

Eastern Illinois University
College of Education and Professional Studies
Department of Kinesiology and Sports Studies
Fall 2009

KSS 4450 – Exercise Prescription for General and Special Populations

ASSOC. PROF.: Mrs. Stacey Ruholl, M.S., A.B.D.

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OFFICE HOURS: Mon., Wed 10:30 a.m. – 11:30 a.m.
Tues., Thurs. 10:00 a.m. – 11:00 a.m.
Other times by appointment.

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: To provide the student with the knowledge necessary to: 1) apply physiological principles to conditioning programs; 2) prescribe and implement fitness programs; 3) select, interpret, and apply physiological tests in order to design a safe and effective training program; 4) design exercise programs to achieve participant's goals; and 5) to apply all information to not only the general, apparently healthy population but also to 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.

EVALUATION:

1. Mid-term exam	20%
2. Final exam	20%
3. Attendance/ Participation	20%
4. ATP lab evaluations/checklists	20%
5. Presentation, Assignments, Quizzes	20%

GRADING: A = 90-100% of total possible points
B = 80-89%
C = 70-79%
D = 60-69%
F = ≤ 59%

REQUIRED

TEXTS: ACSM Guidelines for Graded Exercise Testing and Exercise Prescription.
8th Edition, Lippincott, Williams, & Wilkins, 2009.

ACSM's Health-Related Physical Fitness Assessment Manual, 2nd ed. Lippincott, Williams & Wilkins, 2008.

NSCA's Essentials of Personal Training., Earle and Baechle, Human Kinetics 2004.

Course packet – purchase at Copy Express, EIU Union

RECOMMENDED TEXT: ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 6th ed. Lippincott, Williams & Wilkins, 2009.

ATTENDANCE:

Attendance and participation is expected.

- Attendance policy is consistent with the University attendance policy concerning excused absences. We will do many in-class assignments and projects. You will be allowed to make up any work from an excused absence. An absence will only be counted as excused if you contact the instructor before or immediately following the absence (do not wait until the next class) AND provide acceptable written documentation for a University excused absence. You will not be allowed to make up any work, turn in assignments, etc... if you are absent and it is unexcused. Exams will not be re-scheduled..
- Attendance and participation is worth 20% of your final grade.

ASSIGNMENTS:

- **Presentation & Related Assignments**

You will be assigned to a group to review a particular research article and present it to the class. Your group will design a one-page summary of the article for the class. Details about this assignment are included in the course packet. This assignment is worth 30 points.

- **Volunteer Activities**

You are required to volunteer for 2 hours this semester. Any activity within the EIU community, the Charleston community, or your own home community is acceptable as long as you are not getting paid for it or any other type of reimbursement (grade/points for a class, etc). I will be asking for volunteers for various activities throughout the semester as well. You need written documentation on the volunteer sheet provided in your packet stating what you did, the date, the amount of time in that activity, and the supervisor's name and his/her signature. The volunteer documentation sheet is due toward the end of the semester when the bike test checklist is due. This assignment is worth 10 points.

- **Various quizzes, case studies, and other small assignments may be given throughout the semester**

A 50 point quiz will be given at the very beginning of the semester. This quiz will cover the various assessment procedures, calculation of results, and explanation of results that you learned in PED 4440.

ADULT FITNESS (AF)/ASSESSMENT TESTING AND PRESCRIPTION (ATP) LAB:

- You are required to work 2 hours a week in the AF office/ATP Lab beginning the second week of classes through the last week of classes. One of these hours will 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. If you miss your AF/ATP lab hours, it will count as an absence. If you have an excused absence, you will need to get someone from your class to cover your hours and your lab hours will need to be made up. Notify the GA of the change.

Also, email me and the GA with any schedule changes.

- 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 AF/ATP lab. Cell phones, MP3 players, personal laptop

computers and other electronic devices are prohibited. Use of the internet is limited to activities directly involving your work in the AF office/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, and answer phone calls to schedule appointments, file paperwork, etc... when you are in the lab. You will be evaluated on your lab performance by the Graduate Assistants and by me. A detailed sheet on how you will be evaluated is included in your course packet.

- **You are required to email me each week upon completion of your AF/ATP lab hours to update me on your activities while in the AF/ATP lab.**

GENERAL INFORMATION:

- You are expected to be thoroughly prepared for each class. Thoroughly prepared is defined as:
 - Having all materials, including assignments, needed for class before entering the class.
 - Having sufficiently read the assigned readings before class to verbally discuss the content and participate in class.
 - Having formulated questions and presenting these questions in class when information from readings and assignments is unclear.
- Your work is due on the due date. Work will not be accepted after the due date unless you provide acceptable written documentation as to why it was not possible to turn in your work on time.
- You must maintain current Adult CPR and AED certification throughout this semester.
- You are expected to regularly (at minimum twice weekly) check your EIU email account and the WebCT for this class.
- **You must bring a calculator to every class meeting. Cell phones, IPODS, etc. will not be permitted to be used as calculators. You may not share a calculator with another student in class.**
- **Use of electronic devices such as iPods, MP3 players, and cell phones, etc. is prohibited during class. This includes texting. All phones must be turned off or silenced prior to entering class. Should you choose to use them in class, you will be dismissed from that class. Should the pattern continue, you will be recommended to drop the class.**

Disability Statement: 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).

