Angelo State University
KIN 4383- 010 – Exercise Prescription – 3 Credit Hours
Tuesday / Thursday – 11:00 – 12:15
Fall 2019

Professor: Adam Parker, PhD
Office: CHP 103
Office Hours: Please contact for appointment
Phone: 325-486-6172
E-Mail: adam.parker@angelo.edu

REQUIRED TEXTS:

I. COURSE DESCRIPTION:
Training and theoretical background needed to competently assess levels of health/fitness and prescribe appropriate exercise activities for various healthy and clinical populations. The course is structured to prepare students for taking the ACSM Health/Fitness or Exercise Specialist certification.

II. STUDENT LEARNING OBJECTIVES:
1. Develop an understanding of:
   • Evaluation of health status
   • Pathophysiology/risk factors associated with health appraisal and fitness testing
   • Electrocardiology interpretation
   • Pharmacologic drugs and effects on sport and exercise performance
   • Diagnostic and prognostic value of sport and exercise testing
2. Display knowledge of laboratory techniques and instrumentation associated with the scientific process of performance testing, interpretation, and prescription.

III. EDUCATIONAL OPPORTUNITIES:
Lecture
Lab experiences – In a group setting, conduct a stress test on one group member for a group grade.
Practice throughout the semester is vital to earning a good grade for this assignment.

IV. EVALUATION:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Percentage of grade</th>
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<tbody>
<tr>
<td>Exam I</td>
<td>35%</td>
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<tr>
<td>Exam II</td>
<td>35%</td>
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<tr>
<td>Exercise Prescription</td>
<td>15%</td>
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<tr>
<td>Lab Experience – Stress Test</td>
<td>15%</td>
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<tr>
<td>Total Points</td>
<td>100%</td>
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Grades will be based on the following distribution:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A</td>
<td>100-90%</td>
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<tr>
<td>B</td>
<td>89-80%</td>
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<tr>
<td>C</td>
<td>79-70%</td>
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<tr>
<td>D</td>
<td>69-60%</td>
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<td>F</td>
<td>59.9% or below</td>
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V. ATTENDANCE:
Students are expected to attend all scheduled class meetings. Chronic failure to attend class will affect your final grade in this class.

VI. STUDENT RESPONSIBILITIES:
A. All assignments are due at the beginning of the class on the due date. For students not turning in an assignment a grade of zero (0) will be recorded.
B. Don’t ask me at the end of the semester for extra credit or to raise your grade, just do well from the beginning and that won’t be an issue.
C. Prior arrangements must be made with the instructor if an absence from an exam is unavoidable. In the event that an exam is missed, an alternate form of the test will be given to the student. The student has
**one week** from the original test date to contact the instructor to arrange a makeup test. If no contact is made by the student within one week, the grade will be recorded as a zero (0).

D. The student is responsible for all work and is encouraged to have a contact within the class. Students are encouraged to set up an appointment to meet with the instructor for additional information as needed.

E. Use of cell phones during class is prohibited. Upon entering class room turn all cell phones and other handheld electronic devices off to prevent distractions affecting other student’s learning opportunities.

F. **Students with Disabilities:**

   Persons with disabilities which may warrant academic accommodations must contact the Student Life Office, Room 112 University Center, in order to request such accommodations prior to any accommodations being implemented. You are encouraged to make this request early in the semester so that appropriate arrangements can be made.

   Students with disabilities who request reasonable accommodations must meet with the Course Coordinator within the first week of classes. Reasonable accommodations will be provided as authorized by the Office of Student Life as long as course requirements are not compromised. Faculty will provide no accommodations without authorization from the Office of Student Life. It is the student’s responsibility to be a self-advocate when requesting accommodations.

G. **The Angelo State University Honor Code:** HONOR CODE: “Angelo State University expects its students to maintain complete honesty and integrity in their academic pursuits. Students are responsible for understanding the Academic Honor Code, which is contained in both print and web versions of the Student Handbook.”
<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td>8/27</td>
<td>Course Introduction</td>
</tr>
<tr>
<td>8/29</td>
<td>Review of VO\textsubscript{2}max testing and other lab procedures – Meet in Lab</td>
</tr>
<tr>
<td>9/3</td>
<td>ACSM Ch. 1 - Benefits and Risks Associated with Physical Activity</td>
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<td></td>
<td>ACSM Ch. 2 – Pre-participation Health Screening and Risk Stratification</td>
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<tr>
<td>9/5</td>
<td>ACSM Ch. 3 – Pre-exercise Evaluations</td>
</tr>
<tr>
<td>9/10</td>
<td>ACSM Ch. 4 – Health Related Physical Fitness Testing and Interpretation</td>
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<tr>
<td>9/12</td>
<td>ACSM Ch. 5 and 6 – Clinical Exercise Testing and Interpretation</td>
</tr>
<tr>
<td>9/17</td>
<td>ECG Interpretation – Dubin 1, 2, 3</td>
</tr>
<tr>
<td>9/19</td>
<td>ECG Interpretation – Dubin 4, 5</td>
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<tr>
<td>9/24</td>
<td>ECG Interpretation – Dubin 5</td>
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<tr>
<td>9/26</td>
<td>ECG Interpretation – Dubin 6</td>
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<tr>
<td>10/1</td>
<td>ECG Interpretation – Dubin 7, 8</td>
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<tr>
<td>10/3</td>
<td>ECG Interpretation – Dubin 9</td>
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<tr>
<td>10/8</td>
<td>Perform and Evaluate Resting 12-lead ECG’s – In Lab</td>
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<td>10/10</td>
<td>Practice ECG Interpretation – In Lab</td>
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<td>10/15</td>
<td>Mid-term Review</td>
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<td>10/17</td>
<td>Mid-Term Exam</td>
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<tr>
<td>10/22</td>
<td>ACSM Ch. 7 – General Principles of Exercise Prescription – <strong>Clinical Exercise Prescriptions Assigned</strong></td>
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<td>10/24</td>
<td>ACSM Ch. 8 – Exercise Prescription for Healthy Populations and Special Considerations</td>
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<td>10/29</td>
<td>Discussion and Assessment of Lung Function – In Lab</td>
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<td>10/31</td>
<td>Discussion of Various Clinical Populations</td>
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<td>11/5</td>
<td>ACSM Ch. 9 &amp; 10 – Exercise Prescription for Patients with Cardiac Disease &amp; Other Clinical Populations</td>
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<tr>
<td>11/7</td>
<td>Assessment of Body Composition</td>
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<tr>
<td>11/12</td>
<td>Pharmacology – <strong>Clinical Exercise Prescriptions Due</strong></td>
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<tr>
<td>11/14</td>
<td>Practice Stress Testing</td>
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<td>11/19</td>
<td>Practice Stress Testing</td>
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<tr>
<td>11/21</td>
<td>Group Stress Tests and ECG Interpretations</td>
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<tr>
<td>11/26</td>
<td>Group Stress Tests and ECG Interpretations</td>
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<tr>
<td>11/28</td>
<td>Thanksgiving – No Class</td>
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<tr>
<td>12/3</td>
<td>Group Stress Tests and ECG Interpretations – Final Exam Review</td>
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<td>12/5</td>
<td>Dead Day – No Class</td>
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<tr>
<td>12/10</td>
<td><strong>Final Exam – 10:30 am – 12:30 pm</strong></td>
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