

Course Syllabus

COURSE TITLE – PE 282 – Professional Activities - Special Populations

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COURSE DESCRIPTION

This course focuses on providing students with both the tools & experience needed to understand and design fitness training programs for individuals who do not fit in the ACSM guidelines for a healthy adult. An emphasis will be placed on the practical approaches to fitness assessments, exercise prescription plans and actual training session adaptations & modifications.

Through observation, participation and service learning activities, students will explore the needs & abilities of individuals outside of the ACSM defined healthy adult population.

COURSE OBJECTIVES

- Principles & Techniques of fitness Assessments, Modifications, Adaptations & appropriate Program Design
- Participate in a variety of special population fitness activities
- Incorporate hands on experience in fitness assessment and program design along with community awareness
- Design & demonstrate fitness training programs for a variety of special populations

COURSE TEXT

- NSCA's Essentials of Personal Training – Baechle/Earle – Human Kinetics

CLASS & GRADING POLICIES

- ACTIVE participation in all discussions, observations, service learning projects and fitness classes is **REQUIRED**
- Students are expected to check their MYPCC for email, course announcements & assignments – **WEEKLY**
- Students are expected to submit all assignments on time – late assignments must be received by the beginning of the **next class period** & will receive **NO** more than **1/2 credit**
- Students are expected to be honest and ethical in their academic work
- Students assume full responsibility for the content and integrity of the coursework they submit
- If you are late or miss a class, you are responsible for any missed assignments/notes/make-ups
- Students requiring specific instructional accommodations for any reason should notify the Instructor ASAP
- Students are expected to be professional... including dress, language, vocabulary, your work on assignments – everything you present or turn in does represent you as a professional – please remember this!

EVALUATION

	<u>POINTS</u>	<u>%</u>	<u>LETTER</u>
2 Outside Observations & Reports	100	90-100%	A
Group Discussion/Presentation	50	80-89%	B
5 Message Board Discussions	25	70-79%	C
1 Lead Message Board Topic Discussion	25	60-69%	D
Community Service Project - Assessments	50	<60%	F
TOTAL: 250			

DATES

Community Service Project – 4/19 & 5/24 @ 5:00pm-8:30pm

No Class – 5/17

Last Class/No Final – 6/7