



Introduction to Exercise Science

MOVP 0100 006 Fall 2009

Dr. Melissa Roti, mroti@wsc.ma.edu (or email via PLATO)
572-5665, Woodward Center room 216

Online availability:

Weekdays, ~8am-8pm; Sundays ~afternoon/evening

Required Text: Corbin, CB *et al.* (2009, 15th ed.)
Concepts of Physical Fitness: Active Lifestyles for
Wellness

McGraw-Hill Publishers.

Course Description: Through observation and experimentation, students will examine the cardiovascular, musculoskeletal, and energy 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, body composition, longevity and quality of life will be explored. This is a very practical course where students will learn many skills to improve their overall health and wellness.

Course Objectives: Upon completion of this course, the student will be able to understand and/or demonstrate the following:

The meaning of physical fitness and its importance to individual and public health.

The effect of exercise on the cardiovascular, musculoskeletal and energy systems.

The ability to assess their own cardiovascular endurance, muscular strength, muscular endurance, flexibility, body composition and energy intake.

The ability to interpret their assessment measurements and develop a safe and effective exercise program that follows the basic principles of training.

The ability to assess their own nutritional diet and recognize the impact of various types of foods, vitamins, and minerals on the body.

The ethical issues surrounding ergogenic aids, diet and weight control and supplement use.

The issues related to being an informed consumer of fitness/health products.

The impact of stress on health and how to manage it.

Course Evaluation: (7) Quizzes, (8) Asynchronous Discussions, (3) Lab Reports, (1) Paper

Student Expectations:

Students are expected to be physically able to participate in a minimum level of physical activities due to the laboratory (lab) component. There are 2 lab options: 1) on your own at the WSC Wellness center in Ely or another fitness center where you are a member, OR 2) There will be three 1-hour open lab times (3-4pm; 9/30, 10/14, 10/28) one week prior to each lab report due date where I will be available in the Woodward Fitness center if you want assistance/guidance. Discussions and quizzes will be available for 1 week (Wednesday to Wednesday). It is expected that assignments be submitted on time and that students exhibit academic honesty. Late assignments will

receive a 10% deduction each day they are late; they will not be accepted once those assignments have been graded.

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 me directly so that I may work to accommodate them.