

KINES 4465 Exercise Programming: Assessment and Delivery

Fall 2023

Mondays and Wednesdays 11:50 AM to 1:10 PM

JFB 102

3 Credit Hours

Instructor: Kerry Magiske, DNP, MS

Contact information: Kerry.Magiske@hsc.utah.edu

Office Hours/Location: Thursdays 1:00 – 2:00 pm and by appointment
HPER-N 255

My door is usually open. I look forward to having you drop by to ask questions related to the course, talk about your future goals/plans, or just talk story.

Course Description:

Evaluating fitness and prescribing exercise are the hallmarks of exercise leadership. This class prepares students to learn basic skills associated with screening clients for exercise participation, conducting basic fitness assessments, interpreting fitness test results, and constructing exercise prescriptions to meet clients' unique needs, in accordance to current American College of Sports Medicine (ACSM) guidelines. At the conclusion of this course students will have obtained the knowledge to be prepared to sit for the ACSM Health Fitness Specialist* exam, one of the gold standard fitness credentials in the field of Exercise and Sport Science.

**The Health Fitness Specialist certification has been replaced with the Exercise Physiologist Certification*

Pre- or co-requisites:

Prerequisites: "C-" or better in KINES 3091 OR KINES 3094 AND KINES 3092.

Required Materials:

ACSM'S Guidelines for Exercise Testing and Prescription, 11th Edition.
Baltimore: Williams & Wilkins, 2022.

Student Learning Outcomes:

By the end of this course, you will be able to:

1. Discuss the current status of exercise participation and sedentary lifestyles in this country and describe the risks and benefits associated with participation in exercise programs.

2. Demonstrate an understanding of and justify the need for pre-participation client health screening and disease risk management when determining risk factor profile based on client health history information.
3. Differentiate between signs and symptoms suggestive of cardiovascular, metabolic, and renal disease compared to cardiovascular disease risk factors.
4. Interpret various testing results for cardiorespiratory fitness, muscular fitness, flexibility, and body composition assessments.
5. Develop exercise prescriptions for healthy populations, utilizing fitness assessment results, health history, risk factor profile, behavioral characteristics, personal goals and preferences, that meet individuals' needs for improving and/or maintaining the components of health-related physical fitness.
6. Describe special considerations for assessing health related fitness and prescribing exercise for children, older adults, and for other special populations.
7. Calculate VO_2 max, body mass index, energy expenditure, and weight loss based on BMI and % body fat, exercise workload, volume of activity, and/or exercise speed, grade, frequency, and/or resistance.
8. Design personalized exercise prescription protocols and be able to justify your decisions with scientific evidence.

Teaching and Learning Methods:

This class will consist of a combination of lectures, small and large group discussions/activities, and case studies as we learn together in-person in a classroom-based setting.

Assignments:

Exams: *(2 Exams worth 100 points and Final Exam worth 150 points)*
Exams will mostly follow a case study format, and include predominately short answer questions and responses. As this is a Quantitative Intensive course, many exams will have a strong emphasis on mathematical calculations and solutions.

Case Study Analyses *(100 pts; 10 at ~12.5 points each)* **Due Date:**
Ongoing

Throughout the semester you will be assigned case study scenarios that relate to the course content. It will be your task to analyze and interpret the case study information to provide exercise programming feedback for the client(s) and/or scenarios. The case studies will cover physical activity and health, risks associated with physical activity, health screening and risk stratification, fitness assessments and prescriptions for the components of health-related fitness, special populations, and fitness related equations and calculations. You may work on these Case

Studies in teams of up to two people. Some of these will be open book/notes, others will be closed book/notes.

Exercise Log and Prescription Project (100 points) Due: TBD

Students will be allowed to work in pairs for this project. You will identify a person who will complete pre-participation screening questionnaires, basic health related fitness testing. You will analyze the data from the questionnaire and fitness tests. You will then create a month-long exercise prescription for this individual using a spreadsheet. More specific details for the assignment will be posted.

