

## Clinical Exercise Physiology

KSS 4900

## Eastern Illinois University Kinesiology & Sports Studies Spring 2014



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

Office

Hours: Monday & Friday 9:00 - 10:00 am, Wednesday 9:00 - 10:00 am & 2:00 - 4:00 pm

Other times by appointment

**Contact**: 2207 Lantz Building Phone: 581-7586

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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 be exposed to the basic procedures involved with graded exercise testing and the

evaluation of 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 benefits of exercise for these populations in the prevention of and

rehabilitation for these diseases and disorders...

**Evaluation**: ~4+ Quizzes 10 - 12 points each

Presentation 50 points

Assignments 8 - 12 points each

Final Exam 30 points

**Grading Scale:**  $A = \ge 90\%$  of total points

B=80-89% C=70-79% D=60-69 F=<60%

**Quizzes** Quizzes may be either announced or unannounced and completed in-class or on D2L.

Questions will consist of multiple choice &/or short answer items.

Assignments will be posted on D2L through 'Dropbox' from the 'assessment' menu.

These may include work with laboratory data and case study type exercises, etc...

<u>Presentation</u> Students will work in groups of ~3 to present information related to the benefits of

chronic exercise for the prevention and/or treatment of selected diseases or

disorders.

**Final Exam** A 'case study' format will be utilized to evaluate your understanding of the concepts

presented in this course. Some questions will come from student presentations. The exam will be administered through D2L and will be due the week after the class

ends.

While most of class time will be spent in lecture/discussion and presentation, 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 and is mandatory. You will not receive credit for any group assignment for which you were not present.

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% penalty will be assessed for work that is late. The opportunity to submit late assignments that are more than 1 week past due will be at the discretion of the instructor. No make-up exams, quizzes, or assignments will be given without appropriate documentation of an absence that meets university policy for an excused absence.

D2L based assignments sent via **e-mail** attachment instead of the *'Dropbox'* will <u>NOT</u> 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 (<a href="www.eiu.edu/~success">www.eiu.edu/~success</a>) 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 <a href="mailto:217-581-6696">217-581-6696</a>, or go to 9<sup>th</sup> Street Hall, Room 1302.

<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 or in the laboratory!</u>

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.



Tentative Schedule of Topics	Week	
Syllabus	1	
Introduction		
What is a Clinical Exercise Physiologist?	1	
Risk factor analysis and patient evaluation	2	
Graded Exercise Testing	2	
Graded Exercise Testing	3	
Graded Exercise Testing	3	
Cardiovascular Diseases	4	
Cardiovascular Diseases	4	
Metabolic Disorders	5	
Pulmonary Diseases & Disorders	5	
TBA	6	
TBA	6	
Presentations	7	
Presentations	7	
Presentations	8	
Presentations	8	