Eastern Illinois University

Kinesiology & Sports Studies Department



KSS 4900 - Pediatric Exercise Physiology

Fall 2012

Instructor: Brian Pritschet, Ph.D., Professor

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Office Hours: Monday 10:00 - 11:00 pm, Tuesday 1:00 - 2:00 pm, Wednesday

10:00 - 11:00 am, Friday 10:00 - 11:00 am.

Other times by appointment

Course

Description: Seminar course presenting an overview of general principles of physical

growth and development and how growth and maturation affect physical performance and the physiological response to training. Emphasis on examining the differences between children/adolescents and adults.

Course Objective:

1) To provide students with a basic understanding of the growth and

development process and how this affects the response to acute and chronic exercise in children and adolescents at various stages of

maturation.

2) To present a basic overview of commonly used techniques for the

assessment of physical fitness and performance in children

Course

Content: Topics to be covered include: Growth and development, biological

maturation, cardiorespiratory function, metabolic function, aerobic and anaerobic performance, musculoskeletal function, body composition

assessment, environmental concerns, exercise and chronic illnesses, others

as time allows

Quizzes

Evaluation & Course

Class Assignments

5-15 pts each 5-10 pts each

Requirements: Final "Case Study" Presentation

50 pts 50 pts A = 90 - 100%B = 80 - 89%

C = 70 - 79%

D = 60 - 69%

F = < 60%

All class assignments must be turned in on the <u>announced due date</u> by the end of the designated class period unless you can provide an official University recognized excuse. [A penalty will be assessed for work that is late (50%/day), late assignments will not be accepted after 1 class period past the due date.] No make-up exams, quizzes, or assignments will be given without appropriate documentation.

The instructor's role is to help you learn and understand the course material. However, this requires you to take an active part, including asking questions during class and consulting with the instructor outside of class to clarify the things that you don't clearly understand.

Class Assignments Class assignments may include (but are not limited to) article summaries,

clinical problems and/or case studies.

<u>Article Summaries</u> – A summary of a research article (*in your own*

words) devoted to a specific topic.

<u>Growth & Development Assessments</u> – Students will use their own growth data to gain experience using common growth assessment tools.

Quizzes Will include multiple choice &/or short answer questions and will be

worth 5-10 points each.

Presentation Working individually or in pairs, students will investigate and present to the

class an overview of a specific topic related to the active child or adolescent.

Case Study Presented with information and data related to the growth, development,

maturation and fitness of a child or adolescent, students will interpret, explain

and provide feedback related to these findings.

Participation All students are expected to attend class and to participate in class activities and

discussions.

<u>Please</u> turn phones and music players **Off** and remove earpieces prior to the start of class and leave them in your pocket or backpacks. <u>There should be NO texting during class time!</u>

It is expected that all students will follow the guidelines set forth in the EIU Student Conduct Code. Academic honesty is expected, cheating in any form will not be tolerated! This includes work assigned through WebCT! Work submitted via WebCT should be completed independently unless otherwise indicated by the instructor.

The information contained in this syllabus is subject to change at the discretion of the instructor

- If you have a documented disability and wish to discuss academic accommodations, please contact me as soon as possible or contact the Coordinator of the Office of Disability Services.
- Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center for assistance. (<u>www.eiu.edu/~success</u> / 9th Street Hall, Room 1302 / 581-6696)