Evaluation	Weighting	Date(s)
Case Studies	100 points (18%)	Ongoing
Exercise Log Project	100 points (18%)	TBD
Exam #1	100 points (18%)	Monday Sept 11th
Exam #2	100 points (18%)	Monday Oct 23rd
Exam #3 (Final Exam)	150 points (28%)	Thursday Dec 14 10:30 AM - 12:30 PM
TOTAL (Lecture)	550 points	

Missed Exams/Assignments:

Absolutely NO late case studies, exams, or assignments will be accepted. You will receive "0" points for any missed Case Study, exam, and/or assignment. If extenuating circumstances prevent you from taking a test and/or Case Study, or turning in an assignment during the scheduled time, you need to make arrangements with me PRIOR TO the test or due date.

Grading Criteria:

A=93-100%	C=73-76%
A-=90-92%	C-=70-72%
B+=87-89%	D+=67-69%
B=83-86%	D=63-66%
B-=80-82%	D-=60-62%
C+=77-79%	E=<60%

- Grades will be determined based on a percentage of total points earned. Grades at or above the .5 level will be rounded up; grades at or below .4 level will be rounded down.
- Course grades are non-negotiable. Your grade is based on points earned.
- You will NOT be given opportunities at the end of the semester to score additional points.
- To have this course satisfy KINES degree requirements you must earn at least a C- in the course.

Course Schedule:

Note: Our schedule is subject to revision based on the needs of our class; any updates will be made available for students through Canvas.

Week	Date	Topics, Readings, Assignments, Due Dates
1	Aug 21-25	Course Intro and Guidelines, Risks and Benefits
2	Aug 28-Sept 1	Pre-Participation Screening
3	Sept 4-8	Case Study #1
4	Sept 11-16	Exam #1 and Cardiorespiratory Fitness Testing
5	Sept 18-22	Cardiorespiratory Fitness Testing and Case Study #2
6	Sept 25-29	CRF Exercise Prescription
7	Oct 2-6	CRF Exercise Prescription and Case Study #3
8	Oct 9-13	Fall Break
9	Oct 16-20	CRF Exercise Prescription and Case Study #4
10	Oct 23-27	Exam #2 and Body Composition and Weight Management
11	Oct 30-Nov 3	Body Composition and Weight Management and Case Study #5
12	Nov 6-10	Muscle Fitness Testing and Muscle Fitness Exercise Prescription
13	Nov 13-17	Muscle Fitness Exercise Prescription and Case Study #6
14	Nov 20-24	Flexibility
15	Nov 27-Dec 1	Case Study #7 and Chronic Disease and Exercise
16	Dec 4-8	Chronic Disease and Exercise and Case Study #8
17	Finals	Thursday December 14 th 10:30 AM – 12:30 PM

Course Policies:

Attendance & Punctuality:

- *My expectation is that you are coming to class daily. Students are most successful in the course when they attend daily. We cover information in class that may not be covered in the posted PowerPoint slides. The course info is really exciting and can be used in your daily life (and is important for exams). I also value your thoughts, insights, and questions. The best class is one where we all attend regularly and one where we are all part of the team. (And, I will notice when you are gone and you may find an email from me checking up on you!)*
 - Our course is designated by the University of Utah to be an in-person class. Except in cases of ADA accommodations or quarantining due to COVID-19 exposure or infection, you will be expected to attend class in person and complete assignments. Changes to this policy are up to the discretion of the instructor. Students who miss class are responsible for getting notes, making sure that any assignments due on that date are

turned in prior to the beginning of class when possible, and/or making up missed coursework.

