

Eastern Illinois University  
College of Education and Professional Studies  
Department of Kinesiology and Sports Studies  
Spring 2010

**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 10:00 a.m. – 11:00 a.m.  
Tues., Thurs. 9:00 a.m. – 10:00 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. 8<sup>th</sup> Edition, Lippincott, Williams, & Wilkins, 2009.  
ACSM's Health-Related Physical Fitness Assessment Manual, 3<sup>rd</sup> ed. Lippincott, Williams & Wilkins, 2009.

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, 6<sup>th</sup> 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 points will not be earned for inappropriate class conduct – including sleeping during class, texting, reading a newspaper or crossword, working on other class assignments, etc. If you choose to conduct these activities during class, you will be asked to leave.
- 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.

- An article review on a research article will also be assigned. You are expected to prepare a written review of the article. The writing rubric is included in the course packet.

- **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 KSS 4440.

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

- You are required to work 2 hours each 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, it will be recommended that you drop the class.**

Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center ([www.eiu.edu/~success](http://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 9<sup>th</sup> Street Hall, Room 1302.

**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, 01/11	Welcome, Overview, Syllabus Assessments review Assign presentation topics	ACSM Assess. Manual Ch. 4 – ACSM Ch. 10, 11 - NSCA
	W, 01/13	AF/ATP lab schedules; Review course packets Metabolic equations practice sheet	ACSM Assess. Manual Ch. 2 – ACSM Ch. 9, 10 – NSCA
Week 2	M, 01/18	<b>NO CLASS – MLK Jr. Day</b>	
	W, 01/20	Finish metabolic practice sheet	Ch. 2, 4 – ACSM Ch. 9, 10 – NSCA
Week 3	M, 01/25	Review bike graph, ACSM risk stratification;	Ch. 2, 4 – ACSM Ch. 9, 10 – NSCA
	W, 01/27	<b>Assessments/ Metabolic equations QUIZ (50 points)</b>	<b>* need calculator and ruler</b>
Week 4	M, 02/01	Cardio Ex. Rx. – overview; General population Review ACSM/ AHA update, adults – article	<b>ACSM/ AHA update – Adults;</b> Ch. 7,8 – ACSM Ch. 14, 16 - NSCA
	W, 02/03	<b>Presentation #1</b> CRE Case study	<b>Article #1</b> Ch. 7,8 – ACSM Ch. 14, 16 – NSCA
Week 5	M, 02/08	<b>Presentation #2</b> Cardiac – overview of cardiac diseases	<b>Article #2</b> <b>Checklists Due</b> Ch. 9 - ACSM Ch. 20 - NSCA
	W, 02/10	<b>Presentation #3</b> Cardiac diseases, con't Ex. Rx. – cardiac	<b>Article #3</b> Ch. 9 - ACSM Ch. 20 - NSCA
Week 6	M, 02/15	Cardiac rehab phases; Ex. Rx.	Ch. 9 – ACSM Ch. 20 – NSCA
	W, 02/17	Case studies - cardiac	Ch. 9 – ACSM Ch. 20 – NSCA
Week 7	M, 02/22	<b>Presentation #4</b> Overview of diabetes & metabolic syndrome	<b>Article #4</b>
	W, 02/24	<b>Presentation #5</b> Dyslipidemia, HTN, PVD, Obesity, Diabetes, Metabolic Syndrome	<b>Article #5</b> Ch. 10 – ACSM Ch. 19, 20 – NSCA
Week 8	M, 03/01	<b>Presentation #6</b> Dyslipidemia, HTN, PVD, Obesity, Diabetes, Metabolic Syndrome, con't Case Studies	<b>Article #6</b> Ch. 10 – ACSM Ch. 19, 20 – NSCA
	W, 03/03	AF/ATP lab evals Review	

## KSS 4450 TENTATIVE COURSE SCHEDULE, CON'T

Week 9	M, 03/08	<b>Midterm Exam, Part 1</b>	
	W, 03/10	<b>Midterm Exam, Part 2</b>	
Week 10	M, 03/15	<b>SPRING BREAK</b>	
	W, 03/17	<b>SPRING BREAK</b>	
Week 11	M, 03/22	<b>Presentation #7</b> Resistance Training. Principles Article Review assignment	<b>Article #7</b> Ch, 13, 15 - NSCA p. 165-172 - ACSM
	W, 03/24	<b>Presentation #8</b> Resistance Training. Principles, con't	<b>Article #8</b> Ch, 13, 15 - NSCA p. 165-172 - ACSM
Week 12	M, 03/29	<b>Presentation #9</b> Program Variations	<b>Article #9</b> Ch, 13, 15 - NSCA
	W, 03/31	<b>Presentation #10</b> General population	<b>Article #10</b> Ch, 13, 15 - NSCA
Week 13	M, 04/05	Cardiac, Pulmonary, Metabolic	Ch. 19, 20 – NSCA <b>Article Review due</b>
	W, 04/07	<b>Presentation #11</b> Cardiac, Pulmonary, Metabolic	<b>Article #11</b> Ch. 19, 20 – NSCA
Week 14	M, 04/12	Case Studies Variation activity	
	W, 04/14	<b>Presentation #12</b> Children, Elderly, Pregnancy	<b>Article #12</b> Ch. 8 – ACSM Ch. 18, 19 – NSCA
Week 15	M, 04/19	<b>Presentation #13</b> Children, Elderly, Pregnancy, con't Flexibility	<b>AF Case Study Due!</b> <b>Article #13</b> Ch. 8 – ACSM Ch. 12, 18, 19 – NSCA
	W, 04/21	<b>Presentation #14</b> Plyometric and speed training	<b>Article #14</b> Ch. 17 - NSCA
Week 16	M, 04/26	<b>Presentation #15</b> Plyometric and speed training, con't	<b>Article #15</b> Ch. 17 – NSCA
	W, 04/28	Last class day; evals; review for final exam	<b>Volunteer Documentation Due</b>

**FINAL EXAM: Wednesday, May 5, 2010**

**10:15 a.m. – 12:15 p.m.**