

**All Chapter readings are using the course textbook:**

Howley, Edward T. and Thompson, Dixie L. 2012. *Fitness Professional's Handbook*. 6th Edition. Champaign, IL, Human Kinetics.

**Course Outline and Reading Assignments:**

Lecture/Lab	Lecture Topics	Chapters	Lab Topics and Activities	Chapters
1	Physical Activity, Health and Fitness; Health Screening; Anatomy and Biomechanics;	1, 2, 3	Introduction; Health Screening and Risk Factors: ACSM Metabolic Equations; Assessing Cardiovascular Fitness	2, 6, 7, 27
2	Anatomy and Biomechanics; Exercise Physiology	3 and 4	Assessing Muscular Fitness, Flexibility and Low Back Function; Assessing Body Composition and Anthropometric Measurements	8, 9, 10, 12
3	Exercise Physiology; Nutrition and Weight Management	4, 5, 6, 12	Programming for Cardiovascular Fitness; Programming for Muscular Fitness: Machines	9, 11, 13
4	Rx for Cardiovascular Fitness; Rx for Muscular Fitness, Rx for Flexibility and Low Back Function	11, 13, 14	Programming for Muscular Fitness: Machines; Programming for Muscular Fitness: Free Weights	9, 11, 13
5	Special Populations; Behavioral Change; Injury Prevention and Treatment; Legal Issues	15-21; 23, 26, 27	Programming for Flexibility; Alternative Training Techniques; Exam Review	14