Course Syllabus

COURSE TITLE – PE 282 – Professional Activities - Special Populations

INSTRUCTOR: Janeen Hull
E-MAIL: jan.hull@pcc.edu
OFFICE: Sylvania HT 215
PHONE: 503.977.4042

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 ½ 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

<table>
<thead>
<tr>
<th>POINTS</th>
<th>%</th>
<th>LETTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Outside Observations &amp; Reports</td>
<td>100</td>
<td>90-100%</td>
</tr>
<tr>
<td>Group Discussion/Presentation</td>
<td>50</td>
<td>80-89%</td>
</tr>
<tr>
<td>5 Message Board Discussions</td>
<td>25</td>
<td>70-79%</td>
</tr>
<tr>
<td>1 Lead Message Board Topic Discussion</td>
<td>25</td>
<td>60-69%</td>
</tr>
<tr>
<td>Community Service Project - Assessments</td>
<td>50</td>
<td>&lt;60%</td>
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<tr>
<td>TOTAL:</td>
<td>250</td>
<td></td>
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DATES
Community Service Project – 4/19 & 5/24 @ 5:00pm-8:30pm
No Class – 5/17
Last Class/No Final – 6/7