

Eval and Assess of Fitness

EXSC - 2425 001

Course Student Learning Outcomes

- Demonstrate knowledge of the benefits and risks of engaging in physical activity and exercise.
- Identify and administer components of an exercise pre-participation health screening, including screening paperwork and resting biometrics.
- Demonstrate skills needed to identify individuals who are at increased health risk because of age, signs of disease, symptoms of disease, and/or cardiovascular disease risk factors regarding starting an exercise program.
- Execute appropriate assessments for cardiorespiratory endurance, muscular strength and endurance, flexibility, body composition, and balance to assess and evaluate the health and fitness of an individual.
- Interpret data from pre-participation screenings, cardiorespiratory endurance, muscular strength and endurance, flexibility, body composition, and balance assessments to determine appropriate exercise and training prescriptions.

Updated Course Learning Outcomes

This course provides students with the tools necessary to evaluate and assess participants readiness to participate in an exercise program. An emphasis will be placed on assessing risk factors to optimize safety during exercise testing and participation, administering cardiorespiratory fitness, muscular fitness, flexibility, body composition, and balance assessments, and interpreting the results of these assessments.

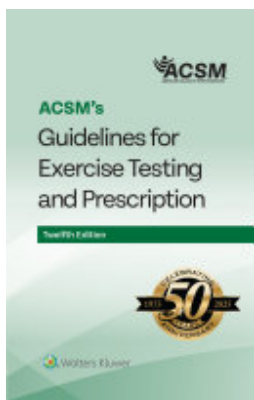
1. Students will outline the role of evaluation and assessment in the fitness industry and deduce the corresponding scope of practice.
2. Students will recognize and locate anatomy, kinesiology, and exercise science variables as they relate to personal training.

3. Students will identify individuals who are at increased health risk because of age, symptoms, and/or risk factors regarding starting an exercise program.
4. Students will execute appropriate assessments for cardiorespiratory endurance, muscular strength and endurance, flexibility, body composition, balance, and functional movement screenings.

Course Prerequisites

EXSC 2500

Required Text or Materials



Title: ACSM's Guidelines for Exercise Testing and Prescription

ISBN: 9781975219246

Authors: Cemal Ozemek, Amanda Bonikowske, Jeffrey Christle, Paul Gallo

Publisher: Lippincott Williams & Wilkins

Publication Date: 2025-01-17

Edition: 12th

For more information on textbook accessibility, contact Accessibility & Disability Services at ads@slcc.edu.

Assignment Schedule

Due Date	Assignment Name	Assignment Type	Points
	EXSC Open Lab Extra Credit/Attendance Make-up	Assignment	0
	Introduce Yourself	Discussion	0

Due Date	Assignment Name	Assignment Type	Points
	Introduce Yourself	Discussion	0
	Pre-Assessment Quiz (In Class)	Assignment	0
	Roll Call Attendance	Assignment	100
9/4/25	Beginning of Course Survey - Extra Credit	Quiz	0
9/4/25	Exercise Readiness Questionnaire (PAR-Q)	Quiz	9
9/4/25	Syllabus Discussion	Discussion	10
9/8/25	Ch. 1 Reading	Assignment	0
9/11/25	Quiz 1: Benefits and Risks of Physical Activity	Quiz	10
9/11/25	Ch. 2 Reading	Assignment	0
9/15/25	Quiz 2: Pre-exercise Evaluation	Quiz	10
9/15/25	Case Study: Chapter 1	Assignment	10
9/17/25	Lab 1: Informed Consent, Preparticipation Health Screening, and CVD Risk Factor Analysis	Assignment	15
9/18/25	Case Study: Bill	Assignment	15
9/22/25	Lab 2: Resting HR, BP, and Anthropometrics	Assignment	15

Due Date	Assignment Name	Assignment Type	Points
9/25/25	Quiz 3: Resting HR, BP, and Anthropometrics	Quiz	10
9/29/25	Ch. 3 Reading	Assignment	0
10/1/25	Lab 3- Anthropometrics and Skinfolds	Assignment	10
10/6/25	Quiz 4: Body Composition Assessment Methods and Analysis	Quiz	10
10/8/25	Lab 4: Plethysmography and BIA Methods	Assignment	10
10/13/25	Check-in & Participation Self-Assessment (Extra Credit)	Quiz	0
10/13/25	Midterm Exam	Quiz	40
10/20/25	Midterm Skills Evaluation	Assignment	40
10/27/25	Quiz 5: Flexibility and Balance Assessments	Quiz	10
10/29/25	Lab 5: Range of Motion and Balance Assessments	Assignment	20
10/30/25	Case Study: Terry	Assignment	20

