

**Eastern Illinois University  
College of Education and Professional Studies  
Department of Kinesiology and Sports Studies  
Spring 2018**

**KSS 5450 - Supervisory Experiences in Adult Fitness**

**DIRECTOR:** Dr. Stacey Ruholl  
2511 Lantz Arena  
Monday 10:30 a.m. – 12:30 p.m.  
Wednesday & Thursday 12:00 p.m. – 1:00 p.m.  
Other times by appointment.  
(217) 581-3510  
[slruholl@eiu.edu](mailto:slruholl@eiu.edu)

**ASSOC. DIR.** Mrs. Maranda Schaljo  
2220 Lantz Arena  
Monday & Wednesday 10:00 a.m. – 12:30 p.m.  
Other times by appointment.  
(217) 581-2215  
[mdschaljo@eiu.edu](mailto:mdschaljo@eiu.edu)

**ASSOC. DIR.** Ms. Brianne Breidenbach  
2230 Lantz Arena  
Monday & Wednesday 10:00 a.m. – 12:00 p.m.  
Friday 11:00 a.m. – 12:00 p.m.  
Other times by appointment.  
(217) 581-2215  
[bmbreidenbach@eiu.edu](mailto:bmbreidenbach@eiu.edu)

**COURSE DESCRIPTION:** This course is designed to provide the student with practical experience in supervising the testing and exercise sessions in the Adult Fitness Program at Eastern Illinois University.  
3.0 Credit hours

**COURSE OBJECTIVES:**

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

1. 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. Summarize, for the purpose of exercise prescription, current health risks and status in the form of a “case study”.

3. Demonstrate awareness of current topics in the fitness literature.
4. Obtain ancillary experiences related to the well organized and efficient EIU Adult Fitness Program.
5. Assimilate basic fitness knowledge.

**REQUIRED TEXT:** ACSM Guidelines for Exercise Testing and Prescription, 10<sup>th</sup> ed.  
Lippincott, Williams, & Wilkins, 2018.

#### **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 and complete assignments, including a competency exam, an exercise prescription report, group fitness programming, organizing a social event, presenting a research project, facilitating a literature review discussion, and summarizing research articles.

**You are required to check D2L daily for this class.** This will be the primary method for posting announcements, additional reading materials, and for communication via email.

#### **PROJECTS/ASSIGNMENTS:**

**Exercise Prescription Report (60 points):** You will be responsible for completing an exercise prescription report on an Adult Fitness member. You will be assigned a member who is either starting the program or who is ready to make changes to an existing program. You will be expected to review the member's Adult Fitness file prior to meeting with him/her. You will spend 2-3 full exercise sessions with the member to develop the prescription (2 with a current member, 3 with a new member). When the sessions are complete, you are required to type a report describing your interaction with the participant. The report will be evaluated and returned to you for revisions and a final draft (see rubric on D2L). The initial report is due within 1 week of the final exercise session. The final draft is due within 1 week of receiving comments on the initial draft.

Type the report using the following headings and sub-headings. Provide thorough descriptions from the information you obtained and from your interaction with the participant with regard to each of the topics listed:

**A. Background Information**

1. ACSM Risk Stratification
2. Significant health concerns/considerations/exercise limitations

**B. Orientation**

1. SMART goals
2. Likes/dislikes with regard to exercise
3. Introduction to the equipment
4. Discussion and measurement of THRR
5. Intended location, frequency and duration of exercise

**C. Multi-rep testing (see Protocol for Multi-rep testing on D2L)**

1. Provide a table listing multi-rep testing information – exercises completed, number of reps, trial resistance, predicted 1RM
2. Provide a thorough description of everything that occurred during the session

**D. Exercise Prescription**

1. Using the FITT principle, detail the aerobic and resistance training exercise prescription
  - a. Include aerobic exercise modes, THRR % and calculated range, 10-sec HR range, RPE, duration, number of sessions per week
  - b. Include a table listing each resistance training exercise, intensity range (% and calculated weight), reps, and sets, number of sessions per week for each exercise
2. Describe your perception of how successful you feel your effort was to enhance the member's exercise program.

**Group Fitness Programming (40 points):**

You will each be responsible for developing a boot camp-style group fitness program for our participants. You will be assigned with a partner to instruct our AF boot camp exercise class. You will be expected to communicate with the previous instructors to create some exercise consistency between weeks. You are required to submit a typed version of your exercise plan at least one class period before your assigned week begins. See the Boot camp rubric for evaluation.

**Social Event (8 points):**

A breakfast is held in the fall and spring semesters. You are asked to contribute to the breakfast with a healthy breakfast food to share and by helping set-up and clean-up. The breakfast is on the first Wednesday in October and in April. All KSS 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.

**Research Project (96 points):**

You will be assigned to a group. Each group will be required to research a particular topic related to the Adult Fitness population. You are expected to do a thorough review of current related literature on the topic. You will have a poster session (see rubric on D2L) in the SRC for the Adult Fitness members from 5:30 – 6:15 a.m. and give a 20-25 minute oral presentation (see rubric on D2L) of the research you have conducted on this topic to the AF members in the SRC classroom between 6:30 – 7:00 a.m. on your assigned date. This is a graduate-level presentation

and requires extensive preparation – you should have an in-depth understanding of the topic and be able to present the related research and answer questions in detail. However, the presentation must also be tailored to the members to increase their understanding of the topic. Current, credible, professional references must be used and must be cited appropriately using APA format for both the poster and the oral presentation.

