

**Eastern Illinois University  
Kinesiology & Sports Studies Department**



**Pediatric Exercise Physiology  
Fall 2009**

**Instructor:** Brian Pritschet, Ph.D.  
Professor  
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**Office Hours:** **Monday 12:00 - 2:00 pm, Wednesday 10:00 –11:00 am, Friday 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 a basic 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
Final "Case Study"	50 pts
Presentation	50 pts

A = 90 - 100%
B = 80 - 89%
C = 70 - 79%
D = 60 - 69%
F = < 60%