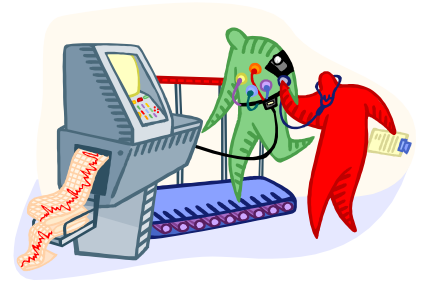




***Graded Exercise Testing and
Exercise Prescription***
KSS 5640
Eastern Illinois University
Kinesiology & Sports Studies
Fall 2013



Instructor: Brian Pritschet, Ph.D.

Office Hours: Monday & Friday 9:00 - 10:00 am, Tuesday 1:00 – 2:00 pm, Wednesday 10:00 – 11:00 am,
Other times by appointment

Office: 2207 Lantz Building Phone: 581-7586

e-mail: **Primary: D2L e-mail**, Secondary: blpritschet@eiu.edu

Course Description: This course is designed to examine the theoretical and practical aspects of cardiovascular testing devices and their protocols. In addition, classic techniques in exercise prescription will be investigated and implemented in real life situations.

Course Objective: To prepare the graduate student to conduct pre-exercise assessments and perform graded exercise testing of asymptomatic and symptomatic individuals in the fitness and clinical environments; to provide an understanding of the basic pathophysiology causing an impaired exercise response and tolerance; to understand the basis for developing an individualized exercise prescription for the apparently healthy individual and special populations To develop critical thinking and gain experience related to the application of exercise physiology principles to the evaluation of exercise performance and prescription.

Course Content:

- Basic Cardiopulmonary & Metabolic pathophysiology
- Pre-exercise screening and Risk factor assessment/stratification
- Indications and Contraindications for Exercise Testing/Screening
- Exercise Testing Modalities
- Exercise Testing Procedures and Protocols
- Interpretation of the Exercise Response
- Components of the Exercise Prescription
- Exercise Prescription for the Apparently Healthy
- Exercise Prescription for Special Populations
- Emergency Procedures
- Other topics as time allows

Evaluation:	Midterm Exam	80 points
	Final Exam	100 points
	Quizzes	5-10 points each
	Class Assignments	5-15 points each
	Laboratory Assignments	~15 points each
	Project	80 points

Grading Scale:	A= \geq 90% of total points
	B=80-89%
	C=70-79%
	D=60-69
	F=<60%

Text: [ACSM's Guidelines for Exercise Testing & Prescription \(8th ed\).](#)

All class assignments must be turned in on the announced due date 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%), 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.

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.

Quizzes Quizzes will be given ~ biweekly. These quizzes will include multiple choice &/or short answer questions related to the material presented since the previous exam/quiz.

Midterm & Final Exam These exams may include multiple choice and short answer questions and "case study" problems. The midterm exam covers the material up to that point while the final exam includes material since the midterm as well as a comprehensive portion.

Final Exam due date: *Wednesday – December 11th – 10:15 am*

Class Assignments Class assignments may include (but are not limited to) article summaries, clinical problems and/or case studies.

Article Summaries – A summary of a research article (*written or oral*) devoted to a specific topic.

Clinical Problems & Issues – Students will answer questions posed in class using the research literature and other sources in addition to the textbook

Case Studies – Calculations and interpretation of patient/client data and development of exercise prescriptions

Lab Assignments Students are expected to gain practical experience in the administration of exercise evaluations. Small groups will be formed and expected to conduct graded exercise tests within their group outside of the scheduled class time.

Project Choice of working individually or in pairs, students will investigate and present to the class an overview of exercise prescription principles for specific special populations.

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

Professionalism Situations may arise in this course while performing testing procedures and gathering

screening information in which personal information is collected. **Students are expected to act in a professional manner at all times**, treating their classmates with respect and maintaining confidentiality.

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 use of a laptop computer or tablet device to view or take notes is permissible, however, please do not use for anything other than class related functions (ø facebook, games, twitter, browsing, etc.)

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 D2L! Work submitted via D2L 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. (www.eiu.edu/~success / 9th Street Hall, Room 1302 / 581-6696)