

PHED 481

Laboratory for PHED 480 Exercise Testing and Prescription
 Fridays, Noon to 2:00 p.m. and TBA
 Lois Rhame West Center Room 118 and West Center Exercise Areas

Instructor:

Dr. Janet Wojcik

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Office hours: Mon. and Wed. 2:00 to 3:15 p.m., Tues. 10:00 to 11:00a.m., Wed., 5:00 to 5:30 p.m.,

Thurs. 12:30 to 1:45, Fri. by appointment, other times available by appointment.

Texts:

American College of Sports Medicine. (2009). ACSM's Guidelines for Exercise Testing and Prescription (8th Edition). Philadelphia: Lippincott Williams & Wilkins

Supplemental materials could be any texts or notes related to exercise testing or programming.

Catalog Description/Goals:

Students will get practical experience working with clients, performing fitness assessments, developing programs, and supervision of exercise sessions. Accompanies PHED 480 Exercise Testing and Prescription for EXSC students.

Objectives:

1. To gain hands-on experience with exercise programming and testing principles.
2. To spend a minimum of 30 semester hours (2-3 days per week for one hour) to work one-on-one with a fitness client in exercise testing and prescription. The client will be either an overweight youth in our after-school program (adults may be used for those with class or team practice time conflicts).
3. To perform initial, midterm, and end-of-semester assessments.
4. To assess client progress in exercise and recommend appropriate changes.
5. Use American Psychological Association (APA) writing and reference style.
6. Write up final client case study.

Learning Outcomes:

Course Objective	Performance Assessment
Gain hands-on experience	Required hours, assessments completed
One-on-one client experience	Required hours
Perform assessments	Initial, midterm, and final assessments
Assess client progress	Attend meetings, program changes
APA format	Final client case study
Written final	Final client case study

Client Programming Components

The youths are enrolled in the “Fit Kid Club” Generally, for the youths, performing 20 minutes of 3 different activities works well. For adults, a standardized workout program will meet their needs.

Case Study Final Projects

We will have meetings about your client throughout the semester, and you will develop and perform initial, mid-term, and final assessments on them. The final project will be written into a 5-6 page (double spaced) case study paper, including your own reflections, and 10-minute presentation. Exact formats will be discussed in class.

Human Subjects Training

All students **MUST** complete and the CITI online program for Human Subjects Training. The certification is good for three years, and takes about an hour. If you have already completed it for another course or research project, please print out certification. You can log back in to do this.

To complete this online training, log on to the CITI website and register as follows:

1. Log on to the CITI website: <http://www.citiprogram.org> (or see the link on WebCT)
2. Click on “New User Register Here”
3. Click on “The Protection of Human Research Subjects”. Look for “Undergraduate Researcher”.
4. On the “Select you Institution or Organization” page, scroll down the “Participating Institutions” drop down box and select “Winthrop University”.
5. At this point you will be asked to create your own username and password. Make a note of your selection as you will need this information the next time you log in to the system.
6. If it asks, select your learner group based upon the type of research you will be conducting:
 - Social & Behavioral Research Investigator
7. You can log back in and out to complete the modules. Take the quizzes, and print out or forward an email of your completion certification to turn in for receiving your course credit.
8. Complete the CITI course by Friday, September 11.

A successful score is 80% correct answers. You may retake any quiz until you have achieved a successful score. Your completion and scores are recorded with Sponsored Programs. You must submit an email or hard copy verification of completion.

Class Attendance and Participation

Students are expected to attend all class meetings and regular client sessions unless there is illness or other special circumstances (i.e., traveling with an athletic team). You are disappointing your client when you are not there. *All cancellations must be emailed, or called/texted in to 803-323-4687 or 704-936-6854. Any missed workout sessions must be made up or else a grade of Incomplete will be assigned.*

Students will turn in a weekly client log of what has gone on that week. We will meet during class times two times per month to discuss client progress. Most of the class attendance will be during the

client meeting times. We can also plan group sessions such as circuit training and sessions in the pool.

It is your responsibility to contact the instructor regarding any missed material. This course will utilize WebCT for content and postings. You must use your Winthrop email account to use WebCT, so if you have not activated your account, do this ASAP. Info on how to log-in to WebCT can be found from a link on the WU Students homepage, so log-on through <http://online.winthrop.edu>. All students must go through this log-in process and use this web address. Your log-in ID and password will be wu_ followed by your Winthrop PID. Once you log-in, you can change your password.

Grading

Assignments will become more individualized once everyone has started on their individual project. The proposal must be completed by the end of the semester.

- Completion of CITI human subjects online course by September 11 (5%)
- Initial, mid-term, and post-assessments of client (30%, 10% each)
- 10 minute presentation of final client report (15%)
- Final client case study written report (30%)
- Participation and hours log (20%)

Plus/minus grading will be used for final grades.

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

Student Code of Conduct

Each student must do his/her own individual work on writing assignments. Collaborative efforts are not permitted. Writing assistance may be obtained from The Writing Center and instructor only. Academic integrity will be enforced to the fullest extent possible in the Undergraduate Catalog, including receiving a grade of F for the course. Students will receive classroom instruction in proper use of citations and how to avoid plagiarism. Infractions of academic discipline are dealt with in accordance with the student Academic Conduct Policy, which is in the Student Conduct Code in the Student Handbook online (<http://www2.winthrop.edu/studentaffairs/handbook/StudentHandbook.pdf>).

Students must utilize www.turnitin.com for the final course paper. The course ID is **2803774**, and the password is **goeagles**. Specific instructions will be given on when and how to submit. *Failure to submit or pass turnitin.com with ≤ 25% similarity will result in a grade of Incomplete until the paper is corrected. High percentages may be turned in for academic misconduct.*

Students with Disabilities

Winthrop University is dedicated to providing access to education. If you have a disability and require specific accommodations to complete this course, contact Services for Students with Disabilities, at 323-3290. Once you have your official notice of accommodations from Services for Students with Disabilities, please inform me as early as possible in the semester.

CLASS TIMELINE (subject to change)

<i>Date</i>	<i>Day</i>	<i>Class Topic</i>	<i>Assignments</i>
8/28	F	Week 1: Introduction, review syllabus and class expectations, pre-client screenings	Read Chapters 1 & 2
9/4	F	Week 2: Health-related fitness testing	Read Chapters 3 & 4, client assignments
9/11	F	Week 3: workouts begin	<i>CITI IRB training must be completed</i> Read Chapters 7 & 8
9/18	F	Week 4: workouts continue	Initial Assessment must be completed this week
9/25	F	Week 5: informal meetings	
10/2	F	Week 6: workouts continue	
10/9	W	Week 7: informal meetings	
10/16	F	Week 8 Mid-Term Assessments should be done	Mid-Term assessments
10/19 10/20	M-T	Week 9: FALL BREAK week—no clients these two days only but meet rest of week, informal meeting	
10/23	F	Week 10: workouts continue	informal meetings
10/30	F	Week 11: workouts continue	
11/4	F	Week 12: workouts continue	Informal meetings
11/11	F	Week 13:	
11/18	F	Week 14: Final Assessments should be done this week	Final Assessments, meet
11/25 - 11/27	W-F	Week 15: THANKSGIVING BREAK—NO CLASS	Meet with clients Mon and Tues
12/2	F	Week 16: Presentations	Final Case Studies Due
12/7	M	Week 17: Last meeting with client for semester, wrap up	