

FLORIDA INTERNATIONAL UNIVERSITY
PHYSICAL EDUCATION TEACHER EDUCATION
DEPARTMENT OF TEACHING AND LEARNING

COURSE SYLLABUS

- A. Designation
Department and Number: PEP 4111
Dates: Tues. and Thurs. 8:00-9:15am
Location: Owan Ehan 102
Credits: 3
Title: Health and Fitness Instructor
Term: Fall 2014
- B. Course Description: This course is designed to provide the knowledge and skills to evaluate one's health status and fitness level. The course will aid in the design of exercise and health enhancement programs for individuals without overt disease.
- C. Faculty Member: Brian Betancourt M.S.
Email: brbetanc@fiu.edu
Office Hours: By appointment
- D. Methods of Evaluation
Point Distribution- Exams will cover information from assigned reading and lectures. All exams are comprehensive
- | | |
|------------------------|------|
| Quizzes | 50% |
| Projects /Presentation | 20% |
| Final Exam | 25% |
| Class Participation | 5% |
| Total | 100% |

E. Grading

Letter Grade	Range
A	90-100
B+	87-89
B-	80-82
C+	77-79
C	73-76
C-	70-72
D+	65-69
F	<65

F. Course Content

Week & Dates	Lecture Topic
1 8/26 & 8/28	Introduction to Health & Fitness Instructor (8/26) Review Basic Anatomy and Physiology (8/28)
2 9/2 & 9/4	Energy Cost of Exercise & Metabolism, Quiz 1 (9/2)
3 9/9 & 9/11	Quiz 2 (9/9), Body Composition/Hydrostatic Weighing (9/9) Assessment and Body Comp lecture (9/11)
4 9/16 & 9/18	Body Composition Project due (9/16), Quiz 3 (9/16) Cardio Respiratory Fitness & CRF Testing and Evaluation
5 9/23 & 9/25	Assessment- First Draft Due (9/23), Quiz 4 (9/23), Energy Cost of Physical Activity, practical application by Lili Solorzano
6 9/30 & 10/2	First Draft Feedback (9/30), Quiz 5 (9/30), Applying the Concepts (10/2)
7 10/7 & 10/9	Quiz 6 (10/7), Resistance Training with Various Populations
8 10/14 & 10/16	Quiz 7 (10/14), Etiology Of Disease Diabetes, Obesity, Cardiovascular Disease
9 10/21 & 10/23	Quiz 8 (10/21), Nutrition
10 10/28 & 10/30	Quiz 9 (10/28), Assessment 2nd Draft Due 10/28, Applying the Concepts (10/30)
11 11/4 & 11/6	Quiz 10 (11/6), Exercise Program Components Special Populations (Guest Lecture 11/4) & Behavior Modification (11/6)
12 11/11 & 11/13	University Closed (11/11), Quiz 11 (11/13), Business side of health and fitness (Guest Lecture 11/13)
13 11/18 & 11/20	Quiz 12 (11/20), Legal Considerations Guest Lecture (11/18), Putting it all together 11/20,
14 11/25	Final Projects Due, Final Presentations (11/25)
15 12/2 & 12/4	Final Presentations (12/2-4), University Scheduled Final Exam (12/11*)

Quizzes, Exams & Final Project: Chapter Quizzes are intended to assess your comprehension, retention, and knowledge of the materials covered in lectures and the textbook for a designated chapter. There are twelve (12) weekly quizzes. You need not take all of them and only the best 10 will count towards the grade. Each counting quiz will be 5% of the final grade. Each quiz is non-cumulative, and covers one chapter or lecture. Each quiz is comprised of 4 short answer questions. Each quiz will be given the following week at the beginning of the week (Tuesday unless mentioned otherwise) and will cover the material from the previous week. If you miss a quiz, you will

not have the opportunity to receive a make-up or do an alternate assignment. If you miss more than 2 quizzes, 0's will be entered as quiz grades for the number of quizzes you miss beyond the one missed quiz. No make-up quizzes (or early quizzes) will be allowed. The quizzes are closed book. You are not permitted to collaborate or open your book. Questions are randomized across students so no two students will have the same questions. Quiz grades will not be available until every student has completed the quiz.

The **Final Exam** will consist of 10 short answer questions and 10 multiple choice questions (extra credit) drawn from all the lectures and chapters covered throughout the course. You will have 65 minutes to complete the exam.

Final Project: Each student will complete a final project demonstrating the ability to develop a functional assessment related to exercise. Each project must consist of:

- Informed consent and any other prescreening documentation
- A device or object to house the assessment in a presentable and professional manner
- Must use a case study and show the risk classification and stratification of the case study
- Presentation explaining the case study, what documents and tests were used, and why those documents and tests were used. Provide a clear conclusion on what would be the next step to aid the case study in beginning their exercise journey.

Each presentation will be graded on the following criteria:

- Professional appearance of presenters
- Presentation time limit
- Clarity of presentation and materials used

Attendance Policy: Class attendance is not required, however each student is responsible for his or her work. Extra credit will be offered in the form of quizzes and will be applied to the nearest exam. Excused absences must include a note from a physician or other official.

