



HPK 470 – PROGRAM DESIGN I COURSE SYLLABUS: FALL 2026

INSTRUCTOR INFORMATION

Instructor: Dr. Choongsung Yoo
Office Location: NHS 138
Email Address: choongsung.yoo@etamu.edu
Office Hours: Monday and Wednesday 10-11am, or by appointment

Course Meeting Information

Meets 8/20/2026 through 12/11/2026
Monday, Wednesday, Friday | 9:00 AM – 9:50 AM
Campus: Main | Building: NHS | Room: 160B

Course Information

Required Textbook: Fitness Professional's Handbook, 8th Edition
Additional Textbook: ACSM's Guidelines for Exercise Testing and Prescription, 12th Edition
(ISBN 9781975219208). (not required)

Course Description

This course provides an evidence-based approach to exercise prescription and program design for apparently healthy individuals and special populations. Students will learn to interpret fitness assessment data, set goals, develop individualized exercise prescriptions, and design comprehensive training programs in accordance with current professional guidelines. Emphasis is placed on practical application, critical thinking, and the integration of assessment results into effective program design.

Prerequisites: Instructor approval required.

Student Learning Outcomes

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

1. Explain the physiological principles that support exercise prescription and program design.

2. Interpret fitness assessment data and utilize results to guide exercise programming decisions.
3. Develop evidence-based aerobic, resistance, flexibility, and neuromotor exercise prescriptions.
4. Design comprehensive exercise programs that align with client goals, fitness status, and individual needs.
5. Modify exercise programs for special populations including youth, older adults, pregnant/postpartum individuals, and individuals with chronic diseases.
6. Apply behavior modification strategies to improve exercise adherence and long-term program success.
7. Evaluate legal, ethical, and professional considerations related to exercise programming and fitness services.
8. Communicate exercise recommendations and program designs in a professional manner.

COURSE REQUIREMENTS

Minimal Technical Skills Needed

Students are expected to demonstrate proficiency with the following technologies:

- Accessing and navigating the D2L Learning Management System.
- Creating and submitting assignments using Microsoft Word, PowerPoint, and Excel.
- Accessing and reviewing course materials in Adobe Acrobat PDF format.
- Utilizing online resources for literature searches, program design, and evidence-based decision making.
- Participating in electronic communication through university email and D2L.

Instructional Methods

This is a face-to-face course with learning resources and supplemental materials posted in D2L. The course will include lectures, discussions, case analyses, applied assignments, and program design activities. Students are expected to be active learners.

Student Responsibilities

- Keep up with course content and weekly assignments.
- Actively participate in discussions and program design activities.
- Apply course concepts to practical scenarios and case studies.
- Complete assigned readings prior to class when applicable.

Grading Scale

A = 90–100%

B = 80–89%

C = 70–79%

D = 60–69%

F = 59% or below

Assessment	Percentage
Assignment 1	10%
Assignment 2	10%
Assignment 3	10%
Assignment 4	10%
Midterm Exam	15%
Exam 2	15%
Participation & Engagement	10%
Final Team Project	20%
Total	100%

Assessments

Exams

There will be two major exams in this course: a Midterm Exam covering Chapters 1–12 and Exam 2 covering Chapters 13–24. Exams may include material from lectures, readings, class activities, applied examples, and course assignments.

Assignments

There will be four applied assignments throughout the semester. Assignments are designed to help students apply course concepts related to preparticipation screening, fitness assessment interpretation, exercise prescription, and program design for special populations.

- Assignment 1: Preparticipation Screening Case Analysis
- Assignment 2: Fitness Assessment Interpretation and Exercise Recommendation Report
- Assignment 3: Exercise Prescription Development
- Assignment 4: Special Population Program Design

Final Team Project

Students will work in teams to develop a comprehensive, evidence-based program design for a client, athlete, or special population. The project will include a needs analysis; selection and interpretation of appropriate assessments; development of measurable goals;

prescription of aerobic, resistance, flexibility, and neuromotor exercises; progression and modification strategies; and an evidence-based rationale for major programming decisions. Each team will submit a written report and deliver a professional presentation. The Final

Team Project will be graded as follows:

- Written comprehensive program design: 70%
- Professional presentation and responses to questions: 20%
- Individual contribution, preparation, and professionalism: 10%

Although the project is completed in teams, individual grades may differ based on documented contribution, preparation, and professionalism. Detailed instructions and grading rubrics will be provided through D2L.

Engagement/Participation

Throughout the semester, students will complete applied learning activities designed to reinforce course concepts and prepare them for major assessments. Activities may be completed in class or online through D2L and may include case analyses, discussions, exit tickets, reflections, peer feedback, project workshops, and other applied exercises.

