

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:

1. Conduct an initial interview
2. Administer and interpret health appraisal and medical history review
3. Conduct fitness evaluations for the health-related components of fitness on clients
4. Interpret fitness assessment results and communicate results to clients
5. Design appropriate exercise programs for general and special populations
6. Demonstrate an understanding of various disease processes and effects on exercise tolerance
7. Determine exercise capacities and limitations for exercise for 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: Exercise Testing and Prescription, A Health-Related Approach. 7th Edition, McGraw Hill, 2011.
ACSM's Guidelines for Exercise Testing and Prescription. 9th Edition, Lippincott, Williams, & Wilkins, 2014.
ACSM's Health-Related Physical Fitness Assessment Manual, 4th ed. Lippincott, Williams & Wilkins, 2014.

Course packet – purchase at Panther Print & Copy Center, 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. Missed exams **MUST** be made up with one week of the original exam date.

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

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

A exam will be given early in the semester. This exam 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 ATP Lab 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 will be assigned in the ATP lab. There are no make-up hours for missed ATP Lab hours. The only excused ATP Lab absences **MUST** be university-approved activities, subject to verification by the instructor.
- 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 ATP lab. All electronic devices are prohibited for personal use in the lab. Use of the computers and internet is limited to activities directly involving your work in the 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, 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.

Evaluation

2-3 Exams plus Final exam (40% of grade)

Activities, Presentation, Assignments, Quizzes (60% of grade)

A = 90 – 100%

B = 80 – 89%

C = 70 – 79%

D = 60 – 69%

F = < 60%

Cell Phones

Cell phones must be silenced during class. Do not text in class, or I will smash your phone with a sledge hammer.

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).