KSS 1500 - Physical Activity Core Concepts

Fall 2026 Syllabus, Section 03, CRN 42285,

Credit hours: 1

Instructor

Sharon Bartlone

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Public Instructor Information

Instructor Title: Ms. Sharon Bartlone
Instructor Professional Qualifications:

Master of Public Health, (MPH) Social and Behavioral Health Sciences, University of Hawaii at Manoa, 2009

Bachelor of Science in Applied Science, (BS) Home Economics Community Services, Youngstown State University, 1990

American Council on Exercise, (ACE)-Gold Certified Medical Exercise Specialist, 2001

American Council on Exercise, (ACE)-Certified Personal Trainer, 1998

Instructor Office Location: Beeghly Center 307

Instructor Office Phone: 330-941-1904

Course Description

1500. Physical Activity Core Concepts. Essential concepts that document the relationship between physical activity and maintaining optimal health. Personal and social implications of physical inactivity are also explored. Two KSS activity courses must be taken in addition to this course to satisfy the requirements for GER credit. 1 s.h.

Course Readings

Group	Title	Author	ISBN
	No Readings		

No Textbook. Lecture notes/Power Point will be presented through BlackBoard Modules.

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

Tentative Course Schedule

Week of	Reading(s)	Proposed Topic	Due/To Prepare for Class
8/24	Module 1: Intro Assignment #1	Introduction to Course	***SEE BLACKBOARD FOR DUE DATES
8/31	Module 2: Assignment #2	Historical Framework of Physical Activity	
9/7	Module 3: Assignment #3	Epidemiology of Selected Chronic Diseases as it Pertains to Physical Inactivity	
9/14	On-line Questionnaire Assignments	Daily Calories Intake Daily Calories Burned	
9/21	Module 4: Assignment #4	Benefits & Risks of Physical Activity & Exercise	
9/28	No Assignment Due		

10/5	Module 5: Assignment #5	Environmental Determinants of Physical Activity & Sedentary Behavior
10/12	3 Physical Activity Group Class Assignments Due (to be attended in person or remotely)	Critique of Physical Activity Group Classes
10/19	Module 6: Assignment #6	Developing an Exercise Program
10/26	No Assignment Due	
11/2	Module 7: Assignment #7	Health Related Fitness Testing
11/9	No Assignment Due	
11/16	Module 8: Assignment #8	Weight Management
11/23	Review of your Submitted Assignments	Check to see if you have completed all of your assignments including the 2 on-line Questionnaires/3 physical Activity Group Class critiques
11/30	No Assignment Due	
12/7	No Assignment Due	

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.