

**Angelo State University  
Department of Kinesiology**

**Course:** CSRF 6366 - Exercise Assessment and Program Design

**Professor:** Dr. Allyn Byars; PhD, CSCS, \*D

**Office:** CHP 204B

**Office Hours:** By appointment only

**Email:** [allyn.byars@angelo.edu](mailto:allyn.byars@angelo.edu)

**Phone:** 325.486.6166

**Required Textbook:**

Heyward, V. H., & Gibson, L. (2014). *Advanced Fitness Assessment and Exercise Prescription* (7<sup>th</sup> ed.). Champaign, IL: Human Kinetics.

**Course Description:**

A course designed to provide graduate students with the knowledge and skills required to assess and evaluate the functional work capacity in specific areas of human performance. In addition, this course is designed to provide graduate students with the knowledge and skills required to develop exercise programs for low and moderate risk individuals and for individuals with specific clinically diagnosed diseases. The course will also assist students preparing for various professional certifications related to coaching, sport, recreation, and fitness.

**Student Learning Outcomes:**

1. Students will be proficient in evaluating the health of individuals and determining the risks associated with specific exercise testing protocols.
2. Students will be knowledgeable in selecting appropriate exercise testing protocols relative to the health of individuals.
3. Students will be skilled in the use of field and laboratory equipment for assessing body composition, flexibility, muscular strength/endurance, cardiorespiratory, and other components of human performance.
4. Students will be competent in analyzing and interpreting the results of physical fitness assessments.
5. Students will be proficient in designing exercise programs for low and moderate risk individuals and individuals with specific clinically diagnosed disease.
6. Students will be competent in organizing and administering exercise programs for the specific needs of an individual.
7. Students will be knowledgeable in the theory and application of exercise assessment and design needed in preparing for various professional certifications related to coaching, sport, recreation, and fitness.

## Course Requirements and Grading Procedures:

Laboratory Assignments	100 points
Quizzes	100 points
Exams	300 points
<b>TOTAL</b>	<b>500 points</b>

### Grading Scale:

450 – 500	=	A
400 – 449	=	B
350 - 399	=	C
300 – 349	=	D
< 300	=	F

## Exams and Quizzes

**Scheduled comprehensive exams** (300 points) and **quizzes** (100 points) will be announced throughout the semester and consist of multiple choice questions. Questions will be taken from the daily lectures and the textbook. Exams and quizzes will not be allowed a make-up if you are absent on the day scheduled. If a student misses an exam, a zero will be recorded. Exceptions to this policy are on a case by case basis and in alignment with Angelo State University policy. If a student misses a quiz, a zero will be recorded. **However, the two lowest quiz grades of the semester will be dropped which includes any missed quiz.**

## Assignments

**Scheduled laboratory assignments** consisting of laboratory testing, data analysis and interpretation will be announced throughout the semester (**100 points**). Points will be deducted from late and/or incomplete assignments. Exceptions to this policy are on a case by case basis and in alignment with Angelo State University policy. Instructions for all assignments will be discussed in class prior to the due date. Questions and concerns should be asked then. Questions will not be answered the day in which an assignment is due. It is the student's responsibility for the information discussed in class even in lieu of one's absence. The Professor does **NOT** teach a lecture outside of the scheduled class time.

### **Attendance Policy:**

Students are expected to attend all scheduled class meetings. Attendance will be taken weekly. If a student arrives to class late or leaves early, it is the student's responsibility to inform the instructor as to the reason. Chronic failure to attend class **will** affect your final grade in this class. This also includes students consistently arriving late or leaving early and/or leaving and coming back to class during the scheduled meeting time. Exceptions to this policy will be made on a case by case basis and in alignment with Angelo State University policy.

### **Classroom Policies and Student Responsibilities:**

The following classroom **policies** and **student responsibilities** will be enforced:

1. There will be no smoking or use of smokeless tobacco.
2. There will be **NO** use of cell phones (**including TEXT MESSAGING**) or any other unauthorized electronic equipment during **lectures** and **quizzes**. Use of cell phones during class is **strictly prohibited**. Upon entering the classroom turn all cell phones and/or other handheld electronic devices off to prevent distractions affecting other student's learning opportunities. **EXCEPTION:** during classroom laboratory assessments.
3. Please be **considerate** to others while in class. **Classroom conversations** will be limited to the lecture discussions only
4. **Professional behavior is expected**. Everyone in the classroom is considered to be an adult professional and therefore should conduct themselves as one.
5. It is the **student's responsibility** for the information discussed in class even in lieu of one's absence. It is also the student's responsibility for all work and is encouraged to have a contact within the class. All students are encouraged to set up an appointment to meet with the professor as needed throughout the duration of the course. The purpose of the aforementioned is to provide additional assistance in understanding the concepts presented in the course.
6. There are **NO extra credit** opportunities in this course. Therefore, please do not inquire about such and/or raising your grade particularly at the end of the semester.

### **Instructional Methodology:**

The course will include lecture, discussion, and practical experience through various laboratory assignments.

### **Flexibility Clause:**

This syllabus is not intended to be all inclusive and may be changed as circumstances dictate. The Professor will reserve the right to modify or change the course outline and/or grading procedures if deemed necessary in order to facilitate a more conducive learning environment.

## **Students with Disabilities:**

Persons with disabilities which may warrant academic accommodations must contact the Student Life Office, Room 112 University Center, in order to request such accommodations prior to any accommodations being implemented. You are encouraged to make this request early in the semester so that appropriate arrangements can be made. Students with disabilities who request reasonable accommodations must meet with the Course Coordinator within the first week of classes. Reasonable accommodations will be provided as authorized by the Office of Student Life as long as course requirements are not compromised. Faculty will provide no accommodations without authorization from the Office of Student Life. It is the student's responsibility to be a self-advocate when requesting accommodations.

## **The Angelo State University Honor Code:**

Our students believe that ASU students should maintain complete honesty and integrity in their academic pursuits. The Honor Code at ASU is located at:

[www.angelo.edu/forms/pdf/honorcode5.pdf](http://www.angelo.edu/forms/pdf/honorcode5.pdf)

It describes expected academic behavior of both faculty and students, and it consists of an agreement between the student and the academic community to foster academic integrity, to value student educational goals, and to maintain the positive academic reputation of ASU. Angelo State University expects all students and faculty to engage in all academic pursuits in a manner that is above reproach and to maintain complete honesty and integrity in the academic experiences both in and out of the classroom.

ASU students and faculty will not participate or condone:

- ☐ Plagiarism
- ☐ Cheating
- ☐ Fabrication of data
- ☐ Misrepresentation of information
- ☐ Misuse of library materials
- ☐ Misuse of technology
- ☐ Conspiring with others to commit these acts

ASU students are responsible for understanding the Honor Code as well as the individual academic requirements and stipulations for each course. This includes carefully reading the *Angelo State University Student Handbook* and reading the syllabus of each course. Students should ask for clarification of any ambiguous aspect of the syllabus. To facilitate this code of ethical conduct, ASU has an Academic Integrity Committee, a committee composed of both students and faculty, which has the responsibility of reviewing cases of suspected academic dishonesty which may be brought to it. The committee's membership of students and faculty reinforces ASU's commitment to academic integrity in and out of the classroom.