



EAST TEXAS A&M

HPK 664.01E FITNESS TESTING AND EXERCISE PRESCRIPTION COURSE SYLLABUS: FALL 2025

INSTRUCTOR INFORMATION

Instructor:	Dr. Vipa Bernhardt
Office Location:	NHS 165D
Office Hours:	TWR 1:00-3:00, or by appointment
Email Address:	Vipa.Bernhardt@etamu.edu

COURSE INFORMATION

Required Text

American College of Sports Medicine, ACSM's Guidelines for Exercise Testing and Prescription. 12th edition. ISBN 9781975219215.

Proper Attire

Wear comfortable workout gear to every class.

Course Description

Health-Related Fitness Testing and Exercise Prescriptions. A study of field-based fitness testing and exercise prescriptions. The course will focus on the American College of Sports Medicine guidelines for fitness testing and exercise prescriptions. The health-related fitness parameters of body composition, cardiorespiratory fitness, muscular fitness, and flexibility will be studied in the course. Students will be given opportunity to participate in both classroom and laboratory experiences related to health-related physical fitness.

Student Learning Outcomes

1. Discuss benefits and risks associated with physical activity.
2. Conduct health-related physical fitness assessments.
3. Interpret and discuss physical fitness assessment results.
4. Apply the general principles of exercise prescription.
5. Develop appropriate exercise prescriptions for healthy populations.

The syllabus/schedule are subject to change.

COURSE REQUIREMENTS

Minimal Technical Skills Needed

Using the learning management system D2L, using computer software (e.g., Microsoft Word, PowerPoint, and Excel; Adobe Acrobat).

Instructional Methods

This is a blended course, meaning that it combines face-to-face teaching as well as online instruction. The first part of the course will be mainly conducted in the Human Performance Laboratory on the ETAMU campus and students are expected to attend in order to experience the hands-on learning that is critical for fitness testing and exercise prescription. Online content delivery will include powerpoint slides, relevant videos, journal articles, websites, worksheets, and other (downloadable) documents. In-person classes will include some lecture, presentation on proper equipment usage, and hands-on experience. Students are expected to be on both sides of the tests we will be performing: the test operator and the test subject (obviously, not at the same time). Students are expected to understand the material and then apply it and demonstrate mastery.

Student Responsibilities or Tips for Success in the Course

Use the lab equipment as often as possible during and outside class time to get lots of hands-on experience. Check with the instructor for lab availability.

GRADING

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

Participation	10%
Quizzes	10%
Midterm practical exam	30%
Exercise prescription & presentation	20%
NPAP Presentation	10%
Final Exam	20%
Total:	100%

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

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Assessments

Participation

Participation, i.e., active engagement, in the in-person labs and any online discussions is required.

Chapter Quizzes

In order to allow for active learning during class/lab sessions, some quizzes (for chapters 2, 3, and 5) will cover material from readings you will complete BEFORE the in-person meetings. Quizzes will be open-book and completed online via D2L.

Midterm practical exam

For this practical exam, each student will be required to bring in an outside person (e.g., family member, roommate, friend, coworker) on whom to perform select fitness assessments. The assessments to be performed will be chosen by the instructor two hours before the exam. The student will be graded on their interaction with the “client”, conduction of the assessments, and interpretation of the assessments (see Practical Examination Grade Sheet).

Exercise Prescription & Presentation

Students will create a detailed exercise prescription for their midterm “client” based on information learned throughout the course. They will present their fitness testing and exercise prescription in class. Presentations will be limited to 15-20 minutes, plus 5 min Q&A.

National Physical Activity Plan Presentation

Students will be split into three groups; each group will be assigned three sectors of the National Physical Activity Plan (NPAP) and will critically evaluate the strategies and tactics within each sector which aim to increase physical activity across various populations and settings. Students will be responsible for understanding the content, identifying real-world applications, and presenting key findings and critiques to the class. This assignment is designed to build both subject matter expertise and professional skills, emphasizing teamwork, shared responsibility, and effective communication.

Final Exam

The written final exam will cover content from lectures, class/lab activities, and the book. Students may use the book during the exam. The exam will be held in person.

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by East Texas A&M University 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>

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LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

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.

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, coffee shops, a ETAMU 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. The best way to reach me is via email, I usually reply within 1 business day.

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 East Texas A&M, 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.etamu.edu/counseling-center.

Mental Health and Well-Being

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.



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COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

In the lab sessions, each student will act as both the tester and the participant for each other. Therefore, you will work closely with all students in the class. There will be a variety of fitness levels and body sizes, just like you would find when working in clinics, fitness facilities, etc. You will be expected to act professionally at all times. Preview quizzes will only be open until the beginning of class time and cannot be made up.

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress or pandemic outbreaks, 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.

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, East Texas A&M University, 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.

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>

ETAMU Attendance

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

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Academic Integrity

East Texas A&M University acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course. Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism). In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

Students at East Texas A&M University 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:

[Graduate Student Academic Dishonesty 13.99.99.R0.10](http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10GraduateStudentAcademicDishonesty.pdf)
<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10GraduateStudentAcademicDishonesty.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

Velma K. Waters Library 162

Phone (903) 886-5150 or (903) 468-8148

Email: studentdisabilityservices@etamu.edu

Website: <https://www.etamu.edu/student-disability-services>

Nondiscrimination Notice

East Texas A&M University 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 East Texas A&M University 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 ETAMU Rule 34.06.02.R1, license holders may not carry a concealed

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handgun in restricted locations. For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf) document and/or consult your event organizer.
<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

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

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COURSE OUTLINE / CALENDAR

Week	Mode (F2F/Web)	Chapter	Topic	Assessments
8/27	F2F	1 2	Benefits and risks associated with physical activity Preexercise evaluation	
9/3	F2F	3a,b	Health-related physical fitness testing and interpretation: Resting measurements, body composition	
9/10	F2F	3b,c	Health-related physical fitness testing and interpretation: Body composition, Cardiorespiratory fitness	
9/17	F2F	3c	Health-related physical fitness testing and interpretation: Cardiorespiratory fitness	
9/24	F2F	3d	Health-related physical fitness testing and interpretation: Muscular fitness and flexibility	
10/1	F2F	5	General principles of exercise prescription	
10/8	F2F/Web		National Physical Activity Plan prep	Midterm Practicals
10/15	F2F/Web	6	Exercise prescription for healthy populations with special considerations	Midterm Practicals
10/22	F2F/Web	7	Environmental considerations for exercise prescription	Midterm Practicals
10/29	F2F/Web	12	Behavioral theories and strategies for promoting exercise	Midterm Practicals
11/5	F2F		National Physical Activity Plan	Student NPAP presentations
11/12	F2F		Exercise prescription	Student ExRx presentations
11/19			Thanksgiving – no class	
11/26	F2F		Exercise prescription	Student ExRx presentations
12/3	F2F		Exercise prescription	Student ExRx presentations
	F2F			Final Exam

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