and develop exercise prescriptions.

Assessment Method: Locally developed exams
Performance Criteria: Correctly answer 70% of exam questions.

Assessment Method: Simulations
Performance Criteria: Student scores 70% or higher on rubric.

Fitness Assessments and Exercise Testing
Explain, demonstrate, and perform fitness assessments and exercise testing.

Assessment Method: Simulations
Performance Criteria: Student scores 70% or higher on skills assessment.

Outline:

Benefits and physiological changes associated with exercise
Cardiovascular disease risk factor thresholds
Risk stratification categories
Fitness assessment and exercise testing for low to moderate risk individuals
Blood pressure measurement at rest, exercise, and recovery
Cardiovascular assessments at rest and exercise
Muscular strength and endurance assessments
Flexibility assessments
Body composition assessments
Exercise prescription and program design in cardiovascular endurance
Exercise prescription and program design in muscular strength and endurance
Exercise prescription and program design in flexibility
Exercise prescription and program design in body composition
Ability to explain procedures, norms, benefits
Compute metabolic calculations