KINE 4860

Exercise Programming for Special Populations

Credit Hours: 3 hours; Lecture 3 hours

Prerequisites/Co-requisites:  KINE 3680 – Physiology of Exercise

Syllabus prepared: 6 Jan 2014

Instructor:  Dr. Jim McDonald               Email: [jrm0013@auburn.edu](mailto:jrm0013@auburn.edu)

Office: Room 2070, Coliseum

Office Hours: Tues & Thurs                    Office Phone:  844-1922

1:00 – 3:00 pm

**There are no required textbooks for this course.  Required reading assignments will be posted on Canvas.**

**Course Description**

The class will address underlying principles of the physiology of training, exercise program design and specific types of training for fitness and sport.  Specifically the course will cover the American College of Sports Medicine guidelines for exercise for health for normal and special populations.  The course will discuss training for various aspects of sport including speed, agility and power.  Additionally, the course will examine the impact on training and performance of environmental factors.

**Student Learning Outcome:**

1. Explain and discuss the underlying principles of training for fitness and sport
2. Understand basic safety considerations for an exercise facility and for exercise testing.  Understand basic treatment for common injuries seen in a exercise facility
3. Understand the cardiorespiratory changes that occur with exercise and how it can be measured.  Understand and discuss the methods of improving cardiorespiratory fitness.
4. Understand and discuss training to increase muscular strength, muscular endurance and power.
5. Understand and discuss training to improve power balance and agility
6. Understand and discuss training to increase range of motion and flexibility.
7. Understand and discuss the impact of environmental factors including heat, humidity, cold and altitude on exercise training and performance.

**Grading Scale**

You may earn up to 350 total points in this course. Your individual evaluation will be based on the total points you earn throughout the course.  For example, an "A" = 315 total points earned or 90%, a "B" = 280 - 314 points earned or 80 - 89%, a "C" = 245 - 279 points earned or 70 - 79%.

 Exams (250 Points)

There will be a total of 3 exams each worth 50 points and a final exam worth 100 points. Exams are designed to test your knowledge in areas covered in assigned text readings, and lectures Make-up exams will only be given for students with documented excused absences. Students with excused absences must be prepared to take the exam on the day they return to class.  The comprehensive final exam, will be administered at the scheduled exam time at the end of the semester.

Homework - Exercise Planning (100 Points)

There will be four homework assignments each worth 25 points.  The assignments will entail creating a specific exercise plan to be assigned.

**Class Policies**

Attendance: Although attendