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| <p>Expected Learning Outcomes</p> | <p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> ● Demonstrate the knowledge of basic research theories in Exercise Science. ● Explain the basic research theories in Exercise Science. ● Describe the physiological adaptations that accompany long-term exercise. ● Explain the principles of injury prevention and rehabilitation of sports-related injuries. ● Describe the physiological principles related to warm-up and cool-down. ● Explain and demonstrate the principles of exercise adherence, and biofeedback in sports and exercise. ● Describe the mechanical restraints to human movement and exercise. ● Identify and demonstrate knowledge of exercise applications for youth and older adults. ● Identify the Knowledge, Skills, and Abilities (KSAs) required for certification by the American College of Sports Medicine (ACSM). |
| <p>Topic Outline</p> | <p>8-21 Introduction to Exercise Science, Syllabus, Connecting to the SOLE</p> <p>8-28 Exercise Physiology (Chapter 2)</p> <p>9-4 Health Benefits of Exercise and Fitness (Chapter 5) Fitness Contracts</p> <p>9-11 Adaptations to Exercise Training (Chapter 3)</p> <p>9-18 Nutrition and Exercise Science (Chapter 4)</p> <p>*9-25 EXAM 1 Review (Exam 4-7 pm in CBLC)</p> <p>10-2 Exercise and the Environment (Chapter 6)</p> <p>10-9 Fundamentals of Sports Medicine (Chapters 7, 8, 11)</p> <p>10-16 Aquatic Therapy</p> <p>10-23 Introduction to Biomechanics (Chapters 9, 10)</p> <p>*10-30 EXAM 2 Review (Exam 4-7 pm in CBLC)</p> <p>11-6 Sports Psychology (Dr. Sam Zizzi, Ed.D.)</p> <p>11-13 The Neural Control of Movement Motor Learning (Chapters 13, 14)</p> <p>11-20 Thanksgiving Recess (No Class)</p> |

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| | <p>11-27 Developmental Issues in Exercise Science (Chapter 15)</p> <p><i>*12-4 EXAM 3 Review (Exam 4-7 pm in CBLC)</i></p> <p><i>*12-10* Final Exam (Monday 3:00 – 5:00 pm in HSC Auditorium)</i> <i>Fitness Contracts Due at time of Final Exam</i></p> |
| <p>Academic Integrity/Dishonesty</p> | <p>Plagiarism in any form will not be tolerated. Any incidence of academic dishonesty will result in a <u>grade of F</u> and will be reported to the Vice-President for Academic Affairs.</p> |

West Virginia University is committed to social justice. I concur with that commitment and expect to foster a nurturing learning environment based upon open communication, mutual respect and non-discrimination. Our University does not discriminate on the basis of race, sex, age, disability, veteran status, religion, sexual orientation, color or national origin. Any suggestions as to how to further such a positive and open environment in this class will be appreciated and given serious consideration.

If you are a person with a disability and anticipate needing any type of accommodation in order to participate in this class, please advise me and make appropriate arrangements with Disability Services (293- 6700).