Primary Instructor: Jason Roe, MS, CSCS  
Office: Charles House 309  
Phone: 262.524.7390  
Email: jroe@carrollu.edu

Credits Hours: 2  
Prerequisites: None

Office Hours:  
11:00 am – 11:45 Monday, Wednesday, Friday

Meetings Times and Locations:  
Sec A MW 12:00-1:10p, PT 105  
Sec B MW 1:20-2:30p, PT 105

Course description
An introductory level class for exercise science majors in which the student will understand the terminology, primary concepts and trends, and current scientific research within the major subdisciplines of exercise science. Students will describe and demonstrate an understanding of the role and responsibilities of exercise science professionals to include career opportunities and paths related to pursuing a career in exercise science or related disciplines.

Required text
None

Course objectives
Upon successful completion of this course students will be able to:

1. Describe the discipline and major subdisciplines of exercise science as well as how they relate to other allied health and medical professions.
2. Understand the knowledge base of exercise science as it relates to guidelines for exercise programs for apparently healthy individuals.
3. Understand the psycho-social factors to include environmental and behavioral cues that influence exercise adherence.
4. Understand academic standards for the University and the Exercise Science Program.
5. Describe current professional issues and trends in exercise science to include scope of practice, leadership, advocacy, etc.
6. Identify professional competencies, ethical principles, legalities, and values demonstrated by Exercise Science professionals in a variety of occupational settings. Demonstrate professional behaviors.
7. Demonstrate basic research skills and apply knowledge of information literacy by performing literature searches related to the profession.
8. Demonstrate knowledge of the professional affiliations that the exercise science professional may belong to, including the American College of Sports Medicine (ACSM), National Strength and Conditioning Association (NSCA), and other professional organizations.
9. Describe the opportunities for a career in exercise science and related disciplines to include the knowledge, skills and abilities necessary to become a certified professional.
10. Achieve and maintain a health-enhancing level of physical fitness.
## Course requirements

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### Attendance

Students are required to attend each class. Attendance is worth 5% of a student's final grade for the course. Attendance earns a student 1 point, an unexcused absence results in a “0” or what could be thought of as a deduction of 1 point from the final attendance tally. Excused absences are accepted. However, students must submit proper documentation to the instructor. If a student elects not to attend class, they are responsible for getting copies of any handouts and/or class notes. Specific questions to clarify assignments and/or course materials should be immediately directed to the instructor. In addition, students must take full responsibility for the loss of any points, etc. as a result of the absence, whether excused or unexcused. Students will not be permitted to make up work for unexcused absences; a grade of zero will be assigned for missed work. Failure to attend class may negatively impact the educational process as well as the student's academic performance. The course instructor reserves the right to lower a final course grade for excessive or extended absences.

In addition, students are expected to come to class prepared to include reading any assigned material, and bringing assigned course materials and/or coursework to class. If a student is not prepared to participate in the class learning activity/discussion, they may be asked to leave the classroom. If this occurs, it will be counted as an absence.

If a student is dealing with extenuating circumstances, then it is the student’s responsibility to personally meet with the instructor as soon as possible (before the assigned due date) to discuss the matter and make alternative arrangements. Alternative arrangements/assignments are at the discretion of the course instructor. If the agreed upon alternative course requirements or rescheduled due date is not fulfilled, a grade of zero will be recorded.

### Policy on late work

Assignments are due on the date indicated on the course map unless the instructor has specifically modified the due date. There are no exceptions. For extenuating circumstances or excused absences refer to the attendance policy.

### Assessment of students

**Attendance and Professionalism (5%)**: Students are required to attend all class periods unless they notify the instructor of extenuating circumstances such as illness or emergency. Students should
also be attentive and actively engaged in the class. Students receive 1 point for each class they attend and actively and attentively participate in and a 0 for any unexcused absence or unprofessional behavior.

