

KSS 4450 – Exercise Prescription for General and Special Populations

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COURSE

DESCRIPTION: The application of exercise science principles to the design and implementation of exercise and training programs for general and special populations.

COURSE

OBJECTIVES: To provide the student with the knowledge necessary to: 1) apply physiological principles to conditioning programs; 2) prescribe and implement fitness programs; 3) select, interpret, and apply physiological tests in order to design a safe and effective training program; 4) design exercise programs to achieve participant's goals; and 5) to apply all information to not only the general, apparently healthy population but also to special populations.

COURSE

CONTENT: Topics covered will include: physiological principles; exercise prescription – mode, intensity, frequency, and duration; program implementation; program design; participant concerns; and special populations.

REQUIRED

MATERIALS: ACSM's Exercise Management for Persons With Chronic Diseases and Disabilities. 3rd Edition, Human Kinetics, 2009.

ACSM's Guidelines for Exercise Testing and Prescription. 8th Edition, Lippincott, Williams, & Wilkins, 2010.

ACSM's Health-Related Physical Fitness Assessment Manual, 3rd ed. Lippincott, Williams & Wilkins, 2009.

Course packet – purchase at Copy Express, EIU Union

Attendance

Attendance will not be taken. If, and only if, you contact me prior to an absence will you be able to make up any missed points that were earned that day depending on the nature of the earned points. There will be frequent quizzes throughout the semester, therefore regular attendance will be critical to your success. You must be present to take quizzes. Exceptions to this rule will be considered on a case-by-case basis.

You must maintain current Adult CPR and AED certification throughout this semester.

Case studies and other assignments will be given throughout the semester.

A quiz will be given early in the semester. This quiz will cover the various assessment procedures, calculation of results, and explanation of results that you learned in KSS 4440. Additionally, you will be assigned various case studies and other assignments to be done in- and out-of- class.

ADULT FITNESS (AF)/ASSESSMENT TESTING AND PRESCRIPTION (ATP) LAB:

- You are required to work 2 hours each week in the AF office/ATP Lab beginning the second week of classes through the last week of classes. One of these hours may be assisting the GA's in the Adult Fitness (AF) office and observing/helping with screenings. The other hour(s) will be assigned in the ATP lab. If you miss your AF/ATP Lab hours you will lose 10 points for each absence from your overall grade. If you have an absence you must make up the hour(s) on the Friday of that week between 7:00 -9:00 a.m. in the AF office. Friday makeup hours are on a first come-first served basis. Only one 4450 student is allowed to make up hours on Friday. **You must inform me if you will make up hours on Friday.**
- You are expected to be on time and dressed professionally. You must wear casual/dress pants and your ATP lab shirt. NO JEANS, HATS, SHORTS, SWEATPANTS, OR SANDALS. No food or drink will be allowed in the AF/ATP lab. Cell phones, MP3 players, personal laptop computers and other electronic devices are prohibited. Use of the computers and internet is limited to activities directly involving your work in the AF office/ATP lab. This is not a study hall for other classes. Utilize this time to practice your skills and to work with the Graduate Assistants. You are expected to be professional at all times while in the lab. You are expected to practice assessments, calculate results, and answer phone calls to schedule appointments, file paperwork, etc... while in the lab. You will be evaluated on your lab performance by the Graduate Assistants. A detailed sheet on how you will be evaluated is included in your course packet.

Cell Phones

Cell phones must be silenced during class. Do not text in class.

Academic Misconduct

Please consult the Student Handbook for the official academic misconduct policy. Any academic misconduct will be dealt with according to the handbook and the discretion of the instructor. Anyone caught cheating on quizzes or exams will fail the course and be immediately removed from the room.

Student Success Center

Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center (www.eiu.edu/~success) for assistance with time management, test taking, note taking, avoiding procrastination, setting goals, and other skills to support academic achievement. The Student Success Center provides individualized consultations. To make an appointment, call 217-581-6696, or go to 9th Street Hall, Room 1302.

Disabilities

If you have a documented disability and wish to receive academic accommodations, please contact the Coordinator of the Office of Disability Services (217-581-6583).