SFT 105
Fitness Assessment and Exercise Program Design

Course Description

This course is an introduction to the field and laboratory techniques used to evaluate the major components of health-related fitness. Principles of exercise are applied to develop safe, individualized exercise programs for apparently healthy individuals and special populations. Prerequisite: (3 lect/pres, 0 lab, 0 other)

Course Focus

Students will be introduced to developing a health fitness plan. Students will perform several exercise techniques.

Text and References

None

Course Goals

1. Understand the need for a healthy lifestyle
   a. Appreciate the impact of eating on our health
   b. Understand the need for exercise
   c. Develop a working knowledge of cardio training
   d. Relate weight to healthy living
   e. Perform the law enforcement agility test
   f. Appreciate the effectiveness of calisthenics

2. Learn aerobic training
   a. Understand the need for warm-up
   b. Know the proper use of a treadmill
   c. Develop cardio endurance by use of the treadmill
   d. Increase running speed by use of the treadmill
   e. Develop a working knowledge of an elliptical machine
   f. Apply principles of an elliptical machine to cardio endurance
   g. Apply principles of an elliptical machine to increase running speed
h. Appreciate the need for open-field running
i. Improve running time through open-field running
j. Understand the need for circuit training
k. Use free weights during circuit training
l. Understand the use of counterweight for development
m. Know the proper use of TRX straps
n. Understand the proper use of stationary bicycle to improve cardio
o. Increase score on the law enforcement agility test

3. Learn weight/resistance training
   a. Use the Inspire Fitness Functional Trainer to develop cardio
   b. Perform cardio repetitions using dumbbells
   c. Proper use of kettlebells for cardio development
   d. Understand the use of free-weights
   e. Develop an understanding of the Body Craft machine
   f. Use weight balls for upper/lower body development

Student Contributions

Each student will spend time outside of class developing and performing a workout schedule. Attendance is critical in this class. The syllabus is subject to change. All changes will be discussed and students will be accountable for such changes.

STATEMENT OF NON-DISCRIMINATION
The Technical College of the Lowcountry is committed to a policy of equal opportunity for all qualified applicants for admissions or employment without regard to race, gender, national origin, age, religion, marital status, veteran status, disability, or political affiliation or belief.

ADA STATEMENT
The Technical College of the Lowcountry provides access, equal opportunity and reasonable accommodation in its services, programs, activities, education and employment for individuals with disabilities. To request disability accommodation, contact the counselor for students with disabilities at (843) 525-8228 during the first ten business days of the academic term.

ACADEMIC MISCONDUCT
There is no tolerance at TCL for academic dishonesty and misconduct. The College expects all students to conduct themselves with dignity and to maintain high standards of responsible citizenship.

It is the student’s responsibility to address any questions regarding what might constitute academic misconduct to the course instructor for further clarification.

The College adheres to the Student Code for the South Carolina Technical College System. Copies of the Student Code and Grievance Procedure are provided in the TCL Student Handbook, the Division Office, and the Learning Resources Center.

ATTENDANCE
The College’s statement of policy indicates that students must attend ninety percent of total class hours or they will be in violation of the attendance policy.
• Students not physically attending class during the first ten calendar days from the start of the semester must be dropped from the class for NOT ATTENDING.

• Students taking an online/internet class must sign in and communicate with the instructor within the first ten calendar days from the start of the semester to indicate attendance in the class. Students not attending class during the first ten calendar days from the start of the semester must be dropped from the class for NOT ATTENDING.

• Reinstatement requires the signature of the division dean.

In the event it becomes necessary for a student to withdraw from the course OR if a student stops attending class, it is the student’s responsibility to initiate and complete the necessary paperwork. Withdrawing from class may have consequences associated with financial aid and time to completion.

- When a student exceeds the allowed absences, the student is in violation of the attendance policy. The instructor MUST withdrawal the student with a grade of “W”, “WP”, or “WF” depending on the date the student exceeded the allowed absences and the student’s progress up to the last date of attendance or
  o under extenuating circumstances and at the discretion of the faculty member teaching the class, allow the student to continue in the class and make-up the work. This exception must be documented at the time the allowed absences are exceeded.
- Absences are counted from the first day of class. There are no "excused" absences. All absences are counted, regardless of the reason for the absence.
- A student must take the final exam or be excused from the final exam in order to earn a non-withdrawal grade.
- A copy of TCL’s STATEMENT OF POLICY NUMBER: 3-1-307 CLASS ATTENDANCE (WITHDRAWAL) is on file in the Division Office and in the Learning Resources Center.

ONLINE ATTENDANCE PROCEDURE

For all online courses, students must complete an assignment designated by the instructor during the first week of classes. The instructor will drop the student from the course if the initial assignment is not completed.

Instructors will withdraw students from the class when 90% attendance is not maintained. Attendance in an online course is defined by regular course access and by timely completion of assignments as required by the instructor. Each student will be expected to access the web class at least once a week and complete 90% of assignments on time. Additional access is encouraged and may be necessary for successful completion of classes.

