

SCHOOL OF HEALTH AND SCIENCES

SYLLABUS

TITLE:	Practicum in Exercise Science and Health Promotion
CODE:	CFI 413
PREREQUISITES:	All majoring courses up to CFI 414
CREDITS:	3 credits 60 contact hours 1 term

DESCRIPTION

In this course the student integrates what has been learned with the development of work plans for physical conditioning and health promotion. Also, the student conducts instructional interventions in gyms, sports, or recreational facilities, and offers talks related to physical fitness, health, and personal growth topics. Students integrate what they've learned with fitness development.

JUSTIFICATION

To integrate into the world of sports training, it is necessary to expose students to real professional experiences within their field. The purpose of this course is for exercise science students to have a real experience of organizing and planning fitness programs according to individual needs and coordinating variable health promotion activities.

COMPETENCES

The course develops the following competences in students:

- **Critical questioning**
- **Research and exploration**

OBJECTIVES

After completion of the course, students will be able to:

1. Organize fitness programs according to individual needs.
2. Coordinate variable health promotion activities in companies, such as health

fairs and others.

3. Manage gyms, sports, or recreational facilities.
4. Give talks on topics such as fitness, athletic performance, general well-being, health, and personal growth topics.

CONTENTS

- I. Analysis of the importance of the following components in achieving greater physical efficiency, performance, and general health in humans:
 - A. Exercise physiology
 - B. Kinesiology
 - C. First aid
 - D. Sociology and psychology
 - E. Disabilities
 - F. Nutrition and strengthening the body
 - G. Perceptual motor development
 - H. Training methodology
 - I. Measurement and evaluation
 - J. Administration

METHODOLOGY

The following strategies from the active learning methodology are recommended:

- Service based learning
- Immersion experiences
- External practices
- Problem based learning (cases method)

EVALUATION

Compositions	25%
Immersion experience	25%
Participation	25%
Final project or exam	25%
Total	100%

LEARNING ASSESSMENT

The institutional assessment rubric is applied to the course's core activity.

BIBLIOGRAPHY

TEXTBOOK

Bushman, B.A. (Ed.). (2017). *American College Sports Medicine's Complete Guide to Fitness and Health*. (2nd ed.). Human Kinetics, Inc.

Hoffman, J. R. (Ed.). (2012). *National Strength & Conditioning Association Guide to Program Design*. Human Kinetics, Inc.

REFERENCES

American College Sports Medicine. (2020). *ACSM's Guideline for Exercise Testing and Prescription* (10th ed.). Wolters Kluwer.

Bompa, T. O., Buzzichelli, C. A. (2018). *Periodization: Theory and Methodology of Training* (6th ed.). Human Kinetics, Inc.

Bornstein, D., Eyler, A.A., Maddock, J. E., & Moore, J. B., (Eds.). (2019). *Physical Activity and Public Health Practice*. Springer Publishing Co.

Bishop, P.A. (2018). *Measurement and Evaluation in Physical Activity Applications: Exercise Science, Physical Education, Coaching, Athletic Training and Health*. (2nd ed.). Routledge.

Fahey, T., Insel, P., & Walton, P. (2020). *Fit and Well: Core Concepts and Labs in Physical Fitness and Wellness* (14th ed.). McGraw Hill.

Haff, G.G., Triplett, N.T. (Eds.). (2015). *Essential of Strength Training and Conditioning by NSCA* (4th ed.). Human Kinetics, Inc

Horvat, M., Kelly, L., Block, M., & Croce, R. (2019). *Developmental and Adapted Physical Activity Assessment* (2nd ed.). Human Kinetics, Inc

LaPres, J. (2019). *Anatomy and Physiology Laboratory Textbook* (7th ed.). McGraw Hill.

Schmidt, R. A., Lee, T.D. (2013). *Motor Learning and Performance: From Principles to*

Application (5th ed.). Human Kinetics, Inc.

Thomas, J. R., Nelson, J. K., & Silverman, S. J. (2015). *Research Methods in Physical Activity* (7th ed.). Human Kinetics, Inc.

Turner, A., Comfort, P. (Eds.). (2018). *Advance Strength and Conditioning: An Evidence Based Approach*. Routledge.

Winnick, J. P, Porretta, D. L (2017). *Adapted Physical Education and Sport*. (6th ed.). Human Kinetics, Inc.

ELECTRONIC RESOURCES

<http://www.americanhealth.org>

www.acsm.org

<http://www.nscs-lift.org>

<http://www.ifpa-tifness.com>

<http://www.nata.org>

For more information resources related to the course's topics, access the library's webpage <http://biblioteca.sagrado.edu/>

REASONABLE ACCOMMODATION

For detailed information on the process and required documentation you should visit the corresponding office. To ensure equal conditions, in compliance with the ADA Act (1990) and the Rehabilitation Act (1973), as amended, any student in need of reasonable accommodation or special assistance must complete the process established by the Vice Presidency for Academic Affairs.

ACADEMIC INTEGRITY

This policy applies to all students enrolled at Universidad del Sagrado Corazón to take courses with or without academic credit. A lack of academic integrity is any act or omission that does not demonstrate the honesty, transparency, and responsibility that should characterize all academic activity. Any student who fails to comply with the

Honesty, Fraud, and Plagiarism Policy is exposed to the following sanctions: receive a grade of zero in the evaluation and / or repetition of the assignment in the seminar, a grade of F (*) in the seminar, suspension, or expulsion as established in the Academic Integrity Policy effective in November 2022.

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