



## **HHPK 461.01W EXERCISE PRESCRIPTION**

COURSE SYLLABUS: Spring 2024

### **INSTRUCTOR INFORMATION**

Instructor: Hussien Jabai  
Office Location: Online (D2L)  
Office Hours: Tue, Thur (1-3pm); schedule via email  
Office Phone:  
Office Fax:  
University Email Address: hussien.jabai@tamuc.edu  
Preferred Form of Communication: email  
Communication Response Time: within 24 hours during weekdays

### **COURSE INFORMATION**

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required: Resources for the Exercise Physiologist 3rd ed  
Software Required  
Optional Texts and/or Materials

### **Course Description**

Theory, principles, and practice of exercise prescription for aerobic and resistance exercise programs for health, fitness and performance.

Prerequisites: HHPK 460 with C or better. 2.5 minimum GPA required.

### **Student Learning Outcomes**

Upon successful completion of this course, you will be able to

1. Review pre-participation health screening including self-guided health questionnaires and appraisals, exercise history and fitness assessments.

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2. Explain and differentiate the scientific basis for the effects of cardiorespiratory and resistance exercise on the body's systems.
3. Determine safe and effective exercise programs to achieve desired outcomes and goals for apparently healthy clients.
4. Design cardiorespiratory and resistance exercise prescriptions for apparently healthy participants based on current health status, fitness goals and availability of time, and integrate a weight management program as indicated by personal goals that are supported by pre-participation health screening, health history, and body composition/anthropometrics.

## **COURSE REQUIREMENTS**

### **Minimal Technical Skills Needed**

### **Instructional Methods**

This course is designed to introduce students to the fundamentals of cardiorespiratory exercise and resistance training related to health, fitness and athletic performance. Subject matter will include, but is not limited to, maximizing student involvement in the understanding of physical training and the designing of exercise programs for health, fitness and performance, in healthy individuals during all stages of life. This course will lay a basic practical foundation for students to design personal fitness programs, understand and design programs for lifetime fitness and to develop foundational training theory for future coaches.

### **Student Responsibilities or Tips for Success in the Course**

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## **GRADING**

Final grades in this course will be based on the following scale:

A = 90%-100%

B = 80%-89%

C = 70%-79%

D = 60%-69%

F = 59% or Below

Total points corresponding to the final letter grades

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A = 451- 500 Points  
B = 401- 450 Points  
C = 351- 400 Points  
D = 301- 350 Points  
F = 300 & > Points

Weights of the assessments in the calculation of the final letter grade.

Example:

Exams	30%
Quizzes	10%
Infographic/poster presentation	20%
<u>Exercise Prescriptions</u>	<u>40%</u>
TOTAL	100%

### **Assessments**

Exams and Quizzes: Scheduled comprehensive exams and quizzes will be announced throughout the semester and consist of true/false, multiple-choice, and/or short answer questions. Aligns with SLO #1, 2, 3.

Infographic/poster presentation: Student teams will create an infographic or poster on a special topic to present in class. Aligns with SLO #2, 3.

Exercise Prescriptions: Students will write (parts of) exercise prescriptions based on case studies. Detailed instructions will be provided in the course. Aligns with SLO #4.

## **TECHNOLOGY REQUIREMENTS**

### **LMS**

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

[https://documentation.brightspace.com/EN/brightspace/requirements/all/browser\\_support.htm](https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm)

YouSeeU Virtual Classroom Requirements:

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<https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>

## **ACCESS AND NAVIGATION**

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or [helpdesk@tamuc.edu](mailto:helpdesk@tamuc.edu).

**Note:** Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

## **COMMUNICATION AND SUPPORT**

If you have any questions or are having difficulties with the course material, please contact your Instructor.

### **Technical Support**

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here: <https://community.brightspace.com/support/s/contactsupport>

### **Counseling Center**

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling [903-886-5145](tel:903-886-5145). For more information regarding Counseling Center events and confidential services, please visit [www.tamuc.edu/counsel](http://www.tamuc.edu/counsel).

## **Interaction with Instructor Statement**

*The syllabus/schedule are subject to change.*

# **COURSE AND UNIVERSITY PROCEDURES/POLICIES**

## **Course Specific Procedures/Policies**

### **Syllabus Change Policy**

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

## **University Specific Procedures**

### **Student Conduct**

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx).  
<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum:  
<https://www.britannica.com/topic/netiquette>

### **TAMUC Attendance**

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).  
<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>  
<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

### **Academic Integrity**

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)  
[Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

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<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

## **Students with Disabilities-- ADA Statement**

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

### **Office of Student Disability Resources and Services**

Texas A&M University-Commerce

Velma K. Waters Library Rm 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: [studentdisabilityservices@tamuc.edu](mailto:studentdisabilityservices@tamuc.edu)

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

## **Nondiscrimination Notice**

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

## **Campus Concealed Carry Statement**

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

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Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

### **A&M-Commerce Supports Students' Mental Health**

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit [www.tamuc.edu/counsel](http://www.tamuc.edu/counsel)

### **ASSUMPTION OF RISK FOR PARTICIPATING IN PHYSICAL ACTIVITY CLASS**

Participating in any physical activity class may pose a physical risk. "By continuing participation in the course, the student waives any claim resulting from participation in the above mentioned course. The participating student agrees to indemnify, defend, and hold harmless the State of Texas, the Texas A&M University System, Texas A&M University-Commerce, and the Department of Health and Human Performance, and all of the officers, trustees, directors, agents, representatives, and employees of the foregoing entities against any and all claims, including attorneys' fees and costs, which may be brought against any of them by anyone claiming to have been injured as a result of the student's participation in the course." If you have any questions about this statement, please ask the instructor.

### **Department or Accrediting Agency Required Content**

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## COURSE OUTLINE / CALENDAR

### Topics:

1. Benefits and risks associated with physical activity
2. Introduction to the principles of exercise prescription
3. Exercise programming for cardiorespiratory fitness
4. Exercise programming for muscular fitness
5. Exercise programming for weight management
6. Training for performance
7. Behavioral theories and strategies for promoting exercise

Time Period	Focus
Weeks 1 (intro; syllabus) and Week 2 (curriculum)	<ul style="list-style-type: none"><li>• Benefits and risks associated with physical activity</li></ul>
Weeks 3 and 4	<ul style="list-style-type: none"><li>• Introduction to the principles of exercise prescription</li></ul>
Weeks 5 and 6	<ul style="list-style-type: none"><li>• Exercise programming for cardiorespiratory fitness</li></ul>
Weeks 7 and 8	<ul style="list-style-type: none"><li>• Exercise programming for muscular fitness</li></ul>
Weeks 9 and 10	<ul style="list-style-type: none"><li>• Exercise programming for weight management</li></ul>
Weeks 11 and 12	<ul style="list-style-type: none"><li>• Training for performance</li><li>• Infographic/poster presentation Due</li></ul>
Weeks 13 and 14	<ul style="list-style-type: none"><li>• Behavioral theories and strategies for promoting exercise</li></ul>
Weeks 15 and 16	<ul style="list-style-type: none"><li>• Exercise Prescription Due</li></ul>

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