

**FLORIDA ATLANTIC UNIVERSITY  
COLLEGE OF EDUCATION  
DEPARTMENT OF EXERCISE SCIENCE AND HEALTH PROMOTION**



**PET 4551 Fitness Assessment and Exercise Prescription  
Summer 2009**

Instructor: Robert Zoeller, Ph.D.  
Office: TBD  
Office Hours: Tu Th 10:30 AM – 11:30 PM and 1:30 PM – 2:30 PM,  
W 11:00 AM – 1:00 PM  
Phone:  
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Class Hours: Tu Th 3:00 PM – 4:35 PM  
Location: FL 401

**If you intend to take Practicum this Fall, see Dr. Graves ASAP**

**Course Prerequisites**

PET 4351 – Exercise Physiology & Lab or equivalent, and HSC 2110 or equivalent. A grade of C or better must have been obtained in these prerequisite courses as well as Anatomy and Physiology 1 & 2 and Chemistry w/lab. If you do not meet these requirements, you are required to drop the course.

**Course Description**

Introduces techniques appropriate for screening for exercise, health appraisal, assessment, and exercise prescription for apparently healthy individuals or those who have controlled disease.

**Required Textbooks**

ACSM Guidelines for Exercise Testing and Prescription. 7<sup>th</sup> edition. Baltimore, MD: Lippincott, Williams, and Wilkins, 2005. ISBN 10: 0-7817-4506-3, ISBN 13: 978-0-7817-4506-2

Fitness Professional's Handbook. 5<sup>th</sup> edition. Champaign, IL: Human Kinetics, 2007  
ISBN 10: 0-7360-6178-9, ISBN 13: 978-0-7360-6178-0

**Course Objectives**

At the completion of this course, each student will be able to

- 1) demonstrate a knowledge of the physiologic foundations of fitness assessment and exercise prescription

- 2) understand the benefits of exercise in health and disease
- 3) demonstrate an understanding of the pathophysiology of coronary artery disease
- 4) identify risk factors for atherosclerotic disease
- 5) perform health appraisals including screening and risk stratification of apparently healthy individuals and those with known disease.
- 6) make an individualized exercise prescription using the results of fitness and exercise testing
- 7) demonstrate knowledge of the general principles of exercise prescription for apparently healthy individuals and those with controlled disease; be able to write an exercise prescription for apparently healthy individuals and those with controlled disease
- 8) demonstrate a basic knowledge of common medications and their affect on exercise heart rate, blood pressure etc.
- 9) demonstrate knowledge of exercise prescription in cardiac rehabilitation (Phases I and II)
- 10) demonstrate knowledge of body composition assessment, proper nutrition, and weight management techniques in the context of exercise prescription

## Evaluation

Three (3) written exams	70% of final grade
Laboratory sessions and other assignments	30% of final grade

## Grading Scale

92.0 – 100 % = A	72.0 – 77.9% = C
90.0 – 91.9% = A-	70.0 – 71.9% = C-
88.0 – 89.9% = B+	68.0 – 69.9% = D+
82.0 – 87.9% = B	62.0 – 67.9% = D
80.0 – 81.9% = B-	60.0 – 61.9% = D-
78.0 – 79.9% = C+	< 60.0% = F

## Course Requirements

- Students are expected to take quizzes and exams as scheduled. **Prior approval by course instructor is prerequisite for make-up quizzes and exams.**
- Quizzes will be based on material assigned for that particular class. If the student has read/studied the assigned material, this should represent no problem or undue hardship.
- **Instructor reserves the right to give quizzes without prior notice.**
- **Take-home assignments handed in after the due date will not be accepted. Adequate time will be given for the completion of all assignments.**
- **Assignments not handed in will result in a deduction equal to total possible points for that particular lab or assignment.**

*In compliance with the Americans with Disabilities Act (ADA), students who require special accommodations due to a disability to properly execute coursework must register with the Office for Students with Disabilities (OSD) located in Boca Raton - SU 133 (561-297-3880), in Davie - MOD I (954-236-1222), in Jupiter - SR 117 (561-799-8585), or at the Treasure Coast - CO 128 (772-873-3305), and follow all OSD procedures.*

*Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty, including cheating and plagiarism, is considered a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive of the University community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonesty. For more information, see*

[http://www.fau.edu/regulations/chapter4/4.001\\_Honor\\_Code.pdf](http://www.fau.edu/regulations/chapter4/4.001_Honor_Code.pdf)

## **Bibliography**

- 1) Health Fitness Instructors Handbook. 4<sup>rd</sup> edition. Champaign, IL: Human Kinetics, 2003. ISBN # 0-7360-4210-5
- 2) Exercise Testing and Prescription – A Health Related Approach. 5<sup>th</sup> edition. Boston, MA:McGraw-Hill, 2003.
- 3) Exercise Prescription for the High-Risk Cardiac Patient. Champaign, IL: Human Kinetics, 1997. ISBN # 0-87322-980-0
- 4) Cardiac Rehabilitation, Adult Fitness, and Exercise Testing. 3<sup>rd</sup> edition. Baltimore, MD: Williams and Wilkins, 1995. ISBN #0-683-03031-0
- 5) Exercise Testing and Exercise Prescription for Special Cases. 2<sup>nd</sup> edition. Philadelphia, PA: Lea and Febiger, 1993. ISBN # 0-8121-1440-X
- 6) Essentials of Strength Training and Conditioning. 2<sup>nd</sup> edition. Champaign, IL: Human Kinetics, 2000. ISBN # 0-7360-0089-5

**PET 4551 Fitness Assessment and Exercise Prescription  
Tentative Schedule  
Summer 2009**

<u>Date</u>	<u>Topic and/or Assignment</u>	<u>Reading</u>	
		<u>FPHB</u>	<u>ACSM</u>
<b>May 12</b>	Introduction & orientation, syllabus, Benefits of exercise Pathophysiology and risk factors for cardiovascular and other atherosclerotic diseases	Ch. 1  Ch. 17	Ch. 1
<b>May 14</b>	Pathophysiology and risk factors	Ch. 17	
<b>May 19</b>	Pathophysiology and risk factors		
<b>May 21</b>	Principles of aerobic exercise prescription Determining exercise intensity	Ch. 10	Ch. 7
<b>May 26</b>	Aerobic exercise prescription, etc. Metabolic equations	Ch. 10	Ch. 7 App. D
<b>May 28</b>	Metabolic equations		App. D
<b>June 2</b>	Metabolic equations		App. D
<b>June 4</b>	Metabolic equations		App. D
<b>June 9</b>	Case studies & review		
<b>June 11</b>	<b>Exam 1</b>		
<b>June 16</b>	Exercise prescription for cardiac patients Phase I cardiac rehabilitation	Ch. 17	Ch. 8
<b>June 18</b>	Exercise prescription for cardiac patients Phase II rehabilitation	Ch. 17	Ch. 8
<b>June 23</b>	Exercise prescription for pulmonary patients	Ch. 20	Ch. 9
<b>June 25</b>	Exercise prescription for pulmonary patients	Ch. 20	Ch. 9
<b>June 30</b>	Pharmacology		

<b>July 2</b>	Pharmacology		
<b>July 7</b>	<b>Exam 2</b>		
<b>July 9</b>	Exercise Prescription for special cases: Obesity and weight management	Ch. 11,18	Ch. 10
<b>July 14</b>	Exercise prescription for special cases: Obesity & weight management Diabetes	Ch. 19	Ch. 10
<b>July 16</b>	Exercise prescription for special cases: Diabetes	Ch. 19	Ch. 10
<b>July 21</b>	Fundamentals of designing a strength and conditioning program	Ch. 12	Ch. 7
<b>July 23</b>	Fundamentals of designing a strength and conditioning program, flexibility	Ch. 9,12,13	Ch. 7
<b>July 28</b>	Fundamentals of designing a strength and conditioning program, flexibility	Ch. 9,12,13	Ch. 7
<b>July 30</b>	<b>Exam 3</b>		