KINE 4340: EXERCISE TESTING AND PRESCRIPTION

COURSE DESCRIPTION
This course provides classroom and hands-on experience addressing all facets of exercise testing and prescription ranging from health appraisal, physical fitness testing, principles of exercise prescription, clinical exercise prescription, and clinical populations.

Prerequisites:
1. Prerequisite course required: BIOL 2401 or Prerequisite course required: KINE 2325
2. AND Prerequisite course required: KINE 4312
3. AND Prerequisite course required: KINE 1320 or Prerequisite course required: KINE 2313

LEARNING OBJECTIVES
• Demonstrate knowledge of the structure and function of the body as it relates to physical activity.
• Demonstrate proficiency in testing different systems in the body, both performance and health oriented.
• State representative values of the various body systems at rest, sub-maximal exercise, and maximal exertion.
• Identify laboratory procedures with respect to exercise testing and prescription.
• To know basic and advanced premises as well as manipulation of exercise prescription for both healthy and special populations

MAJOR COURSE REQUIREMENTS
Exams (30%):
Five (5) exams including the final will be given. The final exam is mandatory (i.e., not optional) and will be comprehensive in nature.

Case Studies (20%)
You will perform assessments of health and exercise testing, evaluation of client results, and delivery of suggestions for an exercise program. Further details for each assignment will be provided on Blackboard in the Case Studies folder.

Assignments (20%):
Throughout the semester there will be various assignments you will be asked to complete. Further details for each assignment will be provided on Blackboard in the Assignments folder.

Quizzes (15%):
Online quizzes are given via Blackboard. The quizzes will cover material from the readings up to the week they are given and may include previously assigned material (including course readings and lecture material, supplemental material and exercise terminology).

Skills Evaluations (15%):
Students will demonstrate their knowledge and ability to analyze the performance of basic skills of health evaluation and exercise testing.
Grading Scale:

A = 90-100%  
B = 80-89%  
C = 70-79%  
D = 60-69%  
F = 59% and below

REQUIRED AND RECOMMENDED MATERIALS

Textbooks:


Recommended or Supplemental Readings


Website:

The website that accompanies and is coordinated with this course is found on Blackboard.

List of Supplies:

*Computer with reliable internet service.* The online nature of this course will require a functioning computer with reliable internet service. There will be videos and photographs utilized as parts of the assignments, case studies, and exams for this class.

*Device for recording videos.* Portions of the assignments and skills evaluations may require the ability to record and upload audio/video of the performance of skills or techniques. This may be performed utilizing mobile phone or computer. Further information and instructions will be provided in the course FAQs.

COURSE POLICIES

Attendance/Tardiness

The entire course including assignments, quizzes, and exams are available on-line and according the course schedule. Students are required to complete the course work when assigned and complete the work by the due date.

Late Work and Make-up Exams

As this course is entirely online, the chance to ‘make-up’ missed assignments, quizzes, and tests absences will be limited to participation in a TAMUCC sanctioned event or participation in a religious holy day as outlined in the University catalog on the day the assignment, quiz or test is due. Any assignment, quiz, or
test missed due to a TAMUCC sanctioned event or religious holy day must be verified prior to the due date of the assignment, quiz, or test to be missed. No other excuses will be considered without verification of circumstances by the Dean of Students.

As this course is entirely online, it is the student’s responsibility to have access to a functioning computer and reliable internet access. Computer and/or internet failure issues must be verified through the Dean of Students office and or Instructional Technology offices.

**Extra Credit**
There may be extra credit possibilities for this class. These will be posted online with further information and guidelines for earning the credit.

**Cell Phone/Electronic Device Usage**
This is an online course. It is the student’s responsibility to ensure compatibility of devices and availability of reliable internet access.

**Academic Integrity/Plagiarism**
University students are expected to conduct themselves in accordance with the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating, such as illicit possession of examinations or examination materials, falsification, forgery, complicity or plagiarism. (Plagiarism is the presentation of the work of another as one’s own work).

Penalties that may be applied to individual cases of academic dishonesty include one or more of the following:
1. Assigning grade of ‘F’ to work in question;
2. Assigning grade of ‘F’ for course;
3. Recommendation for more severe punishment, such as dismissal from the program or from the University.

**Dropping a Class**
I hope that you never find it necessary to drop this or any other class. However, events can sometimes occur that make dropping a course necessary otherwise. Please consult with your academic advisor, the Financial Aid Office, and me, before you decide to drop this course. Should dropping the course be the best course of action, you must initiate the process to drop the course by going to the Student Services Center and filling out a course drop form. Just stopping attendance and participation WILL NOT automatically result in your being dropped from the class. **August 5, 2020** is the last day to drop a class with a grade of “W” this term.