Failure to log in and complete assignments will result in the student being withdrawn from the course. The instructor will assign a grade of “W,” “WP,” or “WF” based upon the student’s academic standing as the last date of attendance, which is the last login. Students are responsible for any financial matters associated with an administrative withdrawal. If a fails to email the instructor (using the my.tcl.edu email account) requesting to be dropped from the course and has not submitted the initial assignment required during the first week of class, the instructor will assign a “Never Attended” code in the student information system (web-advisor) no later than ten calendar days after the first day of the class. Students who are dropped as a result of never attending the course are still responsible for all fees associated with the course.
HAZARDOUS WEATHER

In case weather conditions are so severe that operation of the College may clearly pose a hardship on students and staff traveling to the College, notification of closing will be made through the following radio and television stations: WYKZ 98.7, WGCO 98.3, WGZO 103.1, WFXH 106.1, WWVV 106.9, WLOW 107.9, WGZR 104.9, WFXH 1130 AM, WLWH 101.1, WSOK 1230 AM, WAEV 97.3, WTOC TV, WTVG TV, WJWJ TV, and WSAV TV. Students, faculty and staff are highly encouraged to opt in to the Emergency Text Message Alert System. [http://www.tcl.edu/current-students/text-alert](http://www.tcl.edu/current-students/text-alert)

EMERGENCY TEXT MESSAGE ALERT

Students, faculty and staff are highly encouraged to opt in to the Emergency Text Message Alert System. Participants receive immediate notification of emergency events and weather cancelations via text messaging on their cell phones. Participants can also opt in to receive non-emergency news and announcements. Go to [www.tcl.edu](http://www.tcl.edu). On the homepage, click on “emergency TextAlert at TCL” and fill out the form or go to [http://www.tcl.edu/current-students/text-alert](http://www.tcl.edu/current-students/text-alert)

Course Evaluation

Your performance objective and exams will be translated to points and the points to grades. There are 100 possible points and grades will be earned as follows:

- A = 90-100
- B = 80-89
- C = 70-79
- D = 60-69

Tests and Quizzes

The final examinations is comprehensive examinations of previous lecture and consists of 50 multiple-choice, true-false, fill-in the blank, and essay questions. Each exam is value at 20% of the final grade.

Class Participation/

Each student is required to participate in the classroom discussion and complete all homework assignments. Student are required to perform all required exercise. Classroom participation is valued at 20% of the final grade.

Weekly Training

Each student is required to perform 70 minutes of workout per week outside of class time. A log of workout time must be submitted at the beginning of each class. Weekly workout training is valued at 20% of the final score.

Final Project

Students will develop a physical fitness plan. ([Guidelines TBP](Guidelines TBP)) Physical fitness plan is valued at 20% of the final grade.
Students will perform a law enforcement physical fitness test. Fitness test is valued at 20% of the final grade.

SAFETY ADDENDUM

Purpose.
The purpose of this safety addendum is to provide each student with safety guidelines during an incident, emergency, or disaster at TCL. In addition, it provides students guidelines for lockdown procedures, evacuation procedures, and active shooter.

Definitions
An incident is any event, potential or actual, that may impact normal operations but has no immediate health or life threatening consideration or serious effect on the overall functional capacity of the College. An event of this nature should be reported to the Office of the Vice President for Administrative Services. Also notify the off-site campus administrator if applicable.

An emergency is any incident, potential or actual, which may endanger life or health or which affects an entire building or buildings, and will disrupt the overall operations of the College. Outside emergency services will probably be required, as well as major efforts from campus support services. Major policy considerations and decisions will usually be required from the college administration during times of crises. An emergency should be reported immediately by directly using 911 if life or health/injury considerations exist and then to the Office of the President or Vice President for Administrative Services as quickly as possible. Also notify the off-site campus administrator if applicable.

A disaster is any event or occurrence that has taken place and has seriously impaired or halted the operations of the College. In some cases, mass personnel casualties and severe property damage may be sustained. A coordinated effort of all campus-wide resources is required to effectively control the situation. Outside emergency services will be essential. In all cases of disaster, an Emergency Control Center will be activated, and the appropriate support and operational plans will be executed. The disaster should be immediately reported, first by calling 911 and then to the Office of the President or Vice President for Administrative Services. Also notify the off-site campus administrator if applicable.

Types of Emergencies
- Hurricane
- Tornado
- Fire
- Biochemical or Radiation Spill
- Explosion/Bomb
- Downed Aircraft (crash which directly impacts campus operations)
- Utility Failures
- Violent or criminal behavior
- Psychological Crisis

Procedures
Active Shooter
Building Evacuation
1. Building evacuations occur when an alarm sounds and/or upon notification by Security or the Emergency Director.
2. When the building evacuation alarm is activated during an emergency, individuals should exit according to the building evacuation plan and alert others to do the same.
3. Once outside, individuals should proceed to a clear area that is at least 500 feet away from the affected building. Streets, fire lanes, hydrant areas and walkways should be kept clear for emergency vehicles and personnel.
4. Individuals should not return to an evacuated building unless told to do so by Security or the Emergency Director.
5. Individuals should assist persons with disabilities in exiting the building. Elevators are reserved for disabled persons.

Campus Evacuation
1. A uniformed Security Guard, the Emergency Director, or an Emergency Resource Team member will announce evacuation of all or part of the campus grounds.
2. All persons (students and staff) are to immediately vacate the campus, or in the case of a partial evacuation relocate to another part of the campus grounds as directed.

Lockdown
1. Clear the halls
2. Report to the nearest classroom/office
3. Assist those needing special assistance
4. Ensure classroom/office doors are closed and locked
5. Turn off lights
6. Stay away from doors and windows (out of the line of sight)
7. BE QUIET and follow instructor’s directions
8. Silence cell phones
9. Wait for the “All Clear” before leaving

Course Schedule

Developed/Revised: January 7, 2012