Ball State University

Fall 2026

EXSC 622– Foundations of Adult Physical Fitness – 3 credits

Tuesday and Thursday from 2-3:15 PM
HP 310

Instructor Information

Instructor: Lily Hess, MS
Office: Human Performance Laboratory: HP 232
Office Hours: By appointment
Phone: (765) 285-4044
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Course Description

Introduction to the exercise specialist curriculum. Provides the foundation for acquiring the philosophy, principles, and guidelines for establishing and directing adult fitness programs.

Course Objectives

- To understand foundational scientific literature supporting the relationships between physical activity, cardiorespiratory fitness, and health.
- To understand current scientific reports and guidelines related to physical activity and exercise programming.
- To understand preparticipation screening and utilize fitness and exercise testing results to inform exercise programming.
- To understand the components of an exercise prescription and to be able to develop, progress, and modify individualized exercise programs for diverse populations.
- To understand the physiological adaptations that are expected to occur with physical fitness training and how these adaptations influence exercise programming.
- To understand fundamental administrative policies and procedures relevant to directing adult physical fitness programs.

Course Materials

TEXTBOOKS:

REQUIRED: American College of Sports Medicine. *ACSM's Guidelines for Exercise Testing and Prescription*. 12th ed. Philadelphia, PA: Wolters Kluwer; 2026.

REQUIRED: American College of Sports Medicine. Clinical Exercise Physiology. 2nd edition, Wolters Kluwer, 2025.

CANVAS: BSU CANVAS

Classroom Environment

In-person lecture, practical related components, and discussions

Student Expectations

Students are expected to come to class prepared, participate actively, and contribute to a respectful and productive learning environment. The following expectations apply:

1. **Be on time and prepared.** Arrive on time with all materials needed for class, including completed assignments and a calculator when required.
2. **Complete assigned readings and preparation.** Students should complete assigned readings and other preparatory work before class and be prepared to discuss and apply the material.
3. **Engage and participate.** Ask questions, share ideas and experiences, and participate in class discussions and activities. Active participation is an important part of the learning experience.
4. **Use electronic devices appropriately.** Cell phones should be silenced and put away during class unless their use is specifically permitted for a class activity. Laptops and tablets may be used for course-related purposes but should not distract you or those around you.
5. **Bring a calculator when needed.** Students are expected to have an appropriate calculator available for class activities and exams when required. Cell phones may not be used as calculators during exams.
6. **Monitor course communications.** Students are responsible for regularly checking their Ball State email and Canvas for announcements, assignments, schedule changes, and other course information.
7. **Submit work on time.** Assignments are expected to be submitted by the posted deadline. Late-work policies and any exceptions will be communicated with individual assignments or through Canvas.
8. **Respect the learning environment.** Be respectful of your classmates, the instructor, and the classroom space. Behavior that disrupts the learning environment or interferes with other students' ability to participate may result in the student being asked to leave the classroom.

Attendance Policy

Attendance and participation are expected in this course and account for 15% of the course grade.

Attendance will be handled in accordance with Ball State University policies regarding student absences. University-excused absences include qualifying absences related to funeral and bereavement leave, jury duty, late course addition, military obligations, religious observances, pregnancy leave, approved student-athlete activities, and University advisories.

Attendance will be recorded at each class meeting. Students are responsible for ensuring their attendance is properly documented. Students arriving after the attendance check-in has closed are responsible for notifying the instructor after class. Repeated tardiness may result in a reduction of the attendance and participation grade.

Students should notify the instructor in advance when they anticipate being absent or as soon as possible following an unexpected absence. Documentation may be requested when appropriate. Other circumstances, including illness, injury, emergencies, or professional obligations, will be considered on an individual basis.

Excused absences will not count against the attendance grade. Unexcused absences will reduce the attendance grade proportionally based on the number of required class meetings attended.

Many class sessions will include in-class assignments, activities, and other course work. Make-up work will be permitted for excused absences. Make-up work associated with an unexcused absence is at the discretion of the instructor.

Participation requires active and appropriate engagement in class. Sleeping, texting, working on unrelated assignments, or other disruptive or disengaged behavior may result in a reduction of the attendance and participation grade.