### **Facilitation of Literature Review Discussion (40 points):**

You are required to find a current research article from a professional journal. The topic of the article should be relevant to the class and/or the AF population but should not be the same topic as your research project. You must email a pdf of the article at least 1 week prior to your scheduled facilitation. The article will be posted on D2L for all KSS 5450 students to read. You are then expected to facilitate a 10-15 minute discussion of the article at a scheduled meeting time. This is NOT a presentation – but a facilitation. Every student is expected to bring a hard copy or electronic copy of the article to the facilitation. It is expected that all articles will be related to the field and that the research publication date will not be older than the year 2012. See the Facilitation rubric for evaluation.

### **Review of Articles for Facilitation (5 points each):**

For each article that is presented, including your own, you need to type a 1 page summary. Format your paper with the following bold-print headings and complete relevant information for each:

- (1) **Purpose** of the article \*\*State in your own words
- (2) **Importance** of this information to professionals in exercise science,
- (3) **Opinion** of the article – i.e., what you liked, what you did not like, unanswered questions, etc.

Reviews are due prior to the class period of the facilitation for each article. They will be submitted via Drop box and will be reviewed through an anti-plagiarism software, i.e., Turnitin. Proper grammar and correct spelling are expected. Points will be deducted for improper spelling and grammar.

### **Competency Assessment (60 points):**

Prior to working with members in the AFP, each student must demonstrate competency in exercise selection and instruction. A competency assessment will be administered to each student individually by one of the instructors. Students **MUST** pass the competency assessment before working with a member. If a passing grade is not earned on the first attempt, a second attempt can be made no sooner than 1 week later and 15 points will be deducted. If a passing grade is not earned on the second attempt, a third attempt can be made no sooner than 1 week later and an additional 15 points will be deducted. If a passing grade is not earned on the third attempt, the student will be dropped from the class. **The first attempt must be completed by the end of the second week of classes.** You must arrange a time/date with one of the instructors.

## EVALUATION:

Attendance is expected at **ALL** workout sessions for which you are scheduled, class meetings, and ancillary assignments (**96 points**). The criteria for your evaluation will be based on the following personal and professional traits: attitude, initiative, punctuality, appearance, professionalism, use of time, and completion of program responsibilities. Each unexcused absence will result in the drop of one full letter grade after calculating your overall grade. Arriving late will result in a 10 point deduction from your grade for each late occurrence. You must check in with one of the instructors by your arrival time to ensure that you will not be marked late.

Failing to complete an assignment by the deadline will result in a grade of “zero” for that assignment.

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 instructors 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 need to switch hours or areas of responsibility with another student in the class, the instructors MUST approve in advance – email is required.

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 drop the class. Treat this class like a real job. You are a professional in the Adult Fitness Program. If you present yourself unprofessionally (i.e., arrive smelling of alcohol or smoke or dressed in inappropriate attire) you will be asked to leave and will be given an unexcused absence. If you are asked to leave more than once, you will be dropped from the course.

General expectations:

- 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 or shirts are not acceptable.
- 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 **ONLY**.
- Wear your name tag at all times while working with the AFP. Clip it to your shirt at chest level.
- Refrain from other personal activities such as, eating, sleeping, studying, or your own personal workout during AFP times. Water bottles are permitted, but do not carry them around with you while working with clients.

Failure to comply with these expectations will result in your dismissal from the session with no points earned for attendance.

**Grades will be assigned as follows:**

- 35%    Assignments
  - Exercise prescription report (60 points)
  - Weekly facilitation reviews (40 points)
  - Group fitness programming (40 points)
  - Social event (8 points)
  
- 65%    Attendance & participation (96 points)
  - Competency assessment (60 points)
  - Research project (96 points)
  - Facilitation (40 points)

- A =  $\geq 90\%$
- B = 80-89.9%
- C = 70-79.9%
- D = 60-69.9%
- F =  $< 60\%$

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

NOTE: Our weekly classroom session will be on **Wednesdays at 7:00 a.m. in the SRC classroom.**

**Academic integrity-**

Students are expected to maintain principles of academic integrity and conduct as defined in EIU's Code of Conduct (<http://www.eiu.edu/judicial/studentconductcode.php>). Violations will be reported to the Office of Student Standards.

**Students with disabilities-**

If you are a student with a documented disability in need of accommodations to fully participate in this class, please contact the Office of Student Disability Services (OSDS). All accommodations must be approved through OSDS. Please stop by Ninth Street Hall, Room 2006, or call 217-581-6583 to make an appointment.

**The Student Success Center-**

Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center ([www.eiu.edu/~success](http://www.eiu.edu/~success)) for assistance with time management, test taking, note taking, avoiding procrastination, setting goals, and other skills to support academic achievement. The Student Success Center provides individualized consultations. To make an appointment, call 217-581-6696, or go to 9th Street Hall, Room 1302.