

## Master Syllabus

### ENS 2419 - Health Promotion, Fitness & Sport Programming

**Division:** Health Sciences

**Department:** Exercise Science

**Credit Hour Total:** 3.0

**Lecture Hrs:** 3.0

**Other Prerequisite(s):** Restricted to Majors

**Date Revised:** December 2015

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#### Course Description:

This course provides organizational techniques, administrative procedures and principles of managing health promotion, fitness and sport programs, including facility design and operational standards and guidelines.

#### General Education Outcomes:

- Oral Communication Competency
- Critical Thinking/Problem Solving Competency

#### Course Outcomes:

##### Plan, Organize and Implement

Plan, organize and implement a health promotion, fitness or sport related event.

**Assessment Method:** Performance appraisals

**Performance Criteria:**

Student scores 70% or higher on rubric.

##### Operations and Facility Design

Develop proper operating standards, guidelines and facility design.

**Assessment Method:** Locally developed exams

**Performance Criteria:**

Correctly answer 70% of exam questions.

##### Operating and Managing Techniques

Identify operating and managing techniques.

**Assessment Method:** Locally developed exams

**Performance Criteria:**

Correctly answer 70% of exam questions.

##### Administration

Describe administrative procedures used in fitness and sport programs.

**Assessment Method:** Locally developed exams

**Performance Criteria:**

Correctly answer 70% of exam questions.

#### Outline:

History of health promotion, fitness and sport programming  
Programming and participants  
Planning  
Facility management  
Human resources - personnel and management  
Facility site, design and construction  
Operations  
Marketing and sales  
Finance and budgeting  
Legal responsibilities and ethics  
Risk management  
Maintenance  
Equipment