Due Date	Assignment Name	Assignment Type	Points
11/5/25	Lab 6: Field Tests for Prediction of Cardiorespiratory Fitness	Assignment	15
11/6/25	Cardiorespiratory Fitness Test Presentation	Assignment	25
11/10/25	Quiz 6: Cardiorespiratory Fitness Assessments	Quiz	15
11/17/25	Lab 7: Cycle Ergometer and Treadmill Cardiorespiratory Assessments	Assignment	15
11/20/25	Case Study: Sarah	Assignment	20
11/20/25	Quiz 7: Muscular Fitness Assessments	Quiz	10
11/24/25	Lab 8: Muscular Fitness Assessments	Assignment	15
12/11/25	Final Skills Evaluation and Client Analysis	Assignment	40
12/14/25	End of Course Survey - Extra Credit	Quiz	0
12/14/25	Final Exam	Quiz	40

Grading Scale

GRADING POLICIES:

- Due dates for assignments, discussions, and quizzes are provided on the Course Calendar and in Canvas. Students will be notified of any changes with anticipation. All assignments will be discussed during class time.
- Late work policy: Assignments should be submitted on time. A 5% deduction will be taken for each day that an assignment is late if late work is accepted. Assignments submitted more than one week after the due date will not be accepted. Some assignments may not be submitted late.

Grades: Student performance is based on a percentage of the possible points. Scores are available in the Canvas gradebook and should be monitored on a regular basis. Contact the instructor to discuss grade concerns throughout the semester.

Points breakdown: Point Value

Attendance/Participation 100

Discussions and Case Studies 75

Quizzes (6) 60

Assessment/Lab Assignments 100

Midterm Exam & Practical Exam 80

Fitness Assessment Presentation 30

Final Exam & Practical Exam 80

Total Points 525

Grade breakdown by percentage:

A 95-100% C 73-75

A- 90-94 C- 70-72

B+ 86-89 D+ 66-69

B 83-85 D 60-65

B- 80-82 D- 55-59

C+ 76-79 E Below 55%

Instructor reserves the right to modify dates and/or points for assignments, quizzes, labs, and/or exams. There may also be additional in-class quizzes and/or assignments.

Incompletes: An incomplete is a conditional grade given only in extraordinary cases where a student has completed a major portion of the class but is unable to complete coursework due to circumstances beyond their control such as a major illness/injury or a death in the family. Written documentation from your physician will be required.

How to Navigate to Canvas

Institutional Policies

As members of our academic community, we would like to invite you to review the Institutional Syllabus which covers important policies and procedures. This document contains important links for students on the code of student rights and responsibilities, academic integrity, and grading policies, Title IX and other important acknowledgements. By familiarizing yourself with this information, you can help us create a safe and respectful environment for everyone.

For more information, navigate to the Institutional Policies tab on the [Institutional Syllabus](#) page.

Learning Support and Tutoring Services

We are pleased to offer a range of tutoring and learning support services to help you achieve your academic goals. Whether you need assistance with a specific subject or want to improve your study skills, you have many options for tutoring or other support.

To learn more about the services we offer and how to access them, visit the [Institutional Syllabus](#) page under the Tutoring and Learning Support tab. We encourage you to take advantage of these resources to help you succeed in your studies. If you have any questions or would like to schedule a tutoring session, please don't hesitate to reach out to us. We are here to support you in any way we can.

[Advising and Counseling Support Services](#)

At our institution, we are committed to supporting your academic and personal growth. That's why we offer a range of advising and counseling services to help you navigate the challenges of college life. To learn more about the resources available to you and how to access them, visit the [Institutional Syllabus](#) page under the Advising and Counseling Support Services tab. Our advising team and the support centers across campus are here to support you in achieving your goals and overcoming any obstacles you may face.

[Student Academic Calendar](#)

As students you should be aware of all important dates in the semester, such as the day that courses begin and end, as well as the drop date and the last day to withdraw. To learn more about those dates, navigate to the Student Academic Calendar below:

[SLCC Student Academic Calendar](#)