

SAM HOUSTON STATE UNIVERSITY
Department of Health and Kinesiology

COURSE: KIN 493 - Principles and Practices of Adult Fitness Management OFFICE: KIN 211
INSTRUCTOR: Dr. Gary Oden PHONE: 294-1211
E-MAIL: HPE_GLO@SHSU.EDU
TEXT: NO TEXT REQUIRED

COURSE GOAL To provide the student with practical experience in exercise testing and wellness programming necessary to successfully complete an internship. In addition the student will be provided practical experience with resume development and the job search process.

GENERAL COURSE OBJECTIVES After successful completion of this course, each student will be able to:

1. Explain the purpose and responsibilities of their internship, and detail the procedures for proper application to the exercise tech internship program.
2. Complete a placement file with the university placement center to include a professional resume and general letter of application for job applications.
3. Instruct an adult fitness class which is intended to promote cardiovascular fitness in a safe, effective manner.
4. Prescribe exercise and activity for individuals based upon individual need, present fitness level, and assessment results (when available).
5. Develop a teaching module on a topic related to health or exercise and teach the module to the exercise classes.
6. Design a bulletin board for the exercise room on a topic related to health and/or fitness.
7. Identify journals which publish fitness/health related research and retrieve at least one relevant research article from a journal to contribute to a fitness and health library.
8. Organize and edit a fitness newsletter to include writing an article for contribution to the newsletter.
9. Devise a marketing tool for an exercise program.
10. Conduct safe, valid fitness assessments to include GXT (max and submax, bike and treadmill), body composition, muscular strength, endurance, and flexibility, screening spirometry, and lipid analysis.
11. Record data collected during a fitness evaluation, reduce the data appropriately, and generate a final report.

12. Conduct a consulting session with a client following a fitness evaluation.
13. Draw conclusions from the fitness evaluation concerning the fitness level and appropriate exercise prescription for an individual.

COURSE REQUIREMENTS

1. Completed resume for your permanent records.
2. Written letter of application to intern at an approved site and proper completion of all intern paperwork by deadlines. A secured site to intern on or before April 2.
3. Completed placement package at the university placement center.
4. Bulletin board on topic which has been approved by Dr. Oden. Will be placed in the fitness and conditioning room or in the lab as directed.
5. Retrieve at least one relevant research article related to health and fitness from an approved research journal which will be included in a fitness library.
6. Serve as editor for at least one edition of Wellness Times newsletter.
7. Write at least one article for the newsletter on an approved topic related to health and fitness.
8. Devise a marketing brochure for the exercise class you teach.
9. Visit your prospective intern site and complete an Intern Site Visitation Critique.
10. Complete an educational module (teaching module/lesson plan) typed as instructed and presented to the exercise classes as a "QuickFit" 5 minute lecture. The topic must be approved by Dr. Oden and be related to fitness, nutrition, exercise, training, health, physiology, etc.

EVALUATION

1. Total points available

| Assignment | Points |
|---|------------|
| Resume | 50 |
| Application Letter | 25 |
| Visitation Critique | 25 |
| Placement Center Folder | 50 |
| Bulletin Board | 50 |
| Research Article for Fitness Library | 25 |
| Editor of Wellness Times Newsletter | 75 |
| Article for Newsletter | 50 |
| Marketing Brochure for Exercise Class | 50 |
| Educational Module (Written) | 50 |
| Educational Module (Presentation) | 50 |
| Successful Completion of Laboratory Assignment | 50 |
| TOTAL POINTS | 550 |

2. Final grade calculated as follows:

| | | |
|-----------|---|---|
| 495-550 | = | A |
| 440-494 | = | B |
| 385-439 | = | C |
| 330-384 | = | D |
| Below 330 | = | F |

STUDENT ABSENCES ON RELIGIOUS HOLY DAYS POLICY

Section 51.911(b) of the Texas Education Code requires that an institution of higher education excuse a student from attending classes or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose.

A student whose absence is excused under this subsection may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence.

University policy 861001 provides the procedures to be followed by the student and instructor. A student desiring to absent himself/herself from a scheduled class in order to observe (a) religious holy day(s) shall present to each instructor involved a written statement concerning the religious holy day(s). This request must be made in the first fifteen days of the semester or the first seven days of a summer session in which the absence(s) will occur. The instructor will complete a form notifying the student of a reasonable timeframe in which the missed assignments and/or examinations are to be completed.

“Students with a disability which affects their academic performance are expected to arrange for a conference with the instructor in order that appropriate strategies can be considered to ensure that participation and achievement opportunities are not impaired.” The physically impaired may contact the Director of the Counseling Center, 294-1720.