Academic Integrity Statement:

Florida International University is a community dedicated to generating and imparting knowledge through excellent teaching and research, the rigorous and respectful exchange of ideas and community service. All students should respect the right of others to have an equitable opportunity to learn and honestly to demonstrate the quality of their learning. Therefore, all students are expected to adhere to a standard of academic conduct, which demonstrates respect for themselves, their fellow students, and the educational mission of the University. All students are deemed by the University to understand that if they are found responsible for academic misconduct, they will be subject to the Academic Misconduct procedures and sanctions, as outlined in the Student Handbook. Misconduct includes: Cheating – The unauthorized use of books, notes, aids, electronic sources; or assistance from another person with respect to examinations, course assignments, field service reports, class recitations; or the unauthorized possession of examination papers or course materials, whether originally authorized or not. Plagiarism – The use and appropriation of another's work without any indication of the source and the representation of such work as the student's own. Any student, who fails to give credit for ideas,

expressions or materials taken from another source, including internet sources, is responsible for plagiarism.

E. Required Text Book: **ACSM's Guidelines for Exercise Testing and Prescription 9th Edition ACSM**

F. Recommended Text Book: **Exercise Physiology: For Health, Fitness, and Performance, Fourth Edition Sharon A. Plowman, Denise L. Smith**

G. Amendments to Syllabus: The instructor reserves the right to make changes to this syllabus and the class agenda. If such changes are made, the instructor will provide email notification and verbal confirmation in class.

Spring 2015

1. ORIENTATION MEETINGS

Thursday, August 28, 2014

Thursday, September 25, 2014

Thursday, October 16, 2014

ZEB 212 - Conference Room 3:30 PM Sharp!

NO ORIENTATION, NO INTERNSHIP!!!

All prospective interns must attend one orientation meeting. Choose from above dates. After attending the meeting, you will receive the Internship packet via email from Professor Lugo with all the documents and instructions needed to complete the remainder of the steps below.

2. ACADEMIC APPROVAL FORM

A. To get the form, email Professor Lugo at shannonlugo@dadeschools.net and request Internship Packet (after attending an orientation meeting).

B. Schedule a meeting with Professor Frank to review your academic standing and eligibility for Internship

C. Bring completed (student part) form with you to meeting with Professor Frank. She will complete her part then you may submit.

D. Be sure you have secured your academic approval before you begin to interview for internship placement.

E. Academic Approval Forms may be submitted to Professor Lugo's mailbox in ZEB 213 on or before deadline

3. PAPERWORK DEADLINE

Friday, November 14, 2014 no later than 3:00 pm

Drop in Prof. Lugo's mailbox in ZEB 213

Forms are due no later than the above date. No students will be permitted to complete internship if paperwork is not in on time!

The following forms must be complete including all signatures.

A. Academic Approval Form

B. Internship Approval Form

C. Contract for Clinical Setting form (only needed if site chosen involves PT/AT/OT).

4. NOTIFICATION OF APPROVAL (OR ISSUES)

All students will receive an email from Professor Lugo notifying of approval or if issues have arisen.

5. REGISTRATION CODING

After student approval from Prof. **Lugo**, Prof. Frank will code each student. She will individually email each student to let them know they are ready to register and provide codes.

6. READY FOR INTERNSHIP SPRING 2015

Summer 2015

1. ORIENTATION MEETINGS

Thursday, January 15, 2015

Thursday, February 12, 2015

Thursday, March 5, 2015

ZEB 212 - Conference Room 3:30 PM Sharp!

NO ORIENTATION, NO INTERNSHIP!!!

All prospective interns must attend one orientation meeting. Choose from above dates. After attending the meeting, you will receive the Internship packet via email from Professor Lugo with all the documents and instructions needed to complete the remainder of the steps below.

2. ACADEMIC APPROVAL FORM

A. To get the form, email Professor Lugo at shannonlugo@dadeschools.net and request Internship Packet (after attending an orientation meeting).

B. Schedule a meeting with Professor Frank to review your academic standing and eligibility for Internship

C. Bring completed (student part) form with you to meeting with Professor Frank. She will complete her part then you may submit.

D. Be sure you have secured your academic approval before you begin to interview for internship placement.

E. Academic Approval Forms may be submitted to Professor Lugo's mailbox in ZEB 213 on or before deadline

3. PAPERWORK DEADLINE

Friday, April 3, 2015 no later than 3:00 pm

Drop in Prof. Lugo's mailbox in ZEB 213

Forms are due no later than the above date. No students will be permitted to complete internship if paperwork is not in on time!

The following forms must be complete including all signatures.

A. Academic Approval Form

B. Internship Approval Form

C. Contract for Clinical Setting form (only needed if site chosen involves PT/AT/OT).

4. NOTIFICATION OF APPROVAL (OR ISSUES)

All students will receive an email from Professor Lugo notifying of approval or if issues have arisen.

5. REGISTRATION CODING

After student approval from Prof. **Lugo**, Prof. Frank will code each student. She will individually email each student to let them know they are ready to register and provide codes.

6. READY FOR INTERNSHIP SPRING 2015

7. INTERNSHIP AGREEMENT DUE FIRST DAY OF SENIOR SEMINAR ...see Internship Packet



7. INTERNSHIP AGREEMENT DUE FIRST DAY OF SENIOR SEMINAR ...see Internship Packet