

# KINE 4377: Principles of Exercise Testing and Prescription Fall 2017

College of Health Sciences, Department of Kinesiology

**Instructor:**

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**Office Hours:**

T, Th 11:00 am  
or by appointment

**Meeting Time:**

MW 9:30-10:50 am, 248 HKC

**Course Description:**

This course is designed to provide the student with the theoretical background and practical experience necessary for the safe and scientific evaluation of physical fitness, particularly as it relates to health and disease and the development of programs for remediation, maintenance and enhancement of health-related qualities.

**Course Objectives:**

Upon completion of this course, students will be able to:

- Understand the importance of physical activity to the health and well-being of both a healthy and a diseased population.
- Perform a risk stratification assessment and use the assessment to guide further exercise and exercise testing recommendations.
- Successfully conduct various assessments of cardiorespiratory endurance, muscular strength and endurance, body composition, and flexibility.
- Successfully interpret the results from various exercise tests/assessments.
- Utilize information from the risk stratification assessment and the various assessment of the five components of physical fitness to prescribe an exercise program.
- Offer suggestions on sound dietary practice and nutritional support for an exercise program.

**Recommended Text:**

Exercise Testing and Prescription: A health-related approach ISBN-13: 978-0-07-337648-6

**Evaluation:**

This is a "W" course, which means that at least 50 percent of your course grade will be derived from writing activities designed to help you master course objectives. There will be 6 written assignments which will accompany the lab activities, 3 in class exams, and a written project. The writing project will be a research project on exercise prescriptions and considerations for special populations. A draft of the written project, which will be worth 10 points, will be due following the spring break. This draft will be evaluated and you will receive feedback prior to the final draft due date.

**You** earn your grade, I do not 'give' grades nor do I negotiate grades at the end of the semester.

The point breakdown will be as follows:

-Written Project (10 points for 1 <sup>st</sup> draft) -	60 pts
-Exams (30 pts each) -	90 pts
-Labs (25 pts each) -	150 pts
Total	300 pts

**Grade Scale:**

≥90% = A | 80-89.99% = B | 70-79.99% = C | 60-69.99% = D | <59.99% = F

**Attendance:**

Attendance in this class is critical to your success. There will not be any make-up days for the lab specific days so please make every possible effort to be there. If you do have a university excused absence, it is your responsibility to provide the written documentation to me. If you know you are going to miss an exam or lab day you must let me know in advance and provide sufficient documentation otherwise there will not be an opportunity to make-up the missed work.

**Classroom Conduct:**

Please act professionally and show respect to your peers and professor. The use of electronic devices during class times is not permitted unless it directly related to class activities. On lab days, please dress in attire that will allow you to be active and participate in exercise (no sandals, jeans, ties, dresses...).

**Lab Activities:**

During lab activities and exams/quizzes, students will be required to leave their belongings where they may not be immediately accessible. Please make plan accordingly so that you will not be separated from your valuables. These dates are indicated on the course schedule. Each lab activity will have a 25 point written assignment that will be due the following class period. Absences from the lab activities will result in a loss of points from the written assignments.

Lab 1 – Pre-Screening and Body Comp

Lab 2 – Blood Pressure

Lab 3 – Electrocardiogram (EKG)

Lab 4 – Cardiopulmonary Testing

Lab 5 – Muscular Endurance, Strength, and Flexibility

Lab 6 – Performance Testing

**University Policies:**

- a. Class attendance policy (see [SHSU Class Attendance policy AP 800401](#)) – each faculty member is obligated to clarify her/his classroom policy regarding absences in writing to each student enrolled in class.
- b. [Procedures in cases of Academic Dishonesty AP 810213](#) (be sure to include statement regarding plagiarism)
- c. [Academic Grievance Procedures for Students AP 900823](#)
- d. [Students with Disabilities AP 811006](#)
- e. [Student Absences on Religious Holy Days AP 861001](#)
- f. [Use of Telephones and Text Messengers in Academic Classrooms and Facilities AP 100728](#)