

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<br>Application of Assessment Tools<br>Documentation<br>Demonstration<br>Role Play Assessment Activities<br>Research Resources<br>Lecture<br>Written Assignments | Written Assignments<br>Case Studies                                    |
| 7. Use professional assessment tools to prescribe and document exercise programs for the apparently healthy population. | Utilization of Computer Programs<br>Application of Assessment Tools<br>Documentation<br>Demonstration<br>Role Play Assessment Activities<br>Research Resources<br>Lecture<br>Written Assignments | Written Assignments<br>Case Studies<br>Documentation<br>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

