

**Eastern Illinois University
College of Education and Professional Studies
Department of Kinesiology and Sports Studies
Fall 2009**

PED 5450 - Supervisory Experiences in Adult Fitness

**ASSOC PROF./
DIRECTOR:**

Mrs. Stacey Ruholl, M.S., A.B.D.

OFFICE:

2511 Lantz Arena
M, W 10:30 a.m. - 11:30 a.m.
T, R 10:00 a.m. - 11:00 a.m.
Other times by appointment.
(217) 581-3510
slruholl@eiu.edu

ASSOC. DIR.

Dr. Mark Kattenbraker
2230 Lantz Arena
M, W 10:00 a.m. – 11:00 a.m.
T,R 1:00 p.m. – 2:00 p.m.
Other times by appointment.
(217) 581-8549
mskattenbraker@eiu.edu

ASSOC. DIR.

Mr. Chris Ryan, M.S.
1417 Lantz Arena
M,W 8:00 a.m. – 9:00 a.m.
T 2:00 p.m. - 4:00 p.m.
Other times by appointment.
(217) 581-7229
clryan@eiu.edu

**REQUIRED
TEXTS:**

ACSM Guidelines for Exercise Testing and Prescription, 8th ed. Lippincott, Williams, & Wilkins, 2009.

Eastern Illinois University Adult Fitness Program Manual for Exercise Leaders

COURSE OBJECTIVES:

1. To provide students with a background that will allow them to successfully befriend, encourage and guide participants in the EIU Adult Fitness Program, knowing full well that these “apparently healthy” individuals possess varying personalities, fitness levels, and health risk factors.
2. To teach students how to summarize, for the purpose of exercise prescription, current health risks and status in the form of a “case study”.
3. To make students aware of current topics in the fitness literature.

4. To provide students with ancillary experiences (screening, social events, promotions, newsletter writing, etc...) related to the well organized and efficient adult exercise program.
5. To encourage the student to assimilate basic fitness knowledge.

REQUIREMENTS AND ASSIGNMENTS:

In addition to the approximate 6+ hours per week of direct contact with the exercising participants in the EIU-AFP, students will attend a weekly classroom session, appropriate staff meetings, seminars, and be available to assist with newsletters, laboratory tasks, and other special events related to the on-going program.

PROJECTS: (subject to change based on program needs)

Newsletter: As a class you will be responsible for developing the newsletter for this semester. Each of you will write and submit an article for the newsletter. The article should be written for the Adult Fitness population. The newsletter will be 4 pages long (2 papers, print on both sides). A few of you will be responsible for putting into a newsletter format. Other things that could be in the newsletter include: announcements, heart-healthy recipe, note from the administrators. This newsletter will be due the week prior to the AF breakfast.

Progress Reports: You will each be responsible for completing 2 progress reports on Adult Fitness members. Choose a member who is due for a progress screening (someone who has recently joined and has been active with the program for approximately 12 weeks). Conduct fitness assessments on the participant (same as the new screening excluding the HHQ, EKG and informed consent). Then schedule a time to complete a heart rate monitor session on the participant during one of his/her regular workouts. Once the screening and the HR monitor session are complete compare the results of the screening to the initial screening results. Write a report describing the member's current exercise program, the changes observed in the fitness assessments and whether the member is working out aerobically within his/her target heart rate. Discuss also if the member is taking his/her pulse accurately as compared to the HR monitor and whether the participant records his/her data, completes an adequate warm-up and cool-down, and stretching. Include anything else that is pertinent and your recommendations for this participant. Both reports are due by the end of the semester. However, it is advised that you start this immediately and turn it in as it is completed.

Miscellaneous "behind the scenes" program responsibilities

Social Events:

A breakfast is held in the fall and spring semesters. You are asked to contribute to the breakfast with a baked good to share and by helping set-up and clean-up before and afterwards. The breakfast is on the first Wednesday in October and the first Wednesday in April. All 5450 students need to arrive at 5:00 a.m. the morning of the breakfast and plan to stay after 7:00 a.m. to clean up.

EVALUATION:

Attendance is expected at **ALL** workout sessions, class meetings, and ancillary assignments. The criteria for your evaluation will be based on the following personal and professional traits: attitude, initiative, punctuality, appearance, professionalism, use of time, completion of program responsibilities, and classroom assignments. If absences become excessive, it will be reflected in your grade. Notify the instructor of illness or personal problems that might make attendance impossible (do this in advance if at all possible). **You must call before 5:15 a.m. that day** to notify the instructor that you will not be attending the morning session. Though the professional and personal traits section only makes up a portion of the course grade, a student who demonstrates poor attendance etc. will be asked to drop the class.

If you do not fulfill your responsibilities while working with the Adult Fitness Program, you will be given one warning and then you will be asked to leave. Treat this class like a real job. You are a professional in the Adult Fitness Program.

When working with the AF program, please wear appropriate attire. This includes workout clothes and tennis shoes. Please make sure your attire and shoes are clean and presentable. Avoid inappropriate wording or graphics on your clothing – such as alcohol advertisements, bar crawls, etc. Hats, sleeveless shirts, jeans, and very short shorts are not acceptable. Please refrain from using electronic devices including but not limited to cell phones, iPods, MP3 players and laptop computers when working with the AFP. However, cell phones may be used in case of an emergency. Please wear your name tag at all times when in the AFP.

Students will be graded as follows:

- A = >90% of total points
- B = 80-89.9% of total points
- C = 70-79.9% of total points
- D = 60-69.9% of total points
- F = <60% of total points

Feel free to call and make an appointment to discuss any aspect of the course or AFP.

NOTE: Our weekly classroom session will be on _____.

Disability Statement: If you have a documented disability and wish to receive academic accommodations, please contact the Coordinator of the Office of Disability Services (217-581-6583).