Course Outline and Reading Assignments:

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.

Lecture/ Lab	Lecture Topics	Chapters	Lab Topics and Activities	Chapters
1	Physical Activity, Health and Fitness; Health Screening	1, 2	Introduction; Record Keeping; Health Screening and Risk Factors: ACSM Metabolic Equations	2, 6, 27
2	Anatomy and Biomechanics	3	Assessing Cardiovascular Fitness	7
3	Exercise Physiology	4	Assessing Muscular Fitness, Flexibility and Low Back Function	9, 10
4	Nutrition and Energy Expenditure; Rx for Weight Management	5, 6. 12	Assessing Body Composition and Anthropometric Measurements	8, 12
5	Rx for Cardiovascular Fitness	11	Programming for Cardiovascular Fitness	11
6	Rx for Muscular Fitness Rx for Flexibility and Low Back Function	13, 14	Programming for Muscular Fitness: Machines	13
7	Special Populations	15, 16, 17, 18, 19, 20, 21	Programming for Muscular Fitness: Free Weights	13
8	Behavioral Change; Injury Prevention and Treatment; Legal Issues	23, 26, 27	Alternative Training Techniques; Flexibility Training: Exam Review	14