KSS 4450 TENTATIVE COURSE SCHEDULE:

	DATE	Topics/ Activities	Readings/ Assignments due
Week 1	M, 08/24	Welcome, Overview, Syllabus Assessments review	ACSM Assess. Manual Ch. 4 – ACSM Ch. 11 - NSCA
	W, 08/26	AF/ATP lab schedules; Metabolic equations practice sheet	ACSM Assess. Manual Ch. 2 – ACSM Ch. 9, 10 – NSCA
Week 2	M, 08/31	Review bike graph, ACSM risk strat; finish metabolic practice sheet	
	W, 09/02	Assessments/ Metabolic equations QUIZ (50 points)	* need calculator and ruler
Week 3	M, 09/07	No Class – Labor Day	
	W, 09/09	Cardio Ex. Rx. – overview; General population	Ch. 7 – ACSM Ch. 14, 16 - NSCA
Week 4	M, 09/14	Review ACSM/ AHA update, adults – article Continue general ex. Rx.	ACSM/ AHA update – Adults Ch. 7 – ACSM Ch. 14, 16 - NSCA
	W, 09/16	Presentation #1 CRE Case study	Article #1 Ch. 8 – ACSM Ch. 20 – NSCA
Week 5	M, 09/21	Presentation #2 Cardiac – overview of cardiac diseases	Article #2 Checklists Due
	W, 09/23	Presentation #3 Cardiac diseases, con't Ex. Rx. – cardiac	Article #3
Week 6	M, 09/28	Cardiac rehab phases; Ex. Rx.	Ch. 8 – ACSM Ch. 20 – NSCA
	W, 09/30	Case studies - cardiac	Ch. 9 – ACSM Ch. 19, 20 – NSCA
Week 7	M, 10/05	Presentation #4 Overview of diabetes & metabolic syndrome	Article #4
	W, 10/07	Presentation #5 Dyslipidemia, HTN, PVD, Obesity, Diabetes, Metabolic Syndrome	Article #5 Ch. 9 – ACSM Ch. 19, 20 – NSCA
Week 8	M, 10/12	Presentation #6 Dyslipidemia, HTN, PVD, Obesity, Diabetes, Metabolic Syndrome, con't Case Studies	Article #6 Ch. 9 – ACSM Ch. 19, 20 – NSCA
	W, 10/14	AF/ATP lab evals Review	

KSS 4450 TENTATIVE COURSE SCHEDULE, CON'T

Week 9	M, 10/19	Midterm Exam, Part 1	
	W, 10/21	Midterm Exam, Part 2	
Week 10	M, 10/26	Presentation #7 Resistance Training. Principles	Article #7 Ch, 13, 15 - NSCA p. 154-158 - ACSM
	W, 10/28	Presentation #8 Resistance Training. Principles, con't	Article #8 Ch, 13, 15 - NSCA p. 154-158 - ACSM
Week 11	M, 11/02	Presentation #9 Program Variations Article Review assignment	Article #9 Ch, 13, 15 - NSCA
	W, 11/04	Presentation #10 General population	Article #10 Ch, 13, 15 - NSCA
Week 12	M, 11/09	Cardiac, Pulmonary, Metabolic	Ch. 19, 20 – NSCA Article Review due
	W, 11/11	Cardiac, Pulmonary, Metabolic	Ch. 19, 20 – NSCA
Week 13	M, 11/16	Case Studies Variation activity	
	W, 11/18	Presentation #11 Children, Elderly, Pregnancy	Article #11 Ch. 9, 10 – ACSM Ch. 18, 19 – NSCA
Week 14	M, 11/23	THANKSGIVING BREAK!!!	
	W, 11/25	THANKSGIVING BREAK!!!	
Week 15	M, 11/30	Presentation #12 Children, Elderly, Pregnancy, con't Flexibility	AF Case Study Due! Article #12 Ch. 7, 9, 10 – ACSM Ch. 12, 18, 19 – NSCA
	W, 12/02	Presentation #13 Plyometric and speed training	Article #13 Ch. 17 - NSCA
Week 16	M, 12/07	Plyometric and speed training, con't	Ch. 17 – NSCA
	W, 12/09	Last class day; evals; review for final exam	

FINAL EXAM: Tuesday, December 15, 2009

12:30 – 2:30 p.m.