Course Information

Course Description
Cardiopulmonary rehabilitation provides a basic understanding of exercise physiology of the cardiopulmonary system and in-depth study of diagnostic assessments, clinical care, and post-event rehabilitation methodology of the coronary patient. The student will develop skills to assess and monitor rehabilitative therapy for various levels of function. Psychological needs and support systems for the families of coronary patients are also discussed.

Course Credits
Three Semester Credit Hours (3-0-0)
Online Class: Meets completely online using Blackboard

Prerequisite and Co-requisite Courses
NONE

Prerequisite Skills
Accessing internet web sites, use of ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are an expectation of on-line course delivery. Computer access requirements are further delineated in the Undergraduate Handbook. Tutorials for ASU Library and for Blackboard are available through RamPort. The ASU Undergraduate Nursing Handbook should be reviewed before taking this course.
http://www.angelo.edu/dept/nursing/handbook/index.html
BSN Program Outcomes

Upon program completion, the graduate will be prepared to:

<table>
<thead>
<tr>
<th>BSN PROGRAM OBJECTIVES</th>
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<tbody>
<tr>
<td>Integrate nursing and related theories into the planning and/or delivery of safe nursing care.</td>
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<tr>
<td>Engage leadership concepts, skills, and decision-making in the planning and/or implementation of patient safety and quality improvement initiatives.</td>
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<tr>
<td>Identify and appraise best research evidence to improve and promote quality patient outcomes.</td>
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<td>Utilize technology to access information; evaluate patient data, and/or document care.</td>
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<tr>
<td>Participate in political/legislative processes to influence healthcare policy.</td>
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<tr>
<td>Engage in effective collaboration and communication within interdisciplinary teams.</td>
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<tr>
<td>Design and/or implement health promotion &amp; disease prevention strategies for culturally competent care.</td>
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<td>Demonstrate standards of professional, ethical, and legal conduct.</td>
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<tr>
<td>Practice and/or coordinate, at the level of the baccalaureate prepared nurse to plan, and/or implement patient centered care.</td>
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Course Delivery

This is an online course offering.  
http://blackboard.angelo.edu

Required Texts and Materials


ISBN: 978-1492569690

Angelo State University Computer Account and eddress (my term for your email address).

Angelo State University Course Syllabus for NUR 4334
Recommended Texts and Materials
NONE

Technology Requirements
To participate in one of ASU’s distance education programs, you need this technology:
- A computer capable of running Windows 7 or later, or Mac OSX 10.8 or later
- The latest version of one of these web browsers: internet Explorer, Firefox, or Safari
- Microsoft Office Suite or a compatible Open Office Suite
- Adobe Acrobat Reader
- High Speed Internet Access
- Ethernet adapter cable required (wireless connections can drop during tests and Collaborate sessions)
- Webcam

Topic Outline
Unit I: U.S. overall health, physiologic & psychosocial aspects of cardiac rehabilitation
Unit II: Cardiovascular disease risk factors and behavior modification
Unit III: Cardiac rehabilitation programs
Unit IV: Trends, issues & research in cardiac rehabilitation

Communication
I will respond to email and/or telephone messages as promptly as possible during working hours Monday through Friday. Weekend messages may not be returned until Monday. If you have an issue you feel is important for me to know about immediately, call my mobile. If I have not responded to your email and/or telephone messages within the time frame you expect, call my mobile. Chances are I have not seen or heard your message so call my mobile. I’ve posted my home number and that is certainly another option to contact me. Written communication via Blackboard: It is an expectation of this class that you use formal writing skills giving appropriate credit to the source for your ideas. Follow APA (2020) 7th edition guidelines for referencing. Written communication via email: All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes.

Grading
Evaluation and Grades
Course grades will be determined as indicated in the table below.
<table>
<thead>
<tr>
<th>Assessment</th>
<th>Percent/Points of Total Grade</th>
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</thead>
<tbody>
<tr>
<td>CARDIOPULMONARY REHABILITATION PROJECT</td>
<td>22%</td>
</tr>
<tr>
<td>CARDIOPULMONARY REHABILITATION PAPER</td>
<td>33%</td>
</tr>
<tr>
<td>PARTICIPATION / DISCUSSION BOARDS</td>
<td>27%</td>
</tr>
<tr>
<td>RESEARCH ARTICLE CRITIQUE</td>
<td>9%</td>
</tr>
<tr>
<td>WEB RESEARCH / ASSIGNMENTS</td>
<td>9%</td>
</tr>
</tbody>
</table>

**Grading System**

Course grades will be dependent upon completing course requirements and meeting the student learning outcomes.

