

<b>FITT 1343 Exercise Science Course Master Syllabus</b>
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Instructor Name

Course Name and Number

Section Number and Synonym

Course Schedule/outline: see individual instructor syllabus

Office Hours

Office Location and Number

Phone, Email, Website, etc.

Arranging Conferences/Appointments

Textbooks: NSCA's Essentials for Personal Training, 1st edition, (9780736000154)

1. **Course Description** –A study of the scientific principles and methodologies to enhance athletic performance. Emphasis on the concepts of periodization of training as it relates to preseason, competitive and off-season goals. Topics include evaluation and assessment protocols, exercise techniques, and safety.
2. **Prerequisite: BIOL 2404 or BIOL 2304 and BIOL 2101**
3. **Instructional Methodology** – Lecture and lab based instruction
4. **Course Rationale** - This course is an in-depth study of resistance training and program development for healthy adults as well as the athletic population. Students will implement their trainer skills by assessing, designing a program and training a volunteer.
5. **Common Course Objectives/Outcomes** - Upon completion of the course the student will be able to:
  - a. Test and compile information necessary for effective fitness program design.
  - b. Create a resistance training program for an individual based on the client's level of knowledge/fitness classification and goals.
  - c. Assist in training sessions for a client on an individual basis.
  - d. Recognize and correct technical flaws displayed by an individual utilizing free weights.
  - e. Integrate related fitness parameters into a resistance training design.
6. **Grading System** - The FITT Program uses the following grading scale when assigning performance grades in theory and lab courses:  
A = 90-100%   B = 80-89%   C = 70-79%   D = 60-69%   F = <60%
7. **Course Policies (lecture)** –

• Weekly summaries	10%
• Client assessment/program	10%
• Class Binder	15%
• Sports Specific Training presentation	15%
• Practical Exam	30%
• Final Written Exam	20%

**Note: Attendance to all training sessions, labs and lectures is expected. Because unforeseeable circumstances do occur, each student will be allowed one absence from lecture and one absence from a lab without direct penalty. Any absences in excess of this will result in 5 point loss in the student's final grade. Absences due to either the client or trainer must be rescheduled on the alternate training session (determined by you and your client). Excessive absences without make up will result in a conference with the client, student and me.**

**Note:** No cell phone use will be allowed during class time so please **turn off** all mobile devices **BEFORE** entering the classroom. Any student found to be using a phone (either texting or talking) will receive a one point deduction from their final grade and be asked to leave for the remainder of the class.

**8. SCANS Competencies:**

- Interpersonal Skills - Works with others
- Information Literacy-Acquires and uses information

**SCANS Foundations:**

- Locates, understands, and interprets written information in prose and in documents such as manuals, graphs, and schedules (Reading)
- Communicates thoughts, ideas, information, and messages in writing; and creates documents such as letters, directions, manuals, reports, graphs, and flow charts (Writing)
- Receives, attends to, interprets, and responds to verbal messages and other cues (Listening)
- Organizes ideas and communicates orally (Speaking)
- Thinks creatively, makes decisions, solves problems, visualizes, knows how to learn and reasons (Thinking skills)
- Displays responsibility, self-esteem, sociability, self-management, and integrity and honesty (Personal Qualities)

**9. Program Specific Learning Outcomes:**

- Demonstrate functional ability to perform basic fitness assessment skills and use of basic training equipment for an apparently healthy adult
- Demonstrate an understanding of wellness and its role in health.
- Demonstrate an understanding of the standard fitness facility in organization structure, financial management and legal concerns.
- Demonstrate the capacity to integrate anatomical structures in regards to human movement.
- Articulate acute and chronic adaptations of multiple human systems to overloads created by resistance, aerobic and anaerobic methods of training.
- Create and implement a comprehensive training program for an individual that demonstrates appropriateness and goal oriented design elements.
- Demonstrate professionalism in the workplace and the ability to work with others.

**Please review the following departmental policies:**

**Personal Fitness Trainer Students:** In order to fulfill the program requirement of this course for either the certificate or the AAS, you must achieve a final grade of a "C" or better. Scores lower than this will not be credited to your required curriculum.

**Continuing Education Students:** In order to receive credit for this course, you must achieve a final grade of "C" or better. A certificate of completion for the course will be issued if you attend at least 80% of the class/lab hours scheduled.

**Attendance/Class Participation**

Regular and punctual class and laboratory attendance is expected of all students. If attendance or compliance with other course policies is unsatisfactory, the instructor may withdraw students from the class.

**Withdrawal Policy**

It is the responsibility of each student to ensure that his or her name is removed from the roll should he or she decide to withdraw from the class. The instructor does, however, reserve the right to drop a student should he or she feel it is necessary. If a student decides to withdraw, he or she should also verify that the withdrawal is submitted before the Final Withdrawal Date. The student is also strongly encouraged to retain their copy of the withdrawal form for their records. Students who enroll for the third or subsequent time in a course taken since Fall, 2002, may be charged a higher tuition rate, for that course. State law permits students to withdraw from no more than six courses during their entire undergraduate career at Texas public colleges or universities. With certain exceptions, all course withdrawals automatically count towards this limit. Details regarding this policy can be found in the ACC college catalog.