Canvas: It is your responsibility to **check Canvas regularly** as course notes, assignments, and announcements will be updated regularly. *PowerPoint slides will be posted for each topic we cover in class.*

Academic Integrity:

- It is expected that students will adhere to generally accepted standards of academic honesty, including but not limited to refraining from cheating, plagiarizing, misrepresenting one's work, and/or inappropriately collaborating. This includes the use of generative AI tools without citation, documentation, or authorization. Students will also be expected to adhere to the prescribed professional and ethical standards of the profession/discipline for which the student is preparing. Any student who engages in academic dishonesty or who violates the professional and ethical standards for the profession/discipline for which the student is preparing, may be subject to academic sanctions as per the University of Utah's Student Code : <https://regulations.utah.edu/academics/6-410.php>

Other information:

1. **COVID-19 Campus Guidelines.** Please refer to the University's COVID-19 Central website for the latest information and guidelines.

COVID-19 Central @ The U

801-213-2874

coronavirus.utah.edu

Please note that students in clinical programs should remain in close contact with their program director about the latest guidelines pertaining to COVID-19.

2. **The Americans with Disabilities Act.** The University of Utah seeks to provide equal access to its programs, services, and activities for people with disabilities. If you will need accommodations in this class, reasonable prior notice needs to be given to the Center for Disability & Access (CDA; <http://disability.utah.edu/>; 162 Olpin Union Building; 801-581-5020). CDA will work with you and the instructor to make arrangements for accommodations. All written information in this course can be made available in an alternative format with prior notification to the CDA.
3. **Addressing Sexual Misconduct.** Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a Civil Rights offense subject to the same kinds of

accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran's status or genetic information. If you or someone you know has been harassed or assaulted, you are encouraged to report it to the Title IX Coordinator in the Office of Equal Opportunity and Affirmative Action, 135 Park Building, 801-581-8365, or the Office of the Dean of Students, 270 Union Building, 801-581-7066. For support and confidential consultation, contact the Center for Student Wellness, 426 SSB, 801-581-7776. To report to the police, contact the Department of Public Safety, 801-585-2677(COPS).

4. ***The Code of Student Rights and Responsibilities.*** The code, which specifies student rights as well as conduct involving cheating, plagiarism, collusion, fraud, theft, etc., is provided at <http://regulations.utah.edu/academics/6-400.php>.
5. ***Wellness Statement.*** Personal concerns such as stress, anxiety, relationship difficulties, depression, cross-cultural differences, etc., can interfere with a student's ability to succeed and thrive at the University of Utah. For helpful resources contact the Center for Student Wellness, <http://wellness.utah.edu>; 801-581-7776.
6. ***University Safety Statement.*** The University of Utah values the safety of all campus community members. To report suspicious activity or to request a courtesy escort, call campus police at 801-585-COPS (801-585-2677). You will receive important emergency alerts and safety messages regarding campus safety via text message. For more information regarding safety and to view available training resources, including helpful videos, visit safeu.utah.edu
7. ***Drop/Withdrawal Policies.*** Students may drop a course within the first two weeks of a given semester without any penalties. Students may officially withdraw (W) from a class or all classes after the drop deadline through the midpoint of a course. A "W" grade is recorded on the transcript and appropriate tuition/fees are assessed. The grade "W" is not used in calculating the student's GPA. For deadlines to withdraw from full-term, first, and second session classes, see the U's Academic Calendar.
8. ***Learners of English as an Additional/Second Language.*** If you are an English language learner, please be aware of several resources on campus that will support you with your language development and writing. These resources include: the Writing Center (<http://writingcenter.utah.edu>); the Writing Program (<http://writing-program.utah.edu>); the English Language Institute (<http://continue.utah.edu/eli/>). Please let me know if there is any additional support you would like to discuss for this class.
9. ***Lauren's Promise.*** The following statement discusses interpersonal violence that has occurred on our campus and resources available. It may evoke feelings of distress or past trauma by individuals who have experienced situations involving interpersonal violence. We wanted to acknowledge as well that this situation does

not describe every victim's experience and certain communities may be at a higher risk for these experiences.

