MUSCULO-SKELETAL FITNESS LECTURE
Exercise & Nutritional Sciences 401A
1 Unit
Fall 2013 Wednesday Evenings 6:00 pm.
NE 060

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Emergency Number
619-788-1197

Course prerequisites
ENS 104,304,306,304L concurrent 401a

Course materials: Reader Cali Copy will be available January 30th
Textbook:(optional) National Strength and Conditioning
Additional Materials on Blackboard

Purpose of the course/course overview
The purpose of the ENS 401 A & B is to provide each student with advanced concepts, practical
opportunities and the implementation of musculo-skeletal operations of the human body. The
human body is a magnificent machine that can and should be challenged physically.
The will be a variety of topics presented in the lecture and lab that will enhance or develop
cardio-respiratory endurance, strength, power, agility, explosive power and speed to name a few.

Learning goals and objectives

Learning Goal 1. Demonstrate core critical thinking skills and dispositions to ask and answer
questions relevant to exercise and nutritional science.

Objective 1.1: Critically evaluate published research in the discipline.
Objective 1.3: Critically evaluate current trends and practices using disciplinary
knowledge.
Objective 1.5: Actively seek out discipline-based questions as opportunities to apply core
thinking skills

Learning Goal 2. Demonstrate effective oral, written, and other interpersonal skills to help
communicate knowledge and promote health and wellbeing in diverse communities.
Objective 2.1  Use effective technical writing skills to communicate information about exercise and nutritional sciences.  
Objective 2.2: Use effective oral presentation skills to present skills to present information to peers and other professionals.  
Objective 2.3: Use effective interpersonal skills as part of an ongoing and guided dialogue with individuals who may benefit from modifying their health behavior.

Learning Goal 7. Use the principles to evaluate a variety of measurement tools in exercise and nutritional science.

Objective 7.1: Explain the various kinds of validity evidence necessary to determine quality of the objective and subjective measures used in exercise and nutritional science.

Course learning objectives

1. The student will be able to discuss the basic adaptations of the neuromuscular system to training.
2. The student will be able describe the factors contributing to human strength and power.
3. The student will be able to recommend ways to minimize injury risk during resistive training.
4. The student will be able to discuss metabolic specificity of training.
5. The student will be able to discuss the variety of resistance training and body effects.
6. The student will be able to understand the topic of over training and detraining and how periodization programing can prevent that from occurring.
7. The student will be able to discuss selection and training tests.
8. The student will be able to discuss resistive training and responses to gender and age.
9. The student will be able to discuss exercise technique and general fundamentals.
10. The student will be able to discuss exercise order sequencing.
11. The student will be able to apply functional training to any program.
12. The student will be able to describe modalities for performance advancement.
ASSESSMENT AND GRADING

Assignment 1  School Objective  Course Objective
  1.1,1.3,2.2,7.1  1,2,3,6,7,10
Assignment 2  2.1,2.2,2.3  1,2,3,6,7,10
Assignment 3  2.1,2.37.1  4,5,6,7,8,10
Test  1.2,1.4.4,7.1  1,2,3,4,5,6,7,8,9,10

Course Assignments:

(1) Assignment turned in on time. Date March 27th. Visit an exercise facility. Tell the facility you are doing a visitation for a class. You're looking at their overall design of the facility. What new training modalities they have and believe are beneficial in the fitness industry. Speak to Personal trainers as to what new and strong about their programs. Observe the equipment. What is used, what is not used. How you would make your facility (if you owned one) the best it can be. 50 points

(2) Complete a circuit training program using functional modalities described by Sanatana. In his DVD Functional Training. You need to select 8-12 modalities that YOU feel would make-up and good circuit program. You need to list each exercise for how many minutes you want them to perform the activity. If you allowing rest periods. How long each of these rest periods. You may even vary your rest periods throughout the program. Turned in on time. Due March 6th. 50 points

(3) Complete the assessment form for 6 of your classmates. Or each section can include up to 6 students. Described in class. Due April 24th 50 points

(4) Make yourself a small booklet describing a variety of modalities. This booklet should describe the modality. What is the goal of the modality. How to perform 2-3 exercise for the modality. Normal reps sets for the modality. Due May 1st 50 points

(5) Attendance 60 points (10pts for each time roll is taken)

Classroom Behavior:

I believe in mutual respect in the classroom. I will allow you to test out of this course
If you believe that your knowledge exceeds that of what is taught in class due to your great interest in musculo-skeletal fitness. Otherwise you are expected to attend class avoid the distracting behaviors: arriving late for class, talking during lectures, reading newspapers, listening to i-pods, surfing the internet. You are required to turn off all cell phones before entering class. If it is an absolute necessity to talk a class or return a text you should leave the room, not return and lose your attendance points. Computers are allowed for taking notes only. If you decide to engage in any of these distracting behaviors, you will be asked to leave the class. If a student's distractive behaviors continues, you will be asked to withdraw from the class. For information on students expectations of conduct you may visit: http://www.sa.edu/srr/conduct1.html

