

Bloomsburg University
Department of Exercise Science & Athletics

Exercise & You 05-270-09

Fall 2009 Course Syllabus

Instructor: Dr. Joseph L. Andreacci
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Office: 132 Centennial Hall (CEH)
Office Hours: M 10:00 – 11:00am & 3:30 – 4:30pm; W 10:00am – Noon;
TU TH 1:30 – 2:00pm [**NOTE:** in 236 NFH]; *or by appointment*
Class Periods: TU TH 9:30 – 10:45am
Room: 160, 257 NFH
Prerequisites: None

Compressed Schedule: In the event of severe weather conditions when Bloomsburg University is running on a Compressed Schedule we will meet from **12:20 – 1:20pm**

Required Textbook: America College of Sports Medicine. (2002). ACSM Fitness Book (3rd Edition). Champaign, IL: Human Kinetics.

Course Description: A study of appropriate physiological functions, exercise physiology, mechanical implications, fitness measurement, procedures and practical application through programmed exercise.

Course Objectives: This course serves the undergraduate as a free elective and faculty, faculty spouses and general community members as an aid to a healthier adult life.

The student will be able to:

1. Understand the effects of exercise on the human body.
2. Gain a better knowledge of physiological functions relating to digestion and exercise.
3. Understand the mechanical reasons behind certain basic movements used in exercise to ensure adequate success in activity areas.
4. Learn how to use simple measurement devices when evaluating skills and fitness.
5. Learn how to execute exercise programs for selected results.
6. Improve over-all physical fitness and reduce excess weight.

Evaluation Policy:

Will be based on performance on attendance/participation, IEP (see website), out of class assignments and written examinations.

		Grading Scale:	
		<u>points</u>	<u>%</u>
Class Attendance/Participation	= 245 pts	A → > 450	90.0
Individual Exercise Program	= 80 pts	B → 400 – 449	80 – 89.9
Out of Class Assignments	= 25 pts	C → 350 – 399	70 – 79.9
Midterm	= 50 pts	D → 325 – 349	65 – 69.9
FINAL	= 100 pts	E → < 324	< 64.9
TOTAL	= 500		

Attendance Policy:

Students are required to participate in all class activities, if your not here then *YOU* cannot participate!

At the beginning of class, on selected days, attendance will be taken. Students will obtain **3** points for attending each class and **7** points for participating in class activities. This calculates out to be **10 points** for each class. If the student is not present they will not be awarded points for attendance or participationso show up!! In addition, students who are caught on their cell phones during class will lose points.

If you have to be absent, please leave a message (via telephone or email). You may be required to produce a note from the health center or your physician. Since this is a course requiring moderate physical activity, you must inform the instructor of any disabilities that you feel will affect your performance and participation. If during a class session you feel dizzy, unusually tired, breathless, etc., please inform the instructor immediately.

Academic Integrity Policy:

Please refer to Bloomsburg Universities The Pilot (page 57) detailing Academic Integrity.

Special Needs Policy:

Any student who has any special needs whatsoever please get in touch with me so that the necessary arrangements can be made.

Important Dates

IEP Fitness Assessment & Goals → October 1, 2009

Midterm EXAM → October 15, 2009

IEP Due → December 8, 2009 at the beginning of class!

Final EXAM → Thursday December 10, 2009!

NOTE: The instructor reserves the right to alter the syllabus at any time, if needed.