**University of Southern California – Department of Biological Sciences:**

**Human and Evolutionary Biology**

**HBIO203L – Individualized Exercise Prescription (2 units)**

**Fall 2014**

**Instructor: Alberto F. Vallejo, PhD, CSCS**

Office Hours: TBD

Telephone: 213-740-3337

Email: [avallejo@usc.edu](mailto:avallejo@usc.edu)

**Lecture:** T/Th 1:00-1:50 p.m. WPH B28

**Laboratory:** B15a every other week

**Course Description:**

Principles and theories related to exercise prescription; programs of weight-training, circuit-training, aerobics, flexibility, high and low-intensity training guidelines; safeguards and effectiveness.

**Required Text:**

**Principles and Labs for Fitness and Wellness, 12th Edition. Werner W.K. Hoeger, Sharon A. Hoeger.** Thomson Wadsworth, Belmont, CA,

**ISBN-10: 1133593283**

**ISBN-13: 9781133593287**

**Strength Training Anatomy.** 3nd edition, Delavier, F. Human Kinetics, Champaign, Il., 2010.

**ISBN-13: 9780736092265**

**Recommended Text:**

**Essentials of Strength Training and Conditioning**. 3rd edition. Baechle and Earle. Human Kinetics, Champaign, Il., 2009.

**ISBN: 0736058036  
ISBN13: 9780736058032**

**I. Objectives:**

**A.** To understand the basic principles and theories used in the evaluation of individual physical fitness.

**B.** To apply knowledge of body composition, muscular endurance, muscular strength, and flexibility in the development of an individualized exercise prescription to safely and effectively reach personal fitness goals.

**II. Lecture Outline**

**Weeks Topic**

**1** Definition of Wellness/Aspects of Health

**2-3** Health Appraisal/Risk Stratification

**3-6** Health Assessment Techniques

**7-9, 11-12** Principles of Exercise Prescription/ACSM Guidelines

**13-15** Environment and Special Populations

**16** Cardiovascular Disease and Exercise Adherence

**III. Grading Procedures:**

10% Quizzes

25% Midterm

40% Final

25% Lab

2.5% (JEP extra credit)

* A midterm exam can be written after the specified date **ONLY** if the student has a **documented** medical excuse.
* Exams and lab grades will not be given a letter grade. Only the final grade will be given a letter grade. The grading scale will be as follows:

**The Grade Point Average is based modified 12-point scale:**

|  |  |
| --- | --- |
| **Grade** | **Percentage** |

A 90.0 and above

B+ 87.00-89.99

B 83.00-86.99

B- 80.00–82.99

C+ 77.00-79.99

C 73.00-76.99

C- 70.00-72.99

D+ 67.00-69.99

D 63.00–66.99

D- 60.00-62.99

F 0.00-59.99

**I.C. Valid reason (official documentation needed)**

* A request to take a make-up exam must be accompanied by evidence of necessity (ie: letter from a doctor, plane ticket to a game) and must be made before the date of the scheduled exam. Make-up exams will be different from the scheduled exam and may be proctored by personnel who do not have extensive knowledge in the area being tested.

**IV. Laboratory Component**

**Lab Director: MaryAnn Bohland Matveyenko (**[**bohland@usc.edu**](mailto:bohland@usc.edu)**)**

**Lab Instructor: Alberto F. Vallejo (**[**avallejo@usc.edu**](mailto:avallejo@usc.edu)**)**

**V. EXSC 203L Tentative Lecture Schedule:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Lecture Topic** | **Reading Chapters** | |
|  |  | **Hoeger** | **ACSM** |
| Aug. 26, 28 | Physical Fitness and Wellness | 1 |  |
| Sept 2,4 | Behavior Modification | 2 |  |
| Sep. 9 | **Quiz# 1,** Pre Participation Health Screening |  | 1 |
| Sep. 11 | Risk Stratification |  | 2 |
| Sep. 16 | Body Composition | 4 | 4 |
| Sep. 18,23 | **Quiz #2** (9/23) Weight Management | 5 |  |
| Sep. 25 | Eating Disorders | 5 |  |
| Sep. 30 | Energy Balance | 5 |  |
| Oct. 2 | Diets (review for midterm) | 5 |  |
| **Oct 7** | **Midterm** |  |  |
| Oct 9 | Cardiorespiratory (CR) Endurance Benefits | 6 |  |
| Oct 14 | CR Assessment | 6 |  |
| Oct 16 | CR Principles, Guidelines | 6 |  |
| Oct 21 | Muscular Strength & Endurance Benefits | 7 |  |
| Oct 23 | **Quiz # 3**,Muscular Strength Assessment | 7 |  |
| Oct 28 | Muscular Strength Guidelines, Principles | 7 |  |
| Oct 30 | Muscular Strength Training Precautions | 7 |  |
| Nov 4 | Muscular Flexibility (M/F) Assessments | 8 |  |
| Nov 6 | M/F Guidelines, Precautions | 8 |  |
| Nov 11 | **Quiz #4,** Skill Fitness | 9 |  |
| Nov 13 | Specific Considerations | 9 |  |
| Nov 18 | Exercise Prescription/ Putting all Together | *Notes* | |
| Nov. 20,25 | Periodization | *Notes* | |
| Nov 26-29 | **Thanksgiving Recess** |  |  |
| Dec 2, 4 | Cardiovascular Disease | 11 |  |
| Dec. 6-9 | **Study Days** |  |  |
| Dec. 16 | **Final Examination 11-1 pm** | Location WPH B28 | |

**VI. Academic Accommodations:**

Any student requesting academic accommodations based on a disability are required to register with Disability Services and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP. Please be sure the letter is delivered to me (the instructor) as early in the semester as possible. DSP is located in Student Union (STU) 301 and is open 8:30-5:00pm Monday – Friday. The phone number for DSP is 213) 740-0776.

**VII. Academic Integrity:**

Students who violate University standards of academic integrity are subject to disciplinary sanctions, including failure in the course and suspension from the University. Since dishonesty in any form harms the individual, other students and the University, academic integrity policies will be strictly enforced. I expect you will familiarize yourself with the Academic Integrity guidelines found in the current SCampus.

**VIII. Academic Integrity Violations:**

* Academic dishonesty/misconduct (plagiarism, cheating, unauthorized collaboration, etc.) will not be tolerated. All academic integrity violations will result in a grade sanction and will be reported to the Office for Student Judicial Affairs. It is your responsibility to “reasonably” protect your own work from the plagiarism of others.
* If plagiarism is detected on a group project, all members of the group will be held responsible.
* You are expected to be familiar with the Academic Integrity guidelines found in the current SCampus (student guidebook). An electronic version is available at <http://usc.edu/scampus>.

**IX. Disruptive and Threatening Student Behavior:**

Behavior that persistently or grossly interferes with classroom activities is considered disruptive behavior and may be subject to disciplinary action. Such behavior inhibits other students’ ability to learn and instructor’s ability to teach. A student responsible for disruptive behavior may be required to leave class pending discussion and resolution of the problem and may be reported to the Office of Student Judicial Affairs for disciplinary action.

**X. Blackboard**

Notes will be periodically posted on blackboard. However, the information posted on blackboard is not the only material that will be on the exam. If you attend class regularly you will be updated status of lecture notes and course announcements.

**XI. Email**

Hours of availability for email are 9 a.m. to 5 p.m. Monday through Friday.