

Code	10014		
Class name	Theory of Exercise Prescription		
Semester	2nd	Lecture target	2
Unit Classification	Elective	Unit count	2
Charge teacher	Okano Ryosuke		
Category	Professional education subject		
Class style	Lecture and practice		
Class time	Tue/1		
NO.	Ck31217w		

Professional career-experienced <input checked="" type="checkbox"/> a course taught by a teacher with practical experience On practical contents related to class
Languag <input checked="" type="checkbox"/> using languages other than Japanese
Active learning elements <input type="checkbox"/> problem-solving-learning in cooperation with external organizations based on agreements <input type="checkbox"/> discussion,debate <input checked="" type="checkbox"/> group work <input type="checkbox"/> presentation <input checked="" type="checkbox"/> practical training,fieldwork

Class outline,goal
From a welfare point of view of improving and cultivating the social welfare and enhancement of the culture, the aim of this course is to help students understand the basic theory of exercise prescription and make their training menus which are fitted for their physical characteristics, include their fitted exercise event, and reveal exercise conditions (intensity, time a day, frequency a week and so on) after executing various physical fitness test and exercise load test.
Class plan
1. Introduction 2. Concept of exercise prescription 3. Conditions which are necessary to safe exercise. 4. Safe limit and effective limit of physical exercise 5. Distinction between principle of exercise and individuality of exercise 6. Procedure of exercise prescription 1 (Internal medical and orthopedical medical check-up, Exercise load test, Target heart rate an so on) 7. Procedure of exercise prescription 2 (Measurement method of various physical fitness, How to make training menu, Aftercare, Retest) 8. Expression of exercise intensity 1 (Watt, Calory, RMR, Mets and RPE)

9. Expression of exercise intensity 2 (Vo ₂ max, %Vo ₂ max, Heart rate, %Heart and %HRreserve)
10. Expression of exercise intensity 3 (Anaerbic Threshold)
11. Conditions of exercise prescription observed from the phase of effect
12. Practice of measurement of shape and body composition and exercise load test
13. Practice of physical fitness measurement 1 (Whole body raction time, Maximal power output by using a bicycle ergometer, hip adductor and abductor muscle strength)
14. Practice of physical fitness measurement 2 (Grip strength, Back strength, Vertical jump, Long-seat forward bending, sit-up, Standing on one leg with eyes closed, Leg extension strength, Leg flexion strength)
15. Making of training menu
No final exam
Grading method
Grading will be decided based on final report and quiz of each class.
Assigned books
Related document will be distributed at each class.
Classroom equipment
Video equipment (using video or DVD)
Advice on preparation and review
Check lecture contents at each class and read the references and documents of each class.
Class rules
You must refrain from speaking privately and using your smart phone during lecture.
Grading Criteria
Your final grade will be calculated according to the following process: Final report(95%) and quiz of each class(5%).
Feedback method
The submissions will be checked and returned them with some comments.
Note
Late will be severely prohibited. You must refrain from putting your smart phone on your desk.
Office hour
The 2nd period on Friday
Improvements from the results of the previous year's class evaluation questionnaire
Evaluation method is changed drastically. Training menu is for reference only.