

Course Syllabus
 KINE 3210 Exercise Prescription
 Fall 2012
 School of Nursing & Allied Health

COURSE DESCRIPTION

This course will equip kinesiology majors to give exercise prescriptions to diverse populations and age groups. Adjunct to Physiology of Exercise, this course will provide practical applications of physiological principles. The student has the option of getting formal certification by the National Council of Strength and Fitness upon completion of this course.

COURSE SEQUENCE IN CURRICULUM AND PREREQUISITE INFORMATION

This course fulfills a two hour requirement in the Kinesiology department for both teaching and wellness management majors and is part of the core curriculum. Exercise Prescription must be taken concurrently with Physiology of Exercise for all Kinesiology majors. The prerequisites are KINE 2310 and BIOL 2404 with grades of C or better.

INSTRUCTOR INFORMATION

Name: Brett Russell, MS, ATC
 E-mail:
 Office Phone:
 Office Location:
 Office Hours: By appointment

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00					
8:30					
9:00					
9:30		Kin 3393		Kin 3393	
10:00					
10:30					
11:00					
11:30					
12:00					
12:30					
1:00			Kin 3210		Kin 3210
1:30					
2:00					
2:30					

LEARNING RESOURCES

Required Text:

Periodization: Theory & Methodology of Training by Bompa & Haff
ACSM's Foundations of Strength Training & Conditioning by Ratamess

Auxiliary Text:

ACSM's Guidelines for Exercise Testing & Prescription (8th ed) by ACSM

For those interested in becoming NSCF certified:

National Council on Strength and Fitness. Practical Lab Manual. NCSF, 2004.

National Council on Strength and Fitness. Study Guide Manual. NCSF, 2004.

RELATION TO THE PURPOSE STATEMENT OF THE UNIVERSITY

University mission and purpose statement from the Houston Baptist University Catalog, 2010-2011 (p. 15-16): “The mission of Houston Baptist University is to provide a learning experience that instills in students a passion for academic, spiritual, and professional excellence as a result of our central confession, ‘Jesus Christ is Lord’”.

“...Committed to providing a responsible and intellectually stimulating environment that:

- fosters spiritual maturity, strength of character, and moral virtue as the foundation for successful living
- develops professional behaviors and personal characteristics for life-long learning and service to God and to the community
- meets the changing needs of the community and society
- remains faithful to the ‘**Nature of the Institution**’ statement”

“...Promotes learning, scholarship, creative endeavor, and service”.

RELATION TO COLLEGE GOALS AND PURPOSES

The School of Nursing & Allied Health emphasizes the inclusion of multiple learning approaches, challenging criteria, and the use of reliable and fair evaluations. “In accordance with the University Purpose, this course endeavors to:

1. Provide a supportive atmosphere for students from all backgrounds which fosters intellectual and social interaction in the teaching-learning process;
2. Encourage academic excellence, freedom, and objectivity;
3. Promote the development of critical and creative thinking, compassion, responsibility, and continuing interest in learning and wellness.”

RELATION TO DEPARTMENTAL GOALS AND PURPOSES

The Kinesiology Department emphasizes the goals of the School of Nursing and Allied Health with the inclusion of multiple learning approaches including a challenging criteria and the use of reliable, fair evaluations. The School of Nursing and Allied Health also subscribes to the following beliefs:

1. Treat students with respect and kindness.
2. Assessment and standards should be consistent, challenging, fair, and performance-based.
3. Students should be actively involved in learning with activities designed for a variety of learning styles.

Students will have the opportunity to develop interpersonal communication, critical thinking, and technology skills.

COURSE OBJECTIVES

Overview/ Purpose of the Course: Exercise Prescription is designed to provide students with the chance to apply scientific base knowledge of how the bodily systems react to the stress of exercise with actual exercise prescription. The information learned in this course will enable the student to prescribe exercise programs to people with different fitness needs and abilities

Aims for the Course: As a result of this class, the student should obtain an applied working knowledge of exercise science. Furthermore, the student will be able to explain these concepts to others as well as apply the principles to teaching, coaching, and exercise prescription situations.

Course Objectives: On completion of this course the student should be able to define, explain, have a working knowledge of, and be able to practically apply the concepts involved in the following main topics; fitness evaluation, exercise prescription for health and fitness, special populations, and applying the scientific foundations of exercise programming.

