

## 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):** MAT 0100OR MAT 1110OR MAT 1130OR MAT 1445AND DEV 0035AND ENS 1118AND BIO 1121

**Date Revised:** September 2016

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#### 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 Competency
- ▣ Oral Communication Competency

#### Course Outcomes:

##### 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.

##### 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.

##### 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