Major engagement activities will include:

- Online Integrated Case Analysis 1: Application and integration of concepts from Chapters 1–12
- Assignment 4 Draft Review and Peer Feedback: Constructive evaluation of a peer's special-population program design
- Online Integrated Case Analysis 2: Application and integration of concepts from Chapters 13–24

Additional in-class or online participation activities are assigned throughout the semester. Engagement activities will generally be evaluated based on completion, preparation, application of course concepts, and quality of participation rather than solely on right or wrong answers. Specific instructions, grading criteria, and deadlines will be provided through D2L.

Extra Credit

There may be extra credit opportunities during the semester. Extra credit is capped at 4% of the total course grade. No individual extra credit opportunities will be provided at the end of the semester.

Tentative Course Schedule

Week	Date	Day	Topic	Assessment
1	Aug 21	Fri	Course Introduction & Syllabus	

Week	Date	Day	Topic	Assessment
2	Aug 24	Mon	Ch 1 Health and Fitness Benefits of Physical Activity and Exercise	
2	Aug 26	Wed	Ch 2 Preparticipation Screening	
2	Aug 28	Fri	Ch 3 Anatomy in Action: Functional Movement	
3	Aug 31	Mon	Ch 4 Exercise Physiology (Part 1)	
3	Sep 2	Wed	Ch 4 Exercise Physiology (Part 2)	
3	Sep 4	Fri	Ch 5 Fueling for Activity: Dietary Considerations	
4	Sep 7	Mon	Labor Day	No Class
4	Sep 9	Wed	Ch 6 Energy Costs of Physical Activity	
4	Sep 11	Fri	Ch 7 Overview of Assessment	Assignment 1 Assigned
5	Sep 14	Mon	Ch 8 Cardiorespiratory Fitness Assessments (Part 1)	
5	Sep 16	Wed	Ch 8 Cardiorespiratory Fitness Assessments (Part 2)	
5	Sep 18	Fri	Ch 9 Muscular Fitness Assessments (Part 1)	Assignment 1 Due
6	Sep 21	Mon	Ch 9 Muscular Fitness Assessments (Part 2)	
6	Sep 23	Wed	Ch 10 Flexibility and Neuromotor Fitness Assessments (Part 1)	
6	Sep 25	Fri	Ch 10 Flexibility and Neuromotor Fitness Assessments (Part 2)	
7	Sep 28	Mon	Ch 11 Body Composition Assessments	
7	Sep 30	Wed	Ch 12 Electrocardiogram (ECG) Assessment	
7	Oct 2	Fri	Online Integrated Case Analysis	
8	Oct 5	Mon	MIDTERM EXAM	Midterm (Ch. 1–12)
8	Oct 7	Wed	Ch 13 Aerobic Fitness Prescription (Part 1)	
8	Oct 9	Fri	Ch 13 Aerobic Fitness Prescription (Part 2)	Assignment 2 Assigned
9	Oct 12	Mon	Ch 14 Muscular Fitness Prescription (Part 1)	
9	Oct 14	Wed	Ch 14 Muscular Fitness Prescription (Part 2)	
9	Oct 16	Fri	Ch 15 Flexibility and Neuromotor Prescription (Part 1)	Assignment 2 Due
10	Oct 19	Mon	Ch 15 Flexibility and Neuromotor Prescription (Part 2)	

Week	Date	Day	Topic	Assessment
10	Oct 21	Wed	Ch 16 Comprehensive Program Design (Part 1)	
10	Oct 23	Fri	Ch 16 Comprehensive Program Design (Part 2)	Assignment 3 Assigned
11	Oct 26	Mon	Ch 17 Youth	
11	Oct 28	Wed	Ch 18 Older Adults	
11	Oct 30	Fri	Ch 19 Pregnancy and Postpartum Considerations	Assignment 3 Due
12	Nov 2	Mon	Ch 20 Weight Management	
12	Nov 4	Wed	Ch 21 Chronic Diseases (Part 1)	
12	Nov 6	Fri	Ch 21 Chronic Diseases (Part 2)	
13	Nov 9	Mon	Ch 22 Behavior Modification	Assignment 4 Assigned / Final Project Assigned
13	Nov 11	Wed	Ch 23 Injury Prevention & Management	
13	Nov 13	Fri	Assignment 4 Draft Review and Peer Feedback (Online)	
14	Nov 16	Mon	Ch 24 Legal Considerations	
14	Nov 18	Wed	Online Integrated Case Analysis	
14	Nov 20	Fri	EXAM 2	Exam 2 (Ch. 13–24) / Assignment 4 Due
15	Nov 23	Mon	Final Project Workshop & Team Consultation	
15	Nov 25	Wed	Thanksgiving Holiday	No Class
15	Nov 27	Fri	Thanksgiving Holiday	No Class
16	Nov 30	Mon	Final Project Workshop & Team Consultation	
16	Dec 2	Wed	Final Project Presentations	
16	Dec 4	Fri	Final Project Written Report Due	Final Project Due

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 (D2L Brightspace). Course materials, grades, announcements, and assignment submissions will be managed through D2L.