Course Assignments

Assignment details, including instructions, relevant readings, due dates, and grading criteria/rubrics will be posted and updated on Canvas. Please check Canvas regularly to stay informed and on track.

Student Evaluation

Exams 40%

- Mid-term exam (20%)
- Final exam (20%)

Assignments/Activities 60%

- Attendance/ Participation (15%)
- Assignments and Activities (45%)

Course Grading Scale

Letter Grade	Range
A	100% - 93.0%
A-	90.0% - 92.9%
B+	87.0% - 89.9%
B	83.0% - 86.9%
B-	80.0% - 82.9%
C+	77.0% - 79.9%
C	73.0% - 76.9%
C-	70.0% - 72.9%
D+	67.0% - 69.9%
D	63.0% - 66.9%
D-	60.0% - 62.9%
F	<60.0%

Communication Expectations

Please feel free to contact me with any questions or concerns related to the course. I am available for in-person meetings by appointment. When emailing me, please include your name and course number.

Academic Integrity

Honesty, trust, and personal responsibility are fundamental attributes of the university community. Academic dishonesty and other forms of academic misconduct threaten the foundation of an institution dedicated to the pursuit of knowledge and will not be tolerated. To maintain its credibility and

reputation, and to equitably assign evaluations of scholastic and creative performance, Ball State University is committed to maintaining a climate that upholds and values the highest standards of academic integrity. Visit the VPAA's academic integrity website (Students tab) for resources on understanding academic integrity, citing sources properly, and avoiding inadvertent academic dishonesty. To learn about BSU's academic integrity expectations and students' rights, please read the University Student Academic Ethics Policy.

Use of Artificial Intelligence

All work produced and/or submitted in this course should reflect your own ideas and demonstrate your current knowledge, abilities, and skills. Therefore, GenAI should not be used to complete any portion of the assignment(s). Doing so constitutes a violation of Ball State University's Student Academic Ethics Policy.

Additional Resources

Ball State has plenty of great resources to help students succeed. Please utilize any of the following to enhance your academic success and well-being.

- The Learning Center
- The Writing Center
- The Basic Needs Hub
- The Counseling Center
- The Speaking Center

University Statement

We are committed to ensuring that all members of the community are welcome, through valuing the various experiences and worldviews represented at Ball State and among those we serve. We promote a culture of respect and civil discourse.

Disability Statement

If you need course adaptations or accommodations because of a disability, please contact the instructor of record as soon as possible. Ball State's Disability Services Office coordinates services for students with disabilities; documentation of a disability needs to be on file in that office before any accommodations can be provided. Disability Services can be contacted at 765-285-5293 or dsd@bsu.edu.

Freedom of Expression

In this course, we are committed to fostering a learning environment that values intellectual diversity, encourages free expression, and promotes open inquiry. As members of the Ball State Community, we treat each person in the Ball State community with civility, courtesy, compassion, and dignity and respect and learn from differences in people, ideas, and opinions. Please review Ball State University's Statement on Freedom of Expression, the resources on Ball State's Freedom of Expression webpage, and Ball State's Beneficence Pledge.

Title IX / Sex Discrimination

Ball State University is committed to maintaining an educational environment free from sex discrimination, including sexual harassment, sexual misconduct, dating and domestic violence, and stalking. Students who experience or witness conduct that may violate University policy are encouraged to seek support and assistance. The Title IX Office can provide information about reporting options,

supportive measures, and available resources. Contact the Title IX Office at 765-285-1545 or titleix@bsu.edu.

Please Note: As your instructor, I am a mandatory reporter. If you disclose information to me about conduct that may constitute sex discrimination or sexual misconduct, I am required to notify the Title IX Coordinator. The Title IX Office will reach out to discuss available resources, supportive measures, and reporting options. If you wish to speak with someone confidentially, you may contact the Counseling Center or the Center for Survivor Support.

Course Schedule

A detailed course schedule, including weekly topics, readings, assignments, and important dates, will be maintained as a separate document on Canvas. The schedule will be reviewed and updated throughout the semester based on the progress and needs of the class.

Students are responsible for checking the course schedule on Canvas regularly and should always refer to the most current version.

Any significant changes to due dates, exams, or other course requirements will be communicated in class and/or through Canvas.

Subject to Change

This syllabus is subject to change in the event of extenuating circumstances.