

Eastern Illinois University
College of Education and Professional Studies
Department of Kinesiology and Sports Studies
Fall 2016

KSS 4450 – Exercise Prescription for General and Special Populations

PROFESSOR: Dr. Stacey Ruholl

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OFFICE HOURS: Monday, Wednesday 11:00 a.m. – 12:00 p.m.
Tuesday, Thursday 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. 3.0 credits

COURSE OBJECTIVES:

- a. Demonstrate knowledge of cardiac, pulmonary, metabolic, and orthopedic diseases and the effect on exercise testing and prescription.
- b. Administer a thorough initial interview, health history to evaluate risk stratification
- c. Administer physical fitness assessments to clients
- d. Interpret findings from fitness assessments and effectively communicate results to clients
- e. Analyze exercise capacities and limitations with regard to exercise for special populations
- f. Apply physiological principles to conditioning programs.
- g. Design fitness programs for the apparently healthy population as well as special populations with consideration made for mode, intensity, frequency, duration, and progression; as well as appropriate warm-up and cool-down procedures

EVALUATION: Exams 40%

Mid-term exam (20%)

Final exam (20%)

Assignments/Activities 60%

Attendance/ Participation (20%)

ATP lab evaluations/checklists, Weekly emails (25%)

Presentation, Assignments, Quizzes (15%)

GRADING:

A = 90-100%

B = 80-89.9%

C = 70-79.9%

D = 60-69.9%

F = ≤ 59.9%

REQUIRED

MATERIALS: Exercise Testing and Prescription by David Nieman; 7th Edition, McGraw Hill, 2011.

ACSM's Guidelines for Graded Exercise Testing and Exercise Prescription, 9th Edition, Lippincott, Williams, & Wilkins, 2014.

ACSM's Health-Related Physical Fitness Assessment Manual, 4th ed. Lippincott, Williams & Wilkins, 2014.

Course packet – purchase at MLK Jr. Union Bookstore

RECOMMENDED TEXT: ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 7th ed. Lippincott, Williams & Wilkins, 2014.

ATTENDANCE:

Attendance and participation are expected.

- Attendance policy is consistent with the University attendance policy concerning excused absences. We will do many in-class assignments and projects. You will only 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 unrelated materials, working on other class assignments, etc. If you choose to conduct these activities during class, you will be asked to leave and 10 points will be deducted from your attendance grade.
- For each lab absence due to failure to complete check-offs, 10 points will be deducted from your checklist grade.
- Attendance and participation are worth 20% of your final grade.

ASSIGNMENTS:

- **Presentation & Outline**

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. (30 points)

- **Article Review**

An article review on a research article will be assigned (same article as the one for the presentation). You are expected to prepare a written review of the article. Details of the assignment and the writing rubric are included in the course packet. (10 points)

- **Volunteer Activities**

One of EIU's Undergraduate Learning Goals is to develop Responsible Citizenship within our students. To assist in this goal, 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). 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 on the last class day of the semester. Visit Student Community Service at EIU for additional opportunities – MLK Jr. Union, Third Floor; or call 581-3967. (10 points)

- **Various quizzes, case studies, and other assignments may be given throughout the semester**
A review 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 (50 points). Additionally, you will be assigned various case studies and other assignments to be done in- and out-of- class.

ASSESSMENT TESTING AND PRESCRIPTION (ATP) LAB:

- You are required to work 2 hours each week in the ATP Lab beginning the third week of classes through the last week of classes. If you miss an ATP lab hour, it will count as an unexcused absence unless you have appropriate documentation for a University excused absence. There will be NO make-up hours available. If you know in advance that you will have a University excused absence, please notify me ASAP.
- Check-offs must be completed by the due date (TBD). You will NOT be permitted to work your regular ATP lab hours if you do not have ALL check-offs completed by the due date. This will result in a deduction of 10 points per lab hour that you miss.
- You are expected to be on time and dressed professionally. You must wear dress pants and your ATP lab shirt. NO JEANS, HATS, SHORTS, SWEATPANTS, YOGA PANTS, OR SANDALS. No food or drink will be allowed in the ATP lab. Cell phones, MP3 players, personal laptop computers and other electronic devices are prohibited. Use of the computers and internet is limited to activities directly involving your work in the 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. 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 ATP lab hours to update me on your activities while in the ATP lab.

GENERAL INFORMATION:

- You are expected to be thoroughly prepared for each class, including:
 - 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 turned in late will result in a grade of “zero”.
- You must maintain current Adult CPR and AED certification throughout this semester.
- Phone calls will not be returned if the number is long distance from EIU.
- You are expected to check your EIU email account and Desire2Learn for this class **DAILY**.

- 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.

Academic integrity-

Students are expected to maintain principles of academic integrity and conduct as defined in EIU's Code of Conduct (<http://www.eiu.edu/judicial/studentconductcode.php>). Violations will be reported to the Office of Student Standards.

Students with disabilities-

If you are a student with a documented disability in need of accommodations to fully participate in this class, please contact the Office of Student Disability Services (OSDS). All accommodations must be approved through OSDS. Please stop by Ninth Street Hall, Room 2006, or call 217-581-6583 to make an appointment.

The Student Success Center-

Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center (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 9th Street Hall, Room 1302.

The Writing Center-

The Writing Center of Eastern Illinois University is a place where students can develop as writers and thinkers. Staff members in the Writing Center are committed to working with students from all disciplines, majors, and academic backgrounds at any stage of the writing process. It is located at 3110 Coleman Hall. Call 217-581-5929 for an appointment. The Center is open Monday through Friday (except holidays) during the Fall and Spring semesters. <http://castle.eiu.edu/~writing/index.php>