Course Certification: At the completion of this course, the student has the option of taking the formal certification test to be certified as a personal trainer by the National Council of Strength and Fitness for an additional fee.

TOPICAL OUTLINE

<u>Date</u>	<u>Topic</u>
Aug 28th	Course Intro & Basics of Training
Aug 30th	Principles For Training
Sep 4th	Preparation
Sep 6th	Variables
Sep 11th	Rest & Recovery
Sep 13th	Periodization
Sep 18th	Periodization
Sep 20th	Review
Sep 25th	Exam

Sep 27th	Peaking For Competition
Oct 2nd	Workout Planning
Oct 4th	Strength & Power
Oct 9th	Endurance
Oct 11th	Speed & Agility
Oct 16th	Review
Oct 18th	Exam
Oct 23rd	Warm-up & Flexibility
Oct 25th	Resistance
Oct 30th	Resistance
Nov 1st	Resistance
Nov 6th	Plyometric Training
Nov 8th	Aerobic Training
Nov 13th	Review
Nov 15th	Exam
Nov 19th	Neural & Muscular Adaptations
Nov 21st	Connective Tissue
Dec 4th	Metabolic & Cardiovascular
Dec 6th	

The content of this outline and schedule are subject to change at the discretion of the professor.

TEACHING STRATEGIES

This class makes use of a mixture of lecture, video, written, oral and practical assessments as teaching tools. Student participation plays a large role as well and is therefore vital to full completion of the course.

ASSESSMENT OF LEARNING

Course requirements

Weekly quizzes will be given over the most recent material and four exams will be given over the course of the semester, including the final. The quizzes are worth roughly ten points each and the exams will be worth one hundred. Group work will be utilized throughout the semester to reinforce the application of the material. This work will not be a grade in and of its self but will relate directly to exam material.

Grading standards

Exams: $4 \times 100\text{pts} = 400\text{pts}$

Quizzes: $10 \times 10\text{pts} = 100\text{pts}$
500pts

Grading Scale:

A = 90%

B = 80%

C = 70%

D = 60%

F = < 60%

Student appraisal:

Students will have an opportunity to evaluate this course with the IDEA evaluation at the end of the semester.

CLASS POLICIES

Attendance Policy

Attendance and participation are required at all times. **3 absences will be given to each student for the entire semester, use it wisely!** University travel and Legal obligations will be the **only** excused absences allowed (written documentation required). Each absence beyond 3 will result in a loss of **one letter grade**. Arriving late to class and early departure is unacceptable. 2 such occurrences will result in an absence and the attendance grade will be reduced accordingly. Any student(s) maintaining no less than a **“B”** average and perfect attendance may waive the final exam if so desired. **No exceptions will be made for any of the above policies.**

Academic Honesty

Please refer to the current catalog for the university's policy and procedures regarding academic honesty. Note that the university utilizes "Turn-It-In" and other programs to investigate possible plagiarism activities. All major papers for this course will be submitted to the plagiarism prevention software, **Turnitin.com** on or before a paper's due date. No paper will be graded without meeting this requirement beforehand. A separate handout will be provided to give detailed instructions on this process which must include the class identification number and class password.

In accordance with FERPA, and to best protect the students' privacy, no personal identification (e.g., name, social security number, H number) should be uploaded with the text of student papers. However, Turnitin will ask for the student's name and e-mail address when setting up a personal account. This identifying information will be used by the professor to evaluate the student's paper and cannot be viewed by other faculty or students. To further increase confidentiality, the student may choose to use a pseudonym (false name) when setting up his or her personal Turnitin account.

If a pseudonym is used for Turnitin, the student must provide this identifier next to his/her typed name on the paper copy which is submitted to the professor. Five (5) points will be deducted if the professor is unable to easily match the paper copy to the Turnitin submission of the student's paper.

Children in Classroom

In almost all instances, children are not allowed in the classroom nor are they allowed to be on campus unattended. Class sessions are for enrolled students only unless other arrangements are approved by the instructor in advance.

Classroom Behavior Expectations

The classroom environment is to be conducive to learning and is under the authority of the instructor. In order to assure that all students have the opportunity to gain from the time spent in class, students are expected to demonstrate civil behavior in the classroom and show appropriate respect for the instructor and other students. Inappropriate behavior toward the instructor, in or out of the classroom, may result in a directive to the offending student to leave the classroom or the course entirely.

