



***Clinical Exercise Physiology***  
KSS 4900  
**Eastern Illinois University**  
***Kinesiology & Sports Studies***  
***Spring 2013***



**Instructor:** Brian Pritschet, Ph.D.

**Office**

**Hours:** Monday 2:00 - 3:00 pm, Tuesday 10:00 – 11:00 am, Wednesday 3:00 – 4:00 pm, Friday 10:00 – 11:00 am. Other times by appointment

**Contact:** 2207 Lantz Building Phone: 581-7586  
**e-mail: Primary: D2L e-mail,** Secondary: blpritschet@eiu.edu

**Course**

**Description:** This course is designed to provide an introduction to the role of the Clinical Exercise Physiologist and to present an overview of exercise testing and programming considerations for individuals with various diseases, disorders and disabilities.

**Course**

**Objective:** To understand the scope of practice and responsibilities of a clinical exercise physiologist.  
To understand basic evaluation and examination skills utilized in the clinical exercise environment.  
To become familiar with the procedures involved with graded exercise testing  
To be able to evaluate and interpret basic data obtained from laboratory measurements.  
To understand the basic pathophysiology underlying common cardiopulmonary and metabolic diseases, bone, joint and neuromuscular disorders and issues specific to special populations  
To understand the modifications in the exercise prescription required by these diseases and disorders.

<b>Evaluation:</b>	6 Quizzes	12 points each
	Presentation	40 points
	Assignments	40 points (total)

**Grading Scale:**

- A= ≥90% of total points
- B=80-89%
- C=70-79%
- D=60-69
- F=<60%

While most of class time will be spent in lecture/discussion, there will be some time devoted to laboratory experiences. It is likely that you will be required to meet in small groups outside of class to observe procedures, collect and process data. Your presence and participation in group experiences

both in and outside of class is expected.

All students are expected to maintain a high level of professionalism and confidentiality in their conduct and interactions as a part of this course

It is the student's responsibility to be aware of all course assignments and exams through attendance in class and by checking D2L regularly and frequently. All assignments must be turned in by the announced due date unless you can provide an official University recognized excuse. **[ A 50%/day penalty will be assessed for work that is late, late assignments will not be accepted after 1 day past the due date.]** No make-up exams, quizzes, or assignments will be given without appropriate documentation.

D2L based assignments sent via **e-mail** attachment will NOT be accepted unless indicated otherwise by the instructor.

- **Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center ([www.eiu.edu/~success](http://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 9<sup>th</sup> Street Hall, Room 1302.**

**Please turn phones and music players off and remove earpieces prior to the start of class and leave them in your pocket or backpacks.** There should be no texting during class!

*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.

<b>Tentative Schedule of Topics</b>	<b>Week</b>
Syllabus Introduction	<b>1</b>
What is a Clinical Exercise Physiologist?	<b>2</b>
Risk factor analysis and patient evaluation	<b>3</b>
Graded Exercise Testing	<b>4</b>
Graded Exercise Testing	<b>5</b>
Graded Exercise Testing	<b>6</b>
Cardiovascular Diseases	<b>7</b>
Cardiovascular Diseases	<b>8</b>
Metabolic Disorders	<b>9</b>
Pulmonary Diseases & Disorders	<b>10</b>
Bone & Joint Disorders	<b>11</b>
Neuromuscular Disorders	<b>12</b>
Exercise Prescription Presentations	<b>13</b>
Exercise Prescription Presentations	<b>14</b>
Exercise Prescription Presentations	<b>15</b>