Statement on Cheating and plagiarism-Cheating is the actual or attempted practice of fraudulent or deceptive acts for the purpose of improving one’s grade or obtaining course credit: such acts include assisting another student to do so. Typically, such acts in relation to examinations. However, it is the intent of this definition that the term ‘cheating’ not be limited to examinations situations only, but that it include any and all actions by a student that are intended to gain an unearned academic advantage by fraudulent or deceptive means. Plagiarism is a specific form of cheating which consists of the misuse of the published and or unpublished work of others by misrepresenting the material (i.e., their intellectual property) so used as one’s own work. Penalties for cheating and plagiarism range from a 0 or F on a particular assignment, through an F for the course, to expulsion from the University. For more information on the University’s policy regarding cheating and plagiarism, refer to Schedule of Courses (‘legal Notices on Cheating and Plagiarism’) or the Universities Catalog (‘policies and Regulations’)

Student with Disabilities-The University is committed to providing reasonable academic accommodations to students with disabilities. The Student Disability Service Office provides university academic support services and specialized assistance to students with disabilities. Individuals with physical, perceptual, or learning disabilities as addressed by the American with Disabilities Act should contact Student Disability Services office for information regarding accommodations at 619-594-6473 (http://www.sa.sdsu.edu/dss/dss_home.html. More over you should notify me so that reasonable efforts can be made to accommodate you.

Course Grading

Grades are assigned as a percentage of total class points.

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Grade</th>
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<tbody>
<tr>
<td>93-100%</td>
<td>A</td>
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<tr>
<td>90-92.9%</td>
<td>A-</td>
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<tr>
<td>87-89.9%</td>
<td>B+</td>
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<tr>
<td>83-86.9%</td>
<td>B</td>
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<tr>
<td>80-82.9%</td>
<td>B-</td>
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<tr>
<td>77-79.9%</td>
<td>C+</td>
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Ways to be successful in this class

Student Add Policy

Graduating ENS majors for whom the course is required, conditionally classified ENS graduate students, and international students.

ENS majors for whom the course is required for the major and in order of total number of units completed in the major.

Undergraduate non-major seeking a specialization or minor for whom the course is required and in order of total number of units earned at or transferred to SDSU.

Any other students the instructor wishes to add in order of total number of units earned at or transferred to SDSU.

The total number of students who will be able to add up to the last day will be fifteen.

Academic Integrity

All work submitted in this course must be your own and produced exclusively for this course. The use of sources (ideas, quotations, and paraphrases) must be properly acknowledged and documented. If in doubt, you are encouraged to review guidelines for the proper use of sources (e.g., http://www.hamilton.edu/academics/resource/wc/usingsources.html), as well as the University guidelines (including definition and policy) regarding cheating and plagiarism http://its.sdsu.edu/resources/turnitin/pdf/Plagiarism AcadSen.pdf

Attendance

Attendance is required for all class sessions. You are allowed 3 absences and this includes oversleeping. If you miss more than 3 classes with unexcused absences, your grade will drop one full letter grade. This is not a traditional lecture class, therefore, you will miss a lot of information if you miss class. I highly recommend that you attend class on a regular basis if you want to be successful in this class. There will be no make-up on unit examinations.

Tardiness

Please make every effort to arrive to class on time. I understand that there are circumstances that arise that may cause you to be late to class, but do not make it a habit. You miss valuable information when you arrive late to class, not to mention that it is disruptive to the rest of the class. If attendance is taken before you arrive, you will be counted absent.

Cell Phone Usage/Computer Usage
Use of cell phones/texting are not permitted in class except in emergencies. Please be respectful of the instructor and other students and turn your cell phone to off or vibrate during class. Computers that are used to send email messages during class will be taken and you can obtain your computer back at the end of the class.

**Disability/Medical Restrictions**

Students with medical concerns in relation to physical activity must discuss this with the instructor **prior to the third class period**. Documentation of other disabilities or special accommodations should be brought to the instructor within the first week of school.

**Academic Honor Code**

I expect that you will possess a high level of academic integrity.

All academic endeavors at San Diego State University are based on the expectation and assumption that each student will uphold the highest principles of honesty and fairness. This expectation and assumption finds expression in the Academic Honor Code, which every student is committed to uphold.

**Class Decorum**

Once class has started all students are expected to only speak if they have questions. Please turn cell phones off or on silent mode. I will be glad to answer questions but do not expect or will tolerate rude behavior. If it occurs you will be asked to leave the classroom immediately. If it occurs a second time you may be removed from the class for a longer period of time.

**Office Hours**

TBA

**Please use email on this syllabus to contact me, not the one on blackboard**