**Classroom/professional behavior**
Texas A&M University-Corpus Christi has a diverse student population that represents the population of the state. Our goal is to provide you with a high-quality educational experience that is free from repression. You are responsible for following the rules of the University, city, state and federal government. We expect that you will behave in a manner that is dignified, respectful and courteous to all people, regardless of sex, ethnic/racial origin, religious background, sexual orientation or disability. Behaviors that infringe on the rights of another individual will not be tolerated.

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**Grade Appeals**
As stated in University Procedure 13.02.99.C0.03, Student Grade Appeal Procedures, a student who believes that he or she has not been held to appropriate academic standards as outlined in the class syllabus, equitable evaluation procedures, or appropriate grading, may appeal the final grade given in the course. The burden of proof is upon the student to demonstrate the appropriateness of the appeal. A student with a complaint about a grade is encouraged to first discuss the matter with the instructor. For complete details, including the responsibilities of the parties involved in the process and the number of days allowed for completing the steps in the process, see University Procedure 13.02.99.C0.03, Student Grade Appeal Procedures. These documents are accessible through the University Rules Web site at http://www.tamucc.edu/provost/university_rules/index.html. For assistance and/or guidance in the grade appeal process, students may contact the Dean’s office in the college in which the course is taught or the Office of the Provost.

**Disabilities Accommodations**
The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please call or visit Disability Services at (361) 825-5816 in Corpus Christi Hall 116. If you are a returning veteran and are experiencing cognitive and/or physical access issues in the classroom or on campus, please contact the Disability Services office for assistance at (361) 825-5816.

**Statement of Academic Continuity**
In the event of an unforeseen adverse event, such as a major hurricane and classes could not be held on the campus of Texas A&M University–Corpus Christi; this course would continue through the use of Blackboard and/or email. In addition, the syllabus and class activities may be modified to allow continuation of the course. Ideally, University facilities (i.e., emails, web sites, and Blackboard) will be operational within two days of the closing of the physical campus. However, students need to make certain that the course instructor has a primary and a secondary means of contacting each student.
# COURSE OUTLINE  
(Dates and content subject to change).

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<td>Course Syllabus &amp; Class Overview</td>
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<td>Health Consequences of Physical Inactivity and Sedentary Behavior</td>
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Bk = Book (*ACSM'S Exercise Test & Rx*); LM = Lab Manual (*Exercise Testing & Rx LAB MANUAL*)
I. STATE ADOPTED PROFICIENCIES FOR TEACHERS AND/OR ADMINISTRATORS/COUNSELORS

A. LEARNER-CENTERED KNOWLEDGE: The teacher possesses and draws on a rich knowledge base of content, pedagogy, and technology to provide relevant and meaningful learning experiences for all students.

B. LEARNER-CENTERED INSTRUCTION: To create a learner-centered community, the teacher collaboratively identifies needs; and plans, implements, and assesses instruction using technology and other resources.

C. EQUITY IN EXCELLENCE FOR ALL LEARNERS: The teacher responds appropriately to diverse groups of learners.

D. LEARNER-CENTERED COMMUNICATION: While acting as an advocate for all students and the school, the teacher demonstrates effective professional and interpersonal communication skills.

E. LEARNER-CENTERED PROFESSIONAL DEVELOPMENT: The teacher, as a reflective practitioner dedicated to all students’ success, demonstrates a commitment to learn, to improve the profession, and to maintain ethics and personal integrity.

II. TeXeS COMPETENCIES & CAATE COMPETENCIES & PROFICIENCIES

Competency 002 - Physical education teacher applies principles and concepts of fitness and fitness development/maintenance to evaluate, select, and adapt activities that help learners achieve and maintain appropriate fitness levels.

Competency 003 - The teacher appreciates human diversity, recognizes how diversity in the classroom and the community may affect learning and creating a classroom environment in which both the diversity of groups and the uniqueness of individuals are recognized and celebrated.

Competency 004 - Fitness-related health, nutrition, and safety. The physical education teacher knows health, nutrition, and safety principles and practices related to fitness/performance and encourages learners to apply these principles and practices.

Competency 011 - Legal, ethical, medical, and safety issues. The physical education teacher understands legal, ethical, medical, and safety issues relating to physical education programs and applies this understanding in a variety of contexts.