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Office Hours posted on door and will be verbally

communicated on the first day of class

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**HPE 127 EXERCISE TECHNIQUES & PRESCRIPTION**

**(Personal Trainer Certificate Program)**

This class is designed for students who wish to be or are employed in the fitness field. It is a hands-on class that involves both lecture and physical activity. Students will be physically active on most days.

Below are the course policies and grade requirements

Progression Presentation - 20 pts.

Mini-Circuit Development - 20 pts.

Group Exercise Presentation -10 pts.

Assessment -10 pts.

Portfolio -30 pts.

Anatomy Quiz -10 pts.

**Total Pts. 100 pts.**

**Attendance** - there will be a **5 pt. deduction** for each missed class and a **3 pt. reduction** for each time a student is late for class.

Students not in the appropriate activity attire will be marked absent and will not be able to participate in the activity section of each class.

A student more than 10 minutes late may be marked absent. **You will fail the class *automatically* if you miss more than two classes.**

A= 90-100 pts.

B= 80-89 pts.

C= 70-79 pts.

D= 60-69 pts.

F= less than 60 pts.

**Course Requirements**

**Progressions:**

Students will design and lead the class is complete progressions from very easy to very difficult in one of the following exercises

* Push-ups
* Pull-ups
* Squats
* Lunges
* Bridges
* Balance exercises
* Core exercises
* Back Extensions
* Abdominal exercises
* Hamstring stretches

**Mini- Circuits:**

Students will design and lead the class through a mini-circuit designed specifically for one of the following:

* Weight Loss
* College Football running back (include speed & agility).
* General Health using only body weight exercises
* Flexibility for the whole body (dynamic & static)
* Upper-body strength and conditioning
* Lower-body strength and conditioning
* Core exercises

**Group Exercise:**

Students will design & teach a group exercise class in one of the following:

* Exercise Bands
* Kettebells & dumbbells
* Bosu Balls
* Exercise Balls

*This will be a 20 minute class including a warm-up & cool down that uses all major muscle groups.*

**Fitness Assessment:**

Students will pick an effective assessment and implement to determine the fitness level of each student in the class. Students will assess one of the following areas:

* Core Strength (2 assessments)
* Flexibility (3 joints)
* Strength - 2 muscle groups
* Cardiorespiratory Endurance
* Power
* Agility
* Muscular Endurance

**Portfolio:**

Students will be required to hand in a portfolio at the end of the course. This will include all of the following:

* All work completed during the course (presentations, quizzes, etc)
* All Lecture notes in their own handwriting (typed notes will not be accepted).
* A list of exercise resources that they used during the class including websites.
* All copies of notes or resources given to them by other students.

**Anatomy Quiz:**

There will be a quiz on the major muscle groups and their corresponding movements

**PLAGIARISM & CHEATING**

**Plagiarism**

Any written assignment presented by a student in fulfillment of course requirements must reflect his/her own work unless credit is properly given to others. Failure to do so is plagiarism. Anyone who assists another in such academic dishonesty is equally responsible. The act of plagiarism will result in a grade of "F" in the course.

**Cheating**

Any student caught cheating will receive a grade of "F" in the course. Cheating consists of student actions including, but not limited to:

* Copying from extraneous materials, such as notebooks, textbooks, or other kinds of written materials (including the work of other students) or recorded materials unless specifically permitted by the instructor.
* Looking at another student's test, answers, or papers and copying them as your own work.

**Electronic Cheating**

Any student who uses an electronic medium to violate authorial integrity, including plagiarism, invasion of privacy, unauthorized access, and copyright violation, will be open to disciplinary action, which includes a grade of "F" in the class.

**Non-Print Product Misrepresentation**

Students must identify any part of an assignment which uses the product of another and give credit for this work. Failure to do so is a form of stealing known as product misrepresentation. Anyone who represents the work of another as his or her own, or anyone who assists another in this act, will receive a grade of "F" in the course.

**PENALTY** -  *Any student caught in violation of the above will receive a grade of "F" in the course.*