The following grading scale is in use for this course:

- A = 90.00-100 points
- B = 80.00-89.99 points
- C = 70.00-79.99 points
- D = 60.00-69.99 points
- F = 0-59.99 points (Grades are not rounded up)

**Teaching Strategies and Methods**

Students are expected to be “active learners.” It is a basic assumption of the instructor that students will be involved (beyond the materials and lectures presented in the course) discovering, processing, and applying the course information using peer-review journal articles, researching additional information and examples on the Internet, and discussing course material and clinical experiences with their peers.

**Assignment and Activity Descriptions**

*Please note: Rubrics for all assignments and activities are located on Blackboard.*

**Cardiopulmonary Rehabilitation Project**

This can be anything you desire related to cardiopulmonary rehabilitation. It must be applicable and meaningful. Your own imagination is the only limitation. I expect you to inform me about your project before MIDNIGHT Sunday, June 20, 2021.

The Project is due before MIDNIGHT Friday July 2, 2021.

**Cardiopulmonary Rehabilitation Paper**

This paper can be about any topic you choose related to cardiopulmonary rehabilitation. The grading rubric sheet will be posted in Course Documents. I expect you to inform me about your paper topic before MIDNIGHT Sunday, June 27, 2021. It has not escaped my attention that it would greatly reduce your workload for a summer course if your paper and project were related thus diminishing the amount
of time spent on research and literature review. This is a senior level nursing course and I expect the papers to reflect senior level work. This paper is the major portion of your grade. The draft is due before MIDNIGHT, Friday; July 2, 2021.

The final version of your paper is due before MIDNIGHT, Tuesday; July 6, 2021. There is no negotiation for extended due dates for this paper.

I do not want 15 papers or projects about the same topic so you may be asked to pick another project or paper topic if I feel there are too many papers/projects about the same closely related topic. It is somewhat of a first come first serve topic selection.

Participation / Discussion Boards
Every Monday at 0800 for two weeks (June 14 & 21) I will post a discussion question which will require some thought and reading. You will then have to post your opinions / thoughts on the course discussion board. I will post ending times for the original post which I expect will be the following Thursday at noon. You will then respond after reading all the other post before the following Monday at 0800. I expect your opinions to reflect research and evidence-based practice. I expect correct spelling, grammar and professionalism to be maintained during our online discussions. Examples of quality discussions will be posted in Course Documents tab. No late work is accepted for discussions and students will receive a zero if late. Whether you are late posting your original discussion or late responding to others you will receive a zero for that week in Discussion Board.

Research Article Critiques
I will post research articles about cardiopulmonary rehabilitation requiring a written critique. These will be during week 1. You will have adequate time to complete these assignment. They will be typed using WORD in APA format and submitted under the submit tab in Blackboard.

Web Research / Assignments
I will randomly assign some tasks related to cardiopulmonary nursing which are not arduous, but will require some work and participation. Since it's taking up some of your time, I decided to give you some credit towards your grade.

OTHER
Some students in the past have negotiated with me for projects / assignments / grades spent at nursing conferences or other educational endeavors with a cardiopulmonary or cardiopulmonary rehabilitation element. Some students have teamed with their workplace to complete a project which improved the cardiac rehab program in the facility or in some way contributed to cardiopulmonary health.

I subscribe to adult learning theory and believe if it is more important to you, you will be a better learner. Therefore, I am open to discussions / negotiations about how you may want your grading structure altered if you have different ideas about how to increase the meaningfulness of the course to yourself other than my own ideas.

CLINICAL
If you choose to have clinical time in completing a project, it will require a contract with a BSN level preceptor for mentoring. The nursing department must have a contract with the facility in which you plan to attend clinical. Let me know ASAP if this is in your plans for your project so we can decide and make arrangements. Several students in the past have chosen to have clinical time with a cardiac or
pulmonary rehab nurse as part of their course work. Therefore, a change to your grading criteria will be in order.

**Assignment Submission**

All assignments MUST be submitted through the Assignments link in the Blackboard site. This is for grading, documenting, and archiving purposes. Issues with technology use arise from time to time. If a technology issue does occur regarding an assignment submission, email me at Paul.Osmanski@angelo.edu and attach a copy of what you are trying to submit. **Please contact the IT Service Center at (325) 942-2911 or go to your Technology Support tab to report the issue.** This lets your faculty know you completed the assignment on time and are just having problems with the online submission feature in Blackboard. Once the problem is resolved, submit your assignment through the appropriate link. This process will document the problem and establish a timeline. Be sure to keep a backup of all work.