**Incompletes**

An instructor may award a grade of "I" (Incomplete) if a student was unable to complete all of the objectives for the passing grade in a course. An incomplete grade cannot be carried beyond the established date in the following semester. The completion date is determined by the instructor but may not be later than the final deadline for withdrawal in the subsequent semester. Generally, to receive a grade of "I", a student must have completed approximately 70% of the course requirements, have a satisfactory score in the class, and have personal circumstances that prevent course completion that occur after the deadline to withdraw with a grade of W

**Statement on Scholastic Dishonesty**

A student attending ACC assumes responsibility for conduct compatible with the mission of the college as an educational institution. Students have the responsibility to submit coursework that is the result of their own thought, research, or self-expression. Students must follow all instructions given by faculty or designated college representatives when taking examinations, placement assessments, tests, quizzes, and evaluations. Actions constituting scholastic dishonesty include, but are not limited to, plagiarism, cheating, fabrication, collusion, and falsifying documents. Penalties for scholastic dishonesty will depend upon the nature of the violation and may range from lowering a grade on one assignment to an "F" in the course and/or expulsion from the college. See the Student Standards of Conduct and Disciplinary Process and other policies at <http://www.austincc.edu/current/needtoknow>

**Student Rights and Responsibilities**

Students at the college have the rights accorded by the U.S. Constitution to freedom of speech, peaceful assembly, petition, and association. These rights carry with them the responsibility to accord the same rights to others in the college community and not to interfere with or disrupt the educational process. Opportunity for students to examine and question pertinent data and assumptions of a given discipline, guided by the evidence of scholarly research, is appropriate in a learning environment. This concept is accompanied by an equally demanding concept of responsibility on the part of the student. As willing partners in learning, students must comply with college rules and procedures.

**Statement on Students with Disabilities**

Each ACC campus offers support services for students with documented disabilities. Students with disabilities who need classroom, academic or other accommodations must request them through the Office for Students with Disabilities (OSD). Students are encouraged to request accommodations when they register for courses or at least three weeks before the start of the semester, otherwise the provision of accommodations may be delayed.

Students who have received approval for accommodations from OSD for this course must provide the instructor with the 'Notice of Approved Accommodations' from OSD before accommodations will be provided. Arrangements for academic accommodations can only be made after the instructor receives the 'Notice of Approved Accommodations' from the student.

Students with approved accommodations are encouraged to submit the 'Notice of Approved Accommodations' to the instructor at the beginning of the semester because a reasonable amount of time may be needed to prepare and arrange for the accommodations.

Additional information about the Office for Students with Disabilities is available at [http://www.austincc.edu/osd](#)

<http://www.austincc.edu/support/osd/>

### **Safety Statement**

Austin Community College is committed to providing a safe and healthy environment for study and work. You are expected to learn and comply with ACC environmental, health and safety procedures and agree to follow ACC safety policies. Additional information on these can be found at <http://www.austincc.edu/ehs>. Because some health and safety circumstances are beyond our control, we ask that you become familiar with the Emergency Procedures poster and Campus Safety Plan map in each classroom. Additional information about emergency procedures and how to sign up for ACC Emergency Alerts to be notified in the event of a serious emergency can be found at <http://www.austincc.edu/emergency/>.

Please note, you are expected to conduct yourself professionally with respect and courtesy to all. Anyone who thoughtlessly or intentionally jeopardizes the health or safety of another individual will be dismissed from the day's activity, may be withdrawn from the class, and/or barred from attending future activities.

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### **Use of ACC email**

All College e-mail communication to students will be sent solely to the student's ACCmail account, with the expectation that such communications will be read in a timely fashion. ACC will send important information and will notify you of any college related emergencies using this account. Students should only expect to receive email communication from their instructor using this account. Likewise, students should use their ACCmail account when communicating with instructors and staff. Instructions for activating an ACCmail account can be found at <http://www.austincc.edu/accmail/index.php>.

### **Testing Center Policy**

Under certain circumstances, an instructor may have students take an examination in a testing center. Students using the Academic Testing Center must govern themselves according to the Student Guide for Use of ACC Testing Centers and should read the entire guide before going to take the exam. To request an exam, one must have:

- **ACC Photo ID**
- Course Abbreviation (e.g., ENGL)
- Course Number (e.g., 1301)
- Course Synonym (e.g., 10123)
- Course Section (e.g., 005)
- Instructor's Name

Do NOT bring cell phones to the Testing Center. Having your cell phone in the testing room, **regardless of whether it is on or off**, will revoke your testing privileges for the remainder of the semester. ACC Testing Center policies can be found at <http://www.austincc.edu/testctr/>

### **Student And Instructional Services**

ACC strives to provide exemplary support to its students and offers a broad variety of opportunities and services. Information on these services and support systems is available at: <http://www.austincc.edu/s4/>

Links to many student services and other information can be found at: <http://www.austincc.edu/current/>

ACC Learning Labs provide free tutoring services to all ACC students currently enrolled in the course to be tutored. The tutor schedule for each Learning Lab may be found at: <http://www.austincc.edu/tutor/students/tutoring.php>

For help setting up your ACCeID, ACC Gmail, or ACC Blackboard, see a Learning Lab Technician at any ACC Learning Lab.