

Eastern Illinois University  
Kinesiology & Sports Studies Department



**KSS 4900 - Pediatric Exercise Physiology**  
*Fall 2013*

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

**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 an 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

**Evaluation & Course Requirements:**

Class Assignments	5-15 pts each
Quizzes	5-10 pts each
Final "Case Study"	50 pts
Presentation	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 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%/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.  
   Article Summaries – A summary of a research article (*in your own words*) devoted to a specific topic.  
   Growth & Development Assessments – Students will use their own growth data to gain experience using common growth assessment tools.
- Quizzes**                      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.

**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 time!** 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 (*o 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](http://www.eiu.edu/~success) / 9th Street Hall, Rm 1302 / 581-6696)