

Montgomery County Community College
ESW 226
Assessment of Human Fitness
3-3-0

COURSE DESCRIPTION:

This course is designed to introduce the student to the use of health and fitness assessment technology and testing mechanisms needed to assess the physical fitness status of individuals in healthy and selected special populations. Students will perform

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
6. Measure energy expenditure of a healthy population.	Utilization of Computer Programs Application of Assessment Tools Documentation Demonstration Role Play Assessment Activities Research Resources Lecture Written Assignments	Written Assignments Case Studies
7. Use professional assessment tools to prescribe and document exercise programs for the apparently healthy population.	Utilization of Computer Programs Application of Assessment Tools Documentation Demonstration Role Play Assessment Activities Research Resources Lecture Written Assignments	Written Assignments Case Studies Documentation Demonstrations

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

SEQUENCE OF TOPICS:

1. Physical Activity and Health
2. Physical Fitness and Performance
3. Health and Fitness Appraisal
4. Energy Costs of Physical Activity and Exercise
5. Evaluation and Exercise Prescription for Health and Fitness
 - a. Cardio Respiratory Fitness
 - b. Body Composition and Weight Management
 - c. Nutrition, Energy Intake and Expenditure
 - d. Strength and Muscular Fitness
 - e. Flexibility and Low Back Function
 - f. Stress

