

**THE UNIVERSITY OF TEXAS AT TYLER
DEPARTMENT OF HEALTH AND KINESIOLOGY**

Course Syllabus – Spring 2009

GENERAL INFORMATION ABOUT COURSE

Course Title: Prescriptive Exercise

Course Number & Credit Hours: KINE 4314, Section 001; 3 credit hours

Prerequisite: At least 3 hours of credit in physiology of exercise

Location of Classroom: HPC 3010

Day and Time the Class Meets: Monday, 2:00-4:40 p.m.

INFORMATION ABOUT INSTRUCTOR

Name & Title: James A. Schwane, Ph.D., Professor, Department of Health and Kinesiology

Office Location and Contact Information: HPC 3105; 903-566-7306

Department office FAX: 903-566-7065

E-mail: jschwane@uttyler.edu

Office Hours: Tuesdays, 9:00-11:00 a.m., & Thursdays, 1:30-3:30 p.m. For appointment outside of regular office hours, please contact Gail Goetz, Administrative Assistant, Department of Health and Kinesiology (903-566-7031; ggoetz@uttyler.edu).

Emergency Phone Numbers: Messages may be left on Instructor's voice mail at 903-566-7306. Or phone the Department Administrative Assistant, Gail Goetz, at 903-566-7031. Instructor's home phone: 903-839-2040—Please use home phone for only extraordinary situations.

TEXT, MATERIALS

Required Text: American College of Sports Medicine, ACSM's Guidelines for Exercise Testing and Prescription, 7th Edition (Lippincott Williams & Wilkins, 2006); ISBN 0-7817-4590-X.

Recommended Supplemental Books:

- American College of Sports Medicine, ACSM's Metabolic Calculations Handbook (Lippincott Williams & Wilkins, 2006); ISBN 978-0-7817-4238-2
- Swain, D.P., & Leutholtz, B.C. Exercise Prescription. A Case Study Approach to the ACSM Guidelines, 2nd Edition (Human Kinetics, 2007); ISBN-10: 978-0-7360-6680-8

Other Books and Materials: The student must have a reliable calculator for use in and out of class sessions. The student is advised to have a standard undergraduate exercise physiology textbook for reference.

Important Note: Both the textbook and calculator should be brought to every class, unless notified otherwise.

COURSE DESCRIPTION, INSTRUCTIONAL METHODS, COURSE OBJECTIVES

Course Description: Study of principles, guidelines, and procedures for prescribing preventive and rehabilitative exercise programs.

Instructional Methods: Instructional methods will include lecture, discussion, and working of problems. Student activities will include: (a) textbook readings; (b) completing assignments, including solving of problems and writing exercise prescriptions; (c) participating in small-group and whole-class discussions; (d) completing exams; etc.

Course Objectives: The student who successfully completes this course will:

1. be familiar with the contents of and be able to use *ACSM's Guidelines for Exercise Testing and Prescription*;
2. have the KSAs (knowledge, skills and abilities) related to exercise prescription expected of an ACSM certified Health/Fitness Instructor.

Specific Learning Outcomes

The successful student will be able to:

1. evaluate the risk status of individuals related to performing exercise, based on each individual's history and characteristics (following ACSM guidelines);
2. correctly do calculations using ACSM equations for estimating rate of oxygen consumption during walking, running, cycle ergometry and bench-stepping; and
3. design and write appropriate exercise prescriptions that promote health-related fitness, each based on an individual's needs, goals and risk status (following ACSM guidelines).

COURSE CALENDAR and TENTATIVE SCHEDULE

Week # – Date(s)	Topics & Textbook Assignments
1 – Jan. 12	Introduction to course Overview of ACSM's <i>GETP</i> & certifications Overview of physical fitness (<i>GETP</i> , Chap. 1, 4)
2 – Jan. 19	NO CLASS. MLK Birthday Holiday.
3 – Jan. 26	Exercise benefits & risks (<i>GETP</i> , Chap. 1) Physiological basis of fitness & training (<i>GETP</i> , Chap. 4)
4 – Feb. 2	Physiological basis of fitness & training (cont.) Preexercise screening & testing guidelines (<i>GETP</i> , Chap. 2, 3)
5 – Feb. 9	Preexercise screening & testing guidelines (cont.)
6 – Feb. 16	Exam 1
7 – Feb. 23	ACSM equations for estimating VO_2 during exercise (<i>GETP</i> , Appendix D)
8 – Mar. 2	ACSM equations for estimating VO_2 during exercise (cont.)
Mar. 9-13	SPRING BREAK
9 – Mar. 16	General principles of exercise prescription (<i>GETP</i> , Chap. 7)
10 – Mar. 23	Exam 2 *See Note below.
11 – Mar. 30	General principles of exercise prescription (cont.)
12 – Apr. 6	General principles of exercise prescription (cont.)
13 – Apr. 13	Overview of clinical exercise testing (<i>GETP</i> , Chap. 5 & 6) Exercise prescription modifications for cardiac patients (<i>GETP</i> , Chap. 8)
14 – Apr. 20	Exam 3
15 – Apr. 27	"Other clinical conditions" that influence exercise prescription (<i>GETP</i> , Chap. 9) Exercise prescription for children & elderly persons (<i>GETP</i> , Chap. 10)
16 – May 4 (Tentative)	FINAL EXAM (Scheduled according to the University's official final exam schedule, tentatively at 2:00-4:40 p.m.)