Classroom behaviors that disturb the teaching-learning experiences include the following behaviors: activated cellular phone or other device, demands for special treatment, frequent episodes of leaving and then returning to the class, excessive tardiness, leaving class early, making offensive remarks or disrespectful comments or gestures to the instructor or other students, missing deadlines, prolonged chattering, sleeping, arriving late to class, dominating discussions, shuffling backpacks or notebooks, disruption of group work, and overt inattentiveness. It is at the discretion of the instructor as to whether laptops will be allowed for use in the classroom.

Early Alert

As an instructor, I am committed to your success, not only in this class, but in all aspects of HBU life. To ensure that every student takes full advantage of the educational and learning opportunities, HBU has implemented an *Academic Early Alert Referral System (EARS)*. If I think you would benefit from some of these special programs or services available to you, I will make the appropriate referral. You, in turn, will be expected to take advantage of the help offered to you.

Email Policy

All university and class email communication will be sent to your HBU email account. You are responsible for checking this frequently. If you choose, you may reroute your HBU email to another email address. Your emails should be in a professional format with correct spelling, capitalization, and grammar.

Grievance Procedures

The Academic Grievance Policy may be found in the catalog currently in use, in the Academic section of the HBU Forms section of the HBU Portal, and on the Registrar's page on the HBU Website.

Incomplete Grades

Only the dean of the college or school may grant incompletes and only to students who have a major documented emergency in the last few days of a semester. **Students with excessive absences, which will result in failing the course, will not be allowed to take the final exam nor be eligible to receive an incomplete.**

Late Work

A 5% deduction will be assessed for every day an assignment is late. Beyond the 3rd day, a 0 will be given for the assignment.

Important Notice for Excuse Absences: If the student is excused from class due to a University sanctioned event or approved occasion - THE STUDENT IS RESPONSIBLE FOR MAKING UP THE WORK IN A TIMELY MANNER. DO NOT FORGET TO MAKE UP WORK!

Learning Disabilities/Academic Accommodations

Houston Baptist University complies with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973 regarding students with disabilities. Any student who needs learning accommodations should inform the professor immediately at the beginning of the semester that he/she will be requesting accommodations.

Step 1: All Students - Sign and Date Acknowledgement

All students requesting academic accommodations are required to read carefully all sections of information on the HBU Academic Accommodations Web site. After doing so, the student should print, sign and date the  [Acknowledgement Form*](#) that you have read all the information and submit the signed form to the [Disability Services Coordinator](#).

Step 2: All Students - Check Your Documentation

Check your documentation to see if it meets the criteria listed on this website for your specific disability. No accommodations will be written until you submit all required documentation and the documentation meets the criteria for your disability. If you have preliminary questions about the documentation criteria for your disability, please contact the [Disability Services Coordinator](#).

Step 3: Submit Documentation and Schedule an Appointment

- **First Time Applicants**
You should contact the [Disability Services Coordinator](#), to schedule an initial intake appointment. Bring your documentation and signed Acknowledgement form with you to the initial intake appointment. During the initial intake appointment you will complete the Service Request form for Academic Accommodations, sign any needed confidentiality forms, and accommodation requests/needs will be discussed. Once the documentation has been reviewed, the Coordinator will contact you to schedule another appointment to finalize accommodations and complete the accommodations request process, or to advise you of additional documentation needed.
- **Students Who Have Previously Received Accommodations at HBU**
Academic accommodations must be applied for **in person** and written **each semester**. You should contact the [Disability Services Coordinator](#) to request an appointment at the beginning

of each semester to review and discuss accommodations for that semester. Students will also need to bring a current copy of their detailed class schedule to this appointment.

Step 4: All Students - Letters of Accommodation

When you are approved for accommodations, the [Disability Services Coordinator](#) will write a Letter of Accommodation to your instructors for that semester stating that you have a documented disability (specific diagnosis or disability is not specified) which requires specific accommodations listed in the letter. The letters are stamped "confidential," placed in sealed envelopes stamped "confidential," and sent to instructors of record, usually within 48 hours after the appointment. Students are then to stop by the Coordinator's office to pick up their own copy of the accommodation letters.

Missed Assessments

Assessments missed due to excused absence will be made up during office hours or by appointment. **This must be done in a timely manner and is the responsibility of the student.** Assessments missed due to unexcused absence will not be made up and will be given a 0 for the grade.

PERSON RESPONSIBLE FOR DEVELOPING SYLLABUS

Brett Russell, MS, ATC

Instructor's Signature

Date