

Fitness and Work Performance EP 325

Fall 2014

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Learning Resources:

Text: 1. Required Text(s)

□ Sharkey B.J. and Davis P.O. Hard Work: Defining Physical Work Performance Requirements. Champaign: Human Kinetics, 2008.

□ Sharkey B.J. Fitness and health. 4th ed. Champaign:, Human Kinetics, 1997.

2. Essential References

□ AL Hazzaa H.M. (2009), Exercise physiology (Theoretical and practical foundations of laboratory physiological measurements). King Saud University for scientific publishing.

□ ACSM (2007) ACSM's Health-Related Physical Fitness Assessment Manual. Philadelphia: Lippincott Williams & Wilkins.

4. Electronic Materials, Web Sites etc

American Heart Association <http://www.americanheart.org>

ACSM for the exercise sciences and clinical sports medicine

<http://www.acsm.org>

Arthritis Foundation <http://www.arthritis.org>

National Institutes of Health <http://www.nih.gov>

National Osteoporosis Foundation <http://www.nof.org>

Sfsm.org.sa

Exams and Grading: There will be one Med-term exam (20 %) and a semi-comprehensive final exam (40%). Quizzes will be given during the first ten minutes of each class (20%). Exams and quizzes will be a mixture of multiple choice, true/false and short-answer essay style. The final will be semi-comprehensive with 25% of the questions covered from material covered after the mid-term exam, 50% directly from mid-term exam and quizzes, and 25% from any material covered in the course. The project is worth (20%) of the grade.

Important Dates/Tentative Lecture Schedule:

September 02 - First day of class; Introduction to the course

September 09 - The concept of fitness and its elements

September 16 - The relationship between fitness and work performance

September 23 - National Day, no class

September 30 - No Class

October 07 - No Class

October 14 - Occupational risks associated with performing the work
(Injures, Prevention and treatment)

October 21 - Definition of the nature of medical careers including emergency medicine in which physical fitness is needed for better performance

October 28 - Part 1: Identify the theoretical foundations to evaluate physical performance during work in medical career

November 4 - part 2: Identify the theoretical foundations to evaluate physical performance during work in medical career

November 11 - Exam 1

November 18 - Part 1: Practical sessions necessary to measure and evaluate the fitness associated with work in various careers

November 25 - Part 2: Practical sessions necessary to measure and evaluate the fitness associated with work in various careers

December 2 - Part 1: Provide theoretical and practical bases necessary to prepare fitness programs for workers in order improve their work performance

December 9 - Part 2: Provide theoretical and practical bases necessary to prepare fitness programs for workers in order improve their work performance

December 16 - Part 1: Practical sessions for preparing and managing training programs

December 23 - Part 2: Practical sessions for preparing and managing training programs

December 30 - Project Discussion

January 6 - Final Exam