**Professional Development Worksheet (10%)**: An objective of the ESC 100 is professional development. This assignment will address goal setting, academic preparation, scheduling, study and learning habits, networking, certification, continuing education, resume building, and other professional development concepts.

**Fitness Pre-Testing Form & Reflection (10%)**: Students will compare their fitness testing scores to normative data as they would with a client in the future. They will reflect on what may allow them to be successful in meeting fitness standards and/or challenges to meeting standards as well as ways to improve their scores over time.

**Workout Design (15%)**: Based on each students fitness testing results they will design a workout and write a short rationale for the program to demonstrate their knowledge of basic exercise programming principles covered in class.

**What is Ex Sci/KSA Quiz (10%)**: This quiz will check for understanding regarding the field of exercise science and the knowledge, skills, and abilities developed in an undergraduate exercise science curriculum and expected in the field as exercise science professional. The quiz will be given via the course online portal.

**4 Year Plan (5%)**: A draft of students intended 4 Year Plan will be developed to aid in registration and future professional development. Students are still required to attend all future group advising sessions and reach out to their individual advisor if they have questions regarding their academic progression and success.

**Academic Requirements and Resources Quiz (5%)**: This quiz will check for understanding regarding University, Exercise Science Program, and Carroll Health Science Graduate Program requirements and resources to maximize student academic success.

**Resume (5%)**: A quality resume is essential to professional success. Students will develop a draft of a resume that they can modify and improve over their academic and professional careers.

**Library Session Worksheet (5%)**: This worksheet will check for understanding regarding identifying and referencing relevant peer-reviewed scientific research.

**Interpreting a Research Article Worksheet (10%)**: Understanding the scientific research process and possessing a basic understanding of how to interpret a peer-reviewed research study is essential to academic and professional success. This worksheet will check for understanding of these concepts.

**Final Reflection (10%)**: Students will reflect on their academic and professional growth in the class and provide feedback on the structure, learning objective, and assignments from the course. Additionally, students will compare their fitness testing scores to normative data as they would with a client in the future. They will reflect on what may allow them to be successful in meeting fitness standards and/or challenges to meeting standards as well as ways to improve their scores over time.

**Presentation (10%)**: Students will work in small groups to consolidate the knowledge they obtain from ESC 100 library sessions on a group selected, instructor approved health, exercise, nutrition, rehabilitation, or human performance topic and present it to the class.

**Health-related physical fitness (Required – Graded through reflections and test score forms (above))**: During this course, students are required to complete an initial health-related physical fitness test, including:

- 12-min. run test (Endurance/Cardiovascular Health).
- Push Ups (Muscular Endurance)
- 1-minute sit-ups test. (Abdominal Endurance)
• Flexibility test (sit-and-reach)
• Vertical Jump (Power)

**Grading**
Graded work and your final grade in the course will be based on the following set cut-off percentages:

- **A** = 100-92.00%
- **AB** = 91.99-88.00%
- **B** = 87.99-84.00%
- **BC** = 83.99-78.00%
- **C** = 77.99-70.00%
- **D** = 69.99-60.00%
- **F** = < 60%

**Statement of the right to modify course content**
The initial course outline is tentative. The instructor reserves the right to modify, amend or change the syllabus (course requirements, grading policy, etc.) and course outline as the curriculum and/or program require(s).

**Accommodation of special needs**
Students with documented disabilities, who may need accommodations (or any student considering obtaining documentation), should make an appointment with Martha Bledsoe, Director of Services for Students with Disabilities, no later than the first week of class. She can be reached by calling 262-524-7335, mbledsoe@carrollu.edu.

**Academic honesty and due notification**
The Carroll University Academic Integrity Policy is located in your student handbook (pages 21-26). I encourage you to familiarize yourself with it. If a student violates this policy in any way, I reserve the right to impose a sanction of failure on the assignment/assessment and/or failure in the course. If you have questions about appropriate citation, when group collaboration is appropriate, or other related issues, please ask.