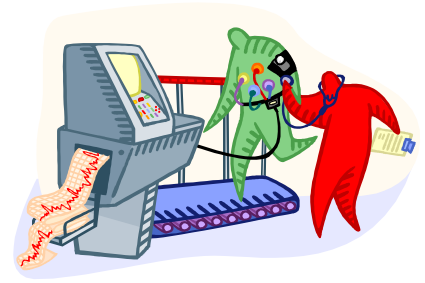




***Graded Exercise Testing and  
Exercise Prescription for the  
Apparently Healthy and the  
Cardiac Patient***  
PED 5640  
Eastern Illinois University  
***Kinesiology & Sports Studies***  
*Fall 2009*



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

**Office**

**Hours:** **Monday 12:00 - 2:00 pm, Wednesday 10:00 –11:00 am, Friday 10:00 –11:00 am.**

Other times by appointment

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

**e-mail:** blpritschet@eiu.edu

**Course Description:**

This course is designed to examine the theoretical and practical aspects of cardiovascular testing devices and their protocols. In addition, classic techniques in exercise prescription will be investigated and implemented in real life situations.

**Course  
Objective:**

To prepare the graduate student to conduct pre-exercise assessments and perform graded exercise testing of asymptomatic and symptomatic individuals in the fitness and clinical environments; to provide an understanding of the basic pathophysiology causing an impaired exercise response and tolerance; to understand the basis for developing an individualized exercise prescription for the apparently healthy individual and special populations To develop critical thinking and gain experience related to the application of exercise physiology principles to the evaluation of exercise performance and prescription.

**Course  
Content:**

Indications and Contraindications for Exercise Testing/Screening  
Exercise Testing Modalities  
Exercise Testing Procedures and Protocols  
Interpretation of the Exercise Response  
Components of the Exercise Prescription  
Exercise Prescription for the Apparently Healthy  
Exercise Prescription for Special Populations  
Emergency Procedures  
Other topics as time allows

**Evaluation:**

Midterm Exam	100 points
Final Exam	100 points
Quizzes	5 points each
Class Assignments	~5-25 points each
Laboratory Assignments	~15 points each
Project	80 points

**Grading Scale:**

A= ≥ 90% of total points

B=80-89%

C=70-79%

D=60-69

F=&lt;60%

**Text:****ACSM's Guidelines for Exercise Testing & Prescription (7<sup>th</sup> ed).**

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.

**Quizzes**

Quizzes will be given ~ weekly. These quizzes will include five multiple choice &/or short answer questions and will be worth 5 points each. The lowest quiz score will be dropped.

**Midterm & Final Exam**

These exams may include multiple choice and short answer questions and "case study" problems. **Final Exam: Wednesday – December 16<sup>th</sup> – 10:15 am – 12:15 pm**

**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.

Clinical Problems & Issues – Students will answer questions posed in class using the research literature and other sources in addition to the textbook

Case Studies – Calculations and interpretation of patient/client data and development of exercise prescriptions

**Lab Assignments**

Students are expected to gain practical experience in the administration of exercise evaluations. Small groups will be formed and expected to conduct graded exercise tests within their group as well as with non-class volunteers outside of the scheduled class time.

**Project**

Choice of working individually or in pairs, students will investigate and present to the class an overview of exercise prescription principles for specific special populations.

**Participation**

All students are expected to attend class and to participate in class activities and discussions.

**Please turn phones and music players Off and remove earpieces prior to the start of class and leave them in your pocket or backpacks.**

**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.