

# Introduction to Exercise Science

MOVP 0100  
Fall 2016

## Dr. Lynn Pantuosco-Hensch

Phone: 572-8213 (O) 218-6857 (C)

Office: Woodward Center 228

Office Hours: M-W-F, 9:20am-10:20am

Online Hours: Frequently, including  
Thursdays, 7:30pm-8:30pm

Email: lhensch@westfield.ma.edu  
(use PLATO whenever possible)



## Course Description

Through observation and experimentation students will examine the cardiorespiratory, musculoskeletal and nervous systems of the body and the impact of exercise on their functioning. The effect of changing one's own personal exercise habits on risk factors for cardiovascular disease, longevity and quality of life will be explored.

## Course Objectives

As a result of this course, students will be able to understand and/or demonstrate the following:

1. The meaning of physical fitness and its importance to their individual health and public health in general
2. The effect of exercise on the cardiorespiratory, musculoskeletal and nervous systems
3. The ability to assess their own cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition and energy intake
4. The ability to interpret their assessment measurements and develop a safe and effective exercise program that follows the basic principles of training
5. The ethical issues surrounding ergogenic aids, diet, and weight control and supplements
6. The issues related to being an informed consumer of fitness/health products

## Required Textbook

Corbin, C. Welk, G., Corbin, W., Welk, K., (2011). *Concepts of Physical Fitness: Active Lifestyles for Wellness*, 16<sup>th</sup> ed. McGraw-Hill: New York. (Used or 15<sup>th</sup> ed. is acceptable)

## Course Evaluation:

- Quizzes, Discussions, PowerPoint Project, Lab Reports, etc.

## Student Expectations:

- Students are physically able to participate in a minimum level of physical activities
- Students have a limited knowledge and understanding in assessing their own fitness level
- Students have limited experience in developing individual fitness programs
- Students possess some knowledge of fitness and the benefits derived from fitness
- Students are interested in taking self-responsibility for their own fitness and health

**Lab Options:**

- Students may need to utilize fitness facilities at the Westfield State University Wellness Center in Ely, Woodward Fitness Center, or another fitness center where you are a member.
- Equipment is available for use upon request.

**Technology:**

- It is the student's responsibility to address any technology related issues through CIT (x8142) or Computer Services (xHELP).
- *NOTE: It is the student's responsibility to make initial contact with the instructor either via e-mail, phone or as directed in the course site. Student must have a valid working email address on file with the instructor. If a student has any special needs please contact the instructor directly for accommodations.*