Lincoln University  
Department of Health, Physical Education & Recreation  
HPR 406: Fitness Assessment & Management (3 credits)  
Spring 2007

**Instructor:** Jamie Mansell MEd, ATC  
**Office:** Manuel Rivero Hall, Room 210  
**Office hours:** Tuesdays 12:30-2:30; Wednesdays 10:30-12:30; Thursdays 12:30-2:30  
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**Course Description:** This capstone course is designed to prepare and qualify students to work as personal trainers. The course bridges the gap between exercise science related course work and the practical application skills of personal training. Students will learn to properly screen and evaluate clients for safe participation in an exercise program and design and implement exercise prescriptions for various populations. Upon successful completion of the course, students are eligible to sit for the National Council on Strength and Fitness personal trainer certification examination.

**Objectives:**
Upon successful completion of this course, students should be able to:
1. Discuss how exercise and proper nutrition affect physical performance.  
2. Correctly administer various fitness tests and interpret their findings, including flexibility, strength and cardiorespiratory fitness levels.  
3. Administer, score, and analyze health and liability questionnaires.  
4. Accurately assess body composition using several methods.  
5. Develop and lead warm-up exercises, pre-habilitation training techniques, abdominal/ core and resistance training exercises for the upper and lower extremity.  
6. Evaluate and interpret resting heart rate and blood pressure.  
7. Correctly calculate energy expenditure, desired body fat and resting metabolic rate.  
8. Conduct health screenings and implement exercise programs for targeted groups or individuals based upon screenings data.

**Course Pre-requisites:** BIO 205, BIO 206, HPR 307, HPR 308

**Required Text:** NCSF Study Guide Manual (2nd edition), the NCSF Practical Lab Manual (2nd edition), and the Health Fitness Instructor Manual (4th edition). The instructor will provide supplementary readings.
**Outside Readings:**


**Required Materials:** Students will be expected to dress appropriate for activity (e.g., sweatsuit, shorts, t-shirts, sneakers). No jeans, skirts, or street shoes will be permitted.

**Course Evaluation:**
Tests (3)........................................................................................................................................30%
Lab Practicals (3)................................................................................................................................30%
Assignments/ Homework..........................................................................................20%
Project .............................................................................................................................20%

No extra credit opportunities are available.

100-94 = A    93-90 = A-    89-87 = B+    86-84 = B    83-80 = B-
79-77 = C+    76-74 = C    73-70 = C-    69-67 = D+    66-60 = D
Below 60 = F

**Attendance Policy:** Class will begin on the hour; assignments handed in after class formally begins will be considered late. Doors will be locked 5 minutes after class begins and no one will be permitted to enter. For University policy on attendance, see the Lincoln University Bulletin, p. 65-66.

**Academic Integrity:** The faculty policy on academic integrity will be followed. Violations will be addressed as outlined in the Lincoln University Bulletin p. 59-61. The instructor will employ options A (warning) and B (failure for project/ test) for the first offense and option C (failure of the course) for subsequent offenses.
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