Lauren's Promise—I will listen and believe you if someone is threatening you.

If you are in urgent need of support, call 911 and/or the Utah crisis line at 800.273.8255.

If you are experiencing interpersonal violence, sexual assault, domestic violence, and/or stalking, please report it to me and I can connect you to resources. **Here are additional sources of support and help:**

Resource	Phone #	Hours	Affiliation
McCluskey Center for Violence Prevention:	TBD	TBD	University
Center for Student Wellness, Victim Survivor Advocate:	801.581.7776	8-5	University
Office of Equal Opportunity:	801.581.8365	9-5	University
University Department of Public Safety:	801.585.2677	24 hrs	University
University of Utah Neuropsychiatric Institute	801.587.3000	24 hrs	University
Utah Domestic Violence Coalition:	800.897.5465	24 hrs	State
<u>Rape Recovery Center 24-hour Crisis Line:</u>	801.467.7273	24 hrs	State
<u>Domestic Violence Link Line:</u>	800.897.5465	24 hrs	State
<u>Stalking Helpline:</u>	800.621.4673	24 hrs	State
Rape Recovery Center Crisis Line:	801.467.7272	24 hrs	State

Mandatory reporters are university employees, including students in paid leadership positions, who are required to report sexual misconduct to the Office of Equal Opportunity and Affirmative Action per university regulations. Examples of mandatory reporters include:

- Professors and other faculty
- Administration and staff (non-mental health)
- Resident advisors
- Student employees
- Campus police or campus security officials
- Athletic coaches/assistants

Confidential resources are employees not required to report any identifying information regarding an incident of sexual violence to the university. Survivors of sexual misconduct can speak openly to confidential resources about their experiences without their names or extensive details about their experience being reported to the Title IX coordinator or law enforcement.

- University Counseling Center:
- University Hospitals Chaplin

- Student Athlete Support Services
- Center for Student Wellness Victim Advocates
- Women's Resource Center

10. Diverse Supports for Students. Your success at the University of Utah is important to all of us here! If you feel like you need extra support in academics, overcoming personal difficulties, or finding community, the U is here for you.

Student Support Services (TRIO)

TRIO federal programs are targeted to serve and assist low-income individuals, first-generation college students, and individuals with disabilities.

Student Support Services (SSS) is a TRIO program for current or incoming undergraduate university students who are seeking their first bachelor's degree and need academic assistance and other services to be successful at the University of Utah.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Student Support Services (TRIO)

801-581-7188

trio.utah.edu

Room 2075

1901 E. S. Campus Dr.

Salt Lake City, UT 84112

American Indian Students

The AIRC works to increase American Indian student visibility and success on campus by advocating for and providing student centered programs and tools to enhance academic success, cultural events to promote personal well-being, and a supportive "home-away-from-home" space for students to grow and develop leadership skills.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

American Indian Resource Center

801-581-7019

diversity.utah.edu/centers/airc

Fort Douglas Building 622

1925 De Trobriand St.

Salt Lake City, UT 84113

Black Students

Using a pan-African lens, the Black Cultural Center seeks to counteract persistent campus-wide and global anti-blackness. The Black Cultural Center works to holistically enrich, educate, and advocate for students, faculty, and staff through Black centered programming, culturally affirming educational initiatives, and retention strategies.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Black Cultural Center

801-213-1441

diversity.utah.edu/centers/bcc

Fort Douglas Building 603

95 Fort Douglas Blvd.

Salt Lake City, UT 84113

Students with Children

Our mission is to support and coordinate information, program development and services that enhance family resources as well as the availability, affordability and quality of child care for University students, faculty and staff.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Center for Childcare & Family Resources

801-585-5897

childcare.utah.edu

408 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

Students with Disabilities

The Center for Disability & Access is dedicated to serving students with disabilities by providing the opportunity for success and equal access at the University of Utah. They also strive to create an inclusive, safe, and respectful environment.

