**HSW 110: Individual Exercise Programming**

**Instructor**: Kevin Kirschbaum MS, CSCS

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**Required Text and Material:**

**Get Fit, Stay Fit Seventh Edition William E. Prentice**

**Lecture: Online**

**Credits: 1**

**Course Description:**

Introduction to the physiological principles of exercise programming. Focus on development and incorporation of exercise into your own lifestyle to promote health. Understand the seven dimensions of wellness.

**Course Learning Outcomes:**

Understand the components of a basic exercise plan to help you create a sustainable, personal plan.

Develop and incorporate a plan for exercise that supports personal goals for fitness.  
Assess your personal fitness within each of these components:

* Cardiorespiratory Fitness
* Muscular Strength, Endurance, and Power
* Flexibility

Develop goals based on your personal assessments.   
Explain how to achieve cardiovascular fitness, improve strength, and increase flexibility through various forms of exercise. Complete a Wellness Self-Assessment and understand the Seven Dimensions of Wellness

**Grades & Assignments: 250 Total Points**

**Class Assignments 150**

**Individual Success Journal 100**

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|  |  | **A** | ≥93% | **A-** | 92.9-90% |
| **B+** | 89.9-87% | **B** | 86.9-83% | **B-** | 82.9-80% |
| **C+** | 79.9-77% | **C** | 76.9-73% | **C-** | 72.9-70% |
| **D+** | 69.9-67% | **D** | 66.9-60% | **F** | <60% |

Week 1: Chapter 3 POINTS

* PAR-Q (canvas) 10
* Goal Setting Sheet 20

Week 2-3:

* Seven Dimensions of Wellness Self-Assessment (canvas) 20
* Begin Logging Exercise Sessions – Six Week Exercise Program
* Chapter 4 Cardiorespiratory Fitness
* Aerobic Program Design & Target Heart Rate 20
* Rockport Walking Test 20

Week 4: Chapter 6 Increasing Flexibility Through Stretching

* Static stretching
* 6-1 & 6-2
* Sit and Reach 20

Week 5-6: Chapter 5 Muscular Strength, Endurance and Power

* Strength Tests 20

Week 7: Chapter 7 Eating Right to Fuel the Body

* 7-2 Nutritional Habits 20

Week 8: Final Program, reflection, and future exercise plan

Individual Success Journal  100

* Goals
* Weekly Exercise Log Sheets
* Support with fitness tracker screen shots, excel sheet.
* Modifications made throughout the semester.
* Based on criteria learned in class
* Self-Wellness Assessment
* Reflections on Six Week Program
* Plans that support your goals and exercise that you enjoy participating in
* Include your “why”

Total 250