*NOTE: March 25 is last day to withdraw from class with automatic grade of W. (Disclaimer: My alerting to this date in this syllabus does not mean this is necessarily UT Tyler's official withdrawal date. You should check UT Tyler's official calendar to verify this date.)

COURSE POLICIES

Attendance and Make-up Policy:

Attendance is not required, nor is attendance a factor in determination of a student's final course grade. In my experience, however, it is not likely that a student will earn a good grade in this course without attending class regularly. Making up missed work (e.g., exams, quizzes) will be allowed only according to University policy regarding attendance and valid excuses for nonattendance.

Grading:

Each student's final grade in the course will be determined on the following basis.

	<u>Points</u>
Exam 1	100 or 300 ^a
Exam 2	100 or 300 ^a
Exam 3	100 or 300 ^a
Final Exam (Comprehensive)	300
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Total	<u>1,000</u>

^aThe student's two highest scores on Exams 1, 2 and 3 will count 300 points each, and the other score will count 100 points.

NOTE: Some formal assignments and/or quizzes may be given during the course. Such activities will not be required or included in calculating the student's total number of points out of 1,000 for the course. These activities may count as extra-credit points, up to a total of 100 for the course. When I announce an extra-credit activity, I will indicate the number of possible points for the activity. For example, a quiz or assignment could be given that I designate is worth up to 10 points of extra credit.

Final grade for the course will be assigned based on the following:

A ≥ 900; B = 800-899; C = 700-799; D = 600-699; F < 600

Selected University Policies and Procedures

(Taken from the University's *Handbook of Operating Procedures* and the UT Tyler Web Site)

Students Rights and Responsibilities

To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link:

<http://www.uttyler.edu/wellness/StudentRightsandResponsibilities.html>

Grade Replacement/Forgiveness

If you are repeating this course for a grade replacement, you must file an intent to receive grade forgiveness with the registrar by the 12th day of class. Failure to do so will result in both the original and repeated grade being used to calculate your overall grade point average.

Undergraduates will receive grade forgiveness (grade replacement) for only three course repeats; graduates, for two course repeats during his/her career at UT Tyler.

State-Mandated Course Drop Policy

Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the 12th day of class (See Schedule of Classes for the specific date). Exceptions to the 6-drop rule include, but are not limited to, the following: totally withdrawing from the university; being administratively dropped from a course; dropping a course for a personal emergency; dropping a course for documented change of work schedule; or dropping a course for active duty service with the U.S. armed forces or Texas National Guard. Petitions for exemptions must be submitted to the Registrar's Office and must be accompanied by documentation of the extenuating circumstance. Please contact the Registrar's Office if you have any questions.

Disability Services

In accordance with federal law, a student requesting accommodation must provide documentation of his/her disability to the Disability Support Services counselor. If you have a disability, including a learning disability, for which you request an accommodation, please contact Ida MacDonald in the Disability Support Services office in UC 282, or call (903) 566-7079.

Student Absence due to Religious Observance

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

Student Absence for University-Sponsored Events and Activities

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

Social Security and FERPA Statement:

It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

Academic Dishonesty

At The University of Texas at Tyler students and faculty are responsible for maintaining an environment that encourages academic integrity. Students and faculty members are required to report an observed or suspected case of academic dishonesty immediately to the faculty member in charge of an examination, classroom or laboratory research project, or other academic exercise.

Since the value of an academic degree depends on the absolute integrity of the work done by the student for the degree, it is imperative that a student maintain a high standard of individual honor in scholastic work. Scholastic dishonesty includes but is not limited to cheating, plagiarism, and collusion:

"*Cheating*" includes:

1. Copying from the paper of another student, engaging in written, oral or any other means of communication with another student, or giving aid to or seeking aid from another student when not permitted by the instructor;
2. Using material during an examination or when completing an assignment that is not authorized by the person giving the examination or making the work assignment;
3. Taking or attempting to take an examination for another student, or allowing another student to take an examination for oneself;
4. Using, obtaining, or attempting to obtain by any means, the whole or any part of, an unadministered examination or work assignment.

"*Plagiarism*" includes the unacknowledged incorporation of the work of another person in work that a student offers for credit.

"*Collusion*" includes the unauthorized collaboration with another person in preparing written work that a student offers for credit.

Food and Drink in the Classrooms

Consumption of food and drink in university classrooms is prohibited.