For more information about what support they provide and links to other resources, view their website or contact:

Center for Disability & Access

801-581-5020

disability.utah.edu

162 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Students across Intersectional Identities and Experiences

The Center for Equity & Student Belonging (CESB) creates community and advocates for academic success and belonging for students across intersectional identities and experiences among our African, African American, Black, Native, Indigenous, American Indian, Asian, Asian American, Latinx, Chicanx, Pacific Islander, Multiracial, LGBTQ+, Neurodiverse and Disabled students of color.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Center for Equity and Student Belonging (CESB)

801-581-8151

diversity.utah.edu/centers/CESB/

235 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

English as a Second/Additional Language (ESL) Students

If you are an English language learner, there are several resources on campus available to help you develop your English writing and language skills. Feel free to contact:

Writing Center

801-587-9122

writingcenter.utah.edu

2701 Marriott Library
295 S 1500 E
Salt Lake City, UT 84112

English Language Institute

801-581-4600

continue.utah.edu/eli

540 Arapeen Dr.
Salt Lake City, UT 84108

Undocumented Students

Immigration is a complex phenomenon with broad impact—those who are directly affected by it, as well as those who are indirectly affected by their relationships with family members, friends, and loved ones. If your immigration status presents obstacles that prevent you from engaging in specific activities or fulfilling specific course criteria, confidential arrangements may be requested from the Dream Center.

Arrangements with the Dream Center will not jeopardize your student status, your financial aid, or any other part of your residence. The Dream Center offers a wide range of resources to support undocumented students (with and without DACA) as well as students from mixed-status families.

For more information about what support they provide and links to other resources, view their website or contact:

Dream Center

801-213-3697

dream.utah.edu

1120 Annex (Wing B)
1901 E. S. Campus Dr.
Salt Lake City, UT 84112

LGBTQ+ Students

The LGBTQ+ Resource Center acts in accountability with the campus community by identifying the needs of people with a queer range of [a]gender and [a]sexual experiences and responding with university-wide services.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

LGBTQ+ Resource Center

801-587-7973

lgbt.utah.edu

409 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Veterans & Military Students

The mission of the Veterans Support Center is to improve and enhance the individual and academic success of veterans, service members, and their family members who attend the university; to help them receive the benefits they

earned; and to serve as a liaison between the student veteran community and the university.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Veterans Support Center

801-587-7722

veteranscenter.utah.edu (Links to an external site.)

418 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Women

The Women's Resource Center (WRC) at the University of Utah serves as the central resource for educational and support services for women. Honoring the complexities of women's identities, the WRC facilitates choices and changes through programs, counseling, and training grounded in a commitment to advance social justice and equality.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

Women's Resource Center

801-581-8030

womenscenter.utah.edu

411 Union Building
200 S. Central Campus Dr.
Salt Lake City, UT 84112

Inclusivity at the U

The Office for Inclusive Excellence is here to engage, support, and advance an environment fostering the values of respect, diversity, equity, inclusivity, and academic excellence for students in our increasingly global campus community. They also handle reports of bias in the classroom as outlined below:

Bias or hate incidents consist of speech, conduct, or some other form of expression or action that is motivated wholly or in part by prejudice or bias whose impact discriminates, demeans, embarrasses, assigns stereotypes, harasses, or excludes individuals because of their race, color, ethnicity, national origin, language, sex, size, gender identity or expression, sexual orientation, disability, age, or religion.

For more information about what support they provide and links to other resources, or to report a bias incident, view their website or contact:

Office for Inclusive Excellence

801-581-4600

inclusive-excellence.utah.edu ([Links to an external site.](#))

170 Annex (Wing D)

1901 E. S. Campus Dr.

Salt Lake City, UT 84112

Other Student Groups at the U

To learn more about some of the other resource groups available at the U, check out:

getinvolved.utah.edu/

studentsuccess.utah.edu/resources/student-support