

KSS 1524 - Physical Fitness and Exercise Program

Fall 2026 Syllabus, Section 01, CRN 42529,

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

1524. Physical Fitness and Exercise Programs. Discussion and participation in activities designed to develop and improve the health-related aspects of physical fitness including weight and stress control. 1 s.h.

Course Readings

Group	Title	Author	ISBN
	No Readings		

No Textbook. Lecture notes/Power Point and Assignments will be presented on-line 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	Proposed Topic	Due/To Prepare for Class
8/24	Introductions/Syllabus & Introduction Lecture: Components of Fitness/Benefits of Exercise (Room 115)	PAR-Q Form
8/31	Introduction: Cardio, Target Heart Rate (Room 212) Rating of Perceived Exertion & FITT Formula (Room 115)	
9/7	No Class/Holiday Cardio Workout Lab 6 (Room 212)	Goal Worksheet
9/14	Cardio Lab RPE (Room 212) Treadmill Workout or Cycle (Room 212)	Target Heart Rate Worksheet
9/21	Lecture: Guidelines on Intensity/FITT Formula/Barriers (Room 115) Begin Strength Training (Room 212)	
9/28	Strength Training (Room 212) Circuit WO 1 (Room 212)	Anatomy Worksheet



10/5	Circuit WO 2 (Room 212) Circuit WO 3/Dice (Hallway)	
10/12	Circuit WO 4 (Room 212) Circuit WO 5 (Room 212)	Exam 1
10/19	Lecture: Flexibility (Room 115) Flexibility WO Dice (Hallway)	
10/26	Flexibility Cards 1 (Hallway) Flexibility Cards 2 (Hallway)	
11/2	Stability Ball WO (Hallway) Cardio WO & ST (Room 212)	
11/9	Cardio WO & ST (Room 212) No Class/Holiday	
11/16	Lecture: Body Composition/Weight Management (Room 115) Circuit WO 6 (Room 212)	Food Label Worksheet
11/23	Volleyball (Room 119) No Class/Holiday	
11/30	Basketball (Room 119) Kickball (Room 119)	Exam 2
12/7	Class Review	

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.