

ARIZONA WESTERN COLLEGE
SYLLABUS

EXW 212 EXERCISE SCIENCE

Credit Hours: 3 Lec 3

PREREQUISITE: EXW101

COURSE DESCRIPTION

Basic principles of fitness for the prospective fitness professional and characteristics of quality communication and fitness leadership. Topics include behavior modification, enhancing motivation components of fitness, fitness assessment, risk stratification, exercise programming and modifications.

1. COURSE GOAL

The information covered by this course and the will help students learn how to facilitate rapport, adherence, self-efficacy and behavior change in clients, as well as design programs that help clients to improve posture, movement, flexibility, balance, core function, cardio respiratory fitness, and muscular endurance and strength.

2. OUTCOMES

Upon satisfactory completion of this course, students will:

- 2.1 demonstrate their understanding of Human Anatomy, Exercise Physiology, applied Kinesiology, and explain the role Nutrition plays on fitness.
- 2.2 demonstrate Principles of Adherence, Motivation, Behavior Change, and Health Psychology.
- 2.3 communicate, Teach Fitness Techniques, and build a rapport with clients.
- 2.4 create and administer Health and Exercise History Information Assessment and functional Training: Assessments, Programming, and Progressions for Posture
- 2.5 create and administer Movement, Core, Balance, Flexibility and Physiological Assessments.
- 2.6 create and administer Resistance Training and Cardiorespiratory Training: Programming and Progressions.
- 2.7 understand and explain the Professional and Legal Responsibilities, Scope of Practice, and Business Strategies for Personal Trainers.
- 2.8 create Special Exercise Programming, Special Populations, and explain Exercise Implications of Common Musculoskeletal Injuries.

3. METHODS OF INSTRUCTION

- 3.1 Lecture
- 3.2 Multi-media presentations

3.3 Discussions

4. LEARNING ACTIVITIES

- 4.1 Discussions
- 4.2 Presentations
- 4.3 Demonstrations

5. EVALUATION

- 5.1 Quizzes/exams
- 5.2 Assignments
- 5.3 Participation

6. STUDENT RESPONSIBILITIES

- 6.1 Under AWC policy, students are expected to attend every session of class in which they are enrolled.
- 6.2 If a student is unable to attend the course or must drop the course for any reason, it will be the responsibility of the student to withdraw from the course. Students who are not attending as of the 45th day of the course will be withdrawn by the instructor. If the student does not withdraw from the course and fails to complete the requirements of the course, the student will receive a failing grade.
- 6.3 Americans with Disabilities Act Accommodations: Arizona Western College provides academic accommodations to students with disabilities through AccessABILITY Resource Services (ARS). ARS provides reasonable and appropriate accommodations to students who have documented disabilities. It is the responsibility of the student to make the ARS Coordinator aware of the need for accommodations in the classroom prior to the beginning of the semester. Students should follow up with their instructors once the semester begins. To make an appointment call the ARS front desk at (928) 344-7674 or ARS Coordinator at (928) 344-7629, in the College Community Center (3C) building, next to Advising.
- 6.4 Academic Integrity: Any student participating in acts of academic dishonesty including, but not limited to, copying the work of other students, using unauthorized “crib notes”, plagiarism, stealing tests, or forging an instructor’s signature—will be subject to the procedures and consequences outlined in AWC’s Student Code of Conduct.
- 6.5 Texts and Notebooks: Students are required to obtain the class materials for the course.
- 6.6 Arizona Western College students are expected to attend every class session in which they are enrolled. To comply with Federal Financial Aid regulations (34 CFR 668.21), Arizona Western College (AWC) has established an Attendance Verification process for “No Show” reporting during the first 10 days of each semester.
Students who have enrolled but have never attended class may be issued a “No Show” (NS) grade by the professor or instructor and receive a final grade of “NS”

on their official academic record. An NS grade may result in a student losing their federal financial aid.

For online classes, *student attendance in an online class is defined as the following* (FSA Handbook, 2012, 5-90):

- Submitting an academic assignment
- Taking an exam, an interactive tutorial or computer-assisted instruction
- Attending a study group that is assigned by the school
- Participating in an online discussion about academic matters
- Initiating contact with a faculty member to ask a question about the academic subject studied in the course