



Course Title: **Exercise & Caloric Consumption**

Produced by: **Fitness Learning Systems**
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Course Type: **e-Learning Home Study**

Credit hours: AEA 1.0, ACSM 1.0, ATRI 0.1, COPS-KT 0.1,
NFPT 1.0, NCSF 0.5, YMCA 1.0, NSPA 1.0

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June M. Chewning, BS MA has been presenting educational health/ wellness lectures and fitness classes to corporations, the community, and fitness professionals since 1985 both in the U. S. and Internationally. June serves on the Aquatic Exercise Association Research Council, Certification Council, and is a recipient of the AEA 1995 Achievement Award, and 2001 Contribution to the Aquatic Fitness Industry Award. She serves as adjunct faculty for Cincinnati State College, developing and teaching several courses for the Health Fitness Technician degree program. She is President of Fitness Learning Systems, a CEC education company. She specializes in educational formatting and programming.

Course Summary:

It's always fun to go to the health club, jump on the bike or treadmill and burn some calories. It's such a satisfying experience to finish your workout, push the calorie display, and step off knowing you have created a calorie deficit. How accurate are these readings and what determines how many calories you burn? How does a treadmill compare to a bike for burning calories? Do you burn as many calories in water exercise as you do on land?

How do you accurately determine caloric expenditure? After reviewing this course you will be able to define terms related to the measurement of energy production, understand how caloric consumption is measured, how intensity is measured in exercise, and be able to describe variables affecting caloric consumption during exercise.

Objectives:

Upon completion of this course, you will be able to:

1. Define several terms related to the measurement of energy production.
2. Describe variables affecting caloric consumption during exercise.
3. Understand how caloric consumption is measured.
4. Understand how intensity is measured in exercise.
5. Describe the variables that affect caloric consumption in the aquatic environment.

Outline:

Definitions
Variables Affecting Caloric Consumption in Exercise
Measuring Caloric Consumption
Caloric Consumption for Common Activities
Measuring Exercise Intensity
Oxygen Consumption
Metabolic Equivalents (METs)
Heart Rate
Rate of Perceived Exertion (RPE)
Excess Postexercise Oxygen Consumption (EPOC)
Caloric Consumption during Vertical Exercise in the Aquatic Environment
Summary of Caloric Consumption during Exercise

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