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**Montana State University-Billings**  
**College of Allied Health Professions**  
**Department of Health and Human Performance**  
**FALL 2006**

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<b><u>COURSE RUBRIC &amp; TITLE</u></b>	HHP 445/545 Exercise Testing and Prescription
<b><u>LOCATION &amp; TIME</u></b>	Room 52, 12:10-1:40 T&Th
<b><u>INSTRUCTOR</u></b>	Michael McMahon PT, CSCS
<b><u>PHONE</u></b>	238-6418 (W), St.Vincent's Healthcare
<b><u>E-MAIL</u></b>	<b>mcmahon@msubillings.edu</b>
<b><u>OFFICE HOURS</u></b>	By appointment

**COURSE DESCRIPTION**

Provide students with the education, skills, and confidence to develop exercise programs and engage in fitness services for general health or clinical reasons. This course will prepare students who are interested in becoming Personal Trainers, Certified Strength and Conditioning Specialists, or entering any exercise science field.

**PREREQUISITES:**           **Exercise Physiology**

**TEXT** ACSM's Guidelines For Exercise Testing and Prescription Seventh Edition  
ACSM's Resource Manual For Guidelines For Exercise Testing and Prescription Fifth Edition

**COURSE OBJECTIVE**

The objective of this course is to empower you with the knowledge, and ability to make informed and intelligent assessments and decisions concerning client safety, health risk stratification, and designing effective exercise programs. Through the application and evaluation of appropriate exercise testing procedures you will be able to apply the general principles of exercise prescription to build a specific and personalized exercise program for every client. Upon completion of this course you will have accumulated the necessary minimal competencies to successfully complete the ACSM certification examination.

**COURSE GOALS**

**The student will develop:**

- an understanding of exercise physiology and related exercise science.
- an understanding of the many responsible choices each must make within one's wellness program.
- an understanding of human behavior and counseling.
- an awareness of how lifestyle influences one's wellness/illness status.

**The student will be able to explain and provide sound information regarding:**

- Health appraisal and clinical exercise testing.
- nutrition and weight management..
- Exercise prescription and programming.
- Safety and injury prevention and emergency procedures.
- Program administration, quality assurance, and outcome assessment.
- Clinical and medical considerations.

**GRADING**

Attendance	100
Quizzes	100
Class assignments	200
Exams	300
Fitness Assessment Project	200
<u>Class Presentations</u>	<u>100</u>
Total	1000

Final grade will be based on the following percentages:

A	95-100%	(950 – 1000 pts)
A-	90- 94%	(900– 949 pts)
B+	86- 89%	(860-899 pts)
B	82- 85%	(820-859 pts)
C	75- 81%	(750-819pts)
D	67- 74%	(670-749pts)
F	00- 67%	(0-669pts)

**1. Attendance (100 points)**

You can expect this to be a challenging course. To do well in the class, attendance will be a must.

**2. Quizzes (100 points)**

There will be approximately 5 quizzes throughout the semester focusing on required reading or class discussions to identify and reinforce important information.

**3. Class Assignments (200 points)**

Four assignments will be given throughout the semester, each worth 50 points. These assignments will delve further into the topics that we will discuss in class. They will require thought and processing of the knowledge gained, and then put into practical application.

**4. Exams (300 points)**

Three 100-point exams will be given over the course of the semester. Please see the course outline and note exam days. Exams will consist of multiple choice, short answer and essay. The final exam will be cumulative and will serve as a practice exam in preparation for the ACSM certification examination.

**5. Assessment Project (200 points)**

**6. Class Presentations (100 points)**

Further detail regarding these assignments will be distributed at the time of the assignments.

**COURSE POLICIES**

**NO UNEXCUSED MAKE-UP EXAMS WILL BE GIVEN.** If you are unable to be present the day of an exam, notification of your absence is required before the administration of the exam. **There are no exceptions to this rule to ensure fairness to all students taking the exams.**

**ALL ASSIGNMENTS ARE DUE AT THE BEGINNING OF CLASS ON THE POSTED DUE DATE.** Assignments turned in after this time are late and a 50 percent per day penalty is assessed to late assignments.

**ALL ASSIGNMENTS ARE EXPECTED TO BE TYPED, PROOFREAD FOR SENTENCE CLARITY, CONTENT, AND GRAMMER. Poor quality work will be graded accordingly. Students who require assistance or tutoring can find information about available services through the Academic Support Center website at [www.msubillings.edu/asc](http://www.msubillings.edu/asc)**

NOTE: I reserve the right to alter the schedule as well as introduce additional assignments and readings as they become relevant to the course. If changes are made, I will inform you in a timely manner to insure that you can complete the work.

If you have a documented disability and require accommodations, please make an appointment with the instructor as soon as possible to discuss your needs. You may also contact the office of **Disability Support Services** at 657-2283 to make the necessary arrangement pertinent to your disability.