LMS Requirements:

<https://community.d2l.com/brightspace/kb/articles/1477-browser-support>

Browser Support:

<https://community.d2l.com/brightspace/kb/articles/1779-browser-support>

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.

Personal computer and internet connection problems do not excuse the requirement to complete coursework in a timely manner. Students should maintain a backup plan for accessing course materials and completing assignments.

COMMUNICATION AND SUPPORT

Communication

The preferred method of communication is university email.

Students can expect responses within approximately 48 business hours. Questions regarding assignments, course expectations, and scheduling should be directed to the instructor through university email.

Technical Support

If you are experiencing technical difficulties with D2L Brightspace, contact Brightspace Support:

Phone: 1-877-325-7778

Support Website:

<https://community.d2l.com/brightspace/kb/categories/123-support>

Counseling Center

The Counseling Center at East Texas A&M University provides counseling services, educational programming, and referrals to community resources.

Location: Halladay Building, Room 203

Phone: 903-886-5145

Website:

<https://www.tamuc.edu/counseling-center/>

Students have access to crisis support services 24 hours a day, 7 days a week.

COURSE POLICIES

Course Procedures

- Course materials, announcements, grades, and assignment submissions will be managed through D2L.
- Students are responsible for monitoring D2L and university email regularly.
- Assignments are due on the dates listed in the course schedule.
- Late assignments will not be accepted unless prior arrangements have been approved by the instructor.
- Exams will be administered in person during scheduled class periods.

Attendance

Regular attendance is strongly encouraged and contributes to student success. Students are responsible for obtaining information and materials missed due to absences. University attendance policies apply.

ACADEMIC INTEGRITY AND ARTIFICIAL INTELLIGENCE

Students are expected to maintain the highest standards of academic honesty and integrity. The use of Artificial Intelligence tools (e.g., ChatGPT, Gemini, Claude, Copilot, etc.) is permitted only when explicitly authorized by the instructor.

Any use of AI-assisted tools must be appropriately disclosed and documented.

Undocumented use of AI-generated content may constitute academic dishonesty.

Regardless of AI use, students remain fully responsible for the accuracy, originality, and integrity of all submitted work.

For additional information, refer to East Texas A&M University Academic Integrity policies.

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.

Students requiring accommodations should contact:

Office of Student Disability Resources and Services

Gee Library, Room 162

Phone: 903-886-5150

Email: studentdisabilityservices@tamuc.edu

Website:

<https://www.tamuc.edu/student-disability-resources-services/>

NONDISCRIMINATION STATEMENT

East Texas A&M University complies with all applicable federal and state laws prohibiting discrimination on the basis of race, color, religion, sex, national origin, age, disability, genetic information, veteran status, sexual orientation, gender identity, or gender expression.

CAMPUS CONCEALED CARRY STATEMENT

Texas Senate Bill 11 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 valid Texas License to Carry.

Pursuant to applicable state law and university regulations, license holders may not carry concealed handguns in designated restricted areas.

The open carrying of handguns is prohibited on all East Texas A&M University campuses.

Report violations to University Police at 903-886-5868 or call 911 in emergencies.

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 class, through D2L, or by university email.

Suggested Websites for Fitness Professionals

A variety of websites are available for fitness professionals. These sites are often updated or removed. The following sites are some of the most commonly used in the area of health and fitness. Organizations sponsoring these sites provide materials, handouts, and information that can be useful when counseling clients in a health and fitness setting.

Centers for Disease Control and Prevention: www.cdc.gov

American College of Sports Medicine: www.acsm.org

National Strength and Conditioning Association: www.nscs.com

American Congress of Obstetricians and Gynecologists: www.acog.org

American Diabetes Association: www.diabetes.org

National Heart, Lung, and Blood Institute: www.nhlbi.nih.gov

Joslin Diabetes Center: www.joslin.org

American Heart Association: www.heart.org/heartorg

American Lung Association: www.lung.org

American Dietetic Association: www.eatright.org

United States Department of Agriculture MyPlate: www.myplate.gov/

National Institutes of Health: www.nih.gov

Healthy People 2030: <https://health.gov/healthypeople>

National Weight Control Registry: www.nwcr.ws

Physical Activity Guidelines and Dietary Guidelines for Americans:
<https://health.gov/our-work/nutrition-physical-activity>

Exercise is Medicine: www.exerciseismedicine.org

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.