**Late Work or Missed Assignments Policy**

**POLICY ON LATE OR MISSED ASSIGNMENTS**

Due dates and times for assignments are posted. Failure to submit your assignments on the assigned date will result in a zero. Always call me if you need more time and usually this may be granted.

**General Policies Related to This Course**

All students are required to follow the policies and procedures presented in these documents:

- [Angelo State University Student Handbook](#)
- [Angelo State University Catalog](#)
- [Undergraduate Nursing Student Handbook](#)

**Important University Dates**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>June 7; Monday</td>
<td>First Day of Class; Summer I 2021</td>
</tr>
<tr>
<td>June 28; Monday (1700 hrs)</td>
<td>Last day to drop a class or withdraw for Summer I 2018</td>
</tr>
<tr>
<td>July 9; Tuesday</td>
<td>Last day of class; Summer I 2018</td>
</tr>
</tbody>
</table>

**Student Responsibility and Attendance**

This class is asynchronous, meaning you do not have to be on-line at a certain time. There are readings which you will have to complete to be able to adequately participate in individual and group assignments. In order to complete this course successfully, you do have to participate in all course activities i.e. discussion boards, course projects, reflective logs, etc. Students are expected to engage in course activities and submit work by due dates and times. The hope is that students will make substantive contributions which reflect integration of assigned materials as well as any outside readings as appropriate. Scholarly contribution is an expectation. For planning purposes, this class will probably require a minimum of 8-12 study hours per week on average.
Student Absence for Observance of Religious Holy Days
A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence. See ASU Operating Policy 10.19 Student Absence for Observance of Religious Holy Day for more information.

Academic Integrity
Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The College of Health and Human Services adheres to the university’s Statement of Academic Integrity.

Plagiarism
Plagiarism is a serious topic covered in ASU’s Academic Integrity policy in the Student Handbook. Plagiarism is the action or practice of taking someone else’s work, idea, etc., and passing it off as one’s own. Plagiarism is literary theft.

In your discussions and/or your papers, it is unacceptable to copy word-for-word without quotation marks and the source of the quotation. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list.

Papers are subject to be evaluated for originality. Resources to help you understand this policy better are available at the ASU Writing Center.

Social Media Policy

Accommodations for Students with Disabilities
ASU is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student’s responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at ADA@angelo.edu. For more information about the application process and requirements, visit the Student Disability Services website. The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford
Incomplete Grade Policy
It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required. See ASU Operating Policy 10.11 Grading Procedures for more information.

Copyright Policy
Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.

Syllabus Changes
The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. It is the student’s responsibility to look for such communications about the course on a daily basis.

Nursing Weblinks
• Board of Nursing for the State of Texas
• BSN Student Resources

Title IX at Angelo State University
Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex.
You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D. You may submit reports in the following manner:

Online: [www.angelo.edu/incident-form](http://www.angelo.edu/incident-form)
Face to face: Mayer Administration Building, Room 210
Phone: 325-942-2022
Email: michelle.boone@angelo.edu

_Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171)._

For more information about resources related to sexual misconduct, Title IX, or Angelo State’s policy please visit: [www.angelo.edu/title-ix](http://www.angelo.edu/title-ix).

**Course Schedule**
Available in Blackboard

**Grading Rubrics**
Available in Blackboard

**Student Evaluation of Faculty and Course**
Students in all programs are given the opportunity to evaluate their courses and the faculty who teach them. Evaluations are most helpful when they are honest, fair, constructive, and pertinent to the class, clinical experience, or course. Faculty value student evaluations, and use student suggestions in making modifications in courses, labs and clinical experiences. Angelo State University uses the IDEA (Individual Development and Educational Assessment) system administered through Kansas State University for all course evaluations. The Office of Institutional Research and Assessment administers IDEA for the entire university, online and has established a policy whereby students can complete course evaluations free from coercion.

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**End of Syllabus**

1. [https://www.angelo.edu/student-handbook/](https://www.angelo.edu/student-handbook/)
ANGELO STATE UNIVERSITY
Department of Nursing

2 https://www.angelo.edu/catalogs/
3 https://www.angelo.edu/dept/nursing/handbook/index.php
4 https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of
5 https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php
6 https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php
7 https://www.angelo.edu/dept/writing_center/academic_honesty.php
8 https://www.angelo.edu/services/disability-services/
9 https://www.angelo.edu/content/files/14197-op-1011-grading-procedures
10 https://www.bon.texas.gov/
11 https://www.angelo.edu/dept/nursing/student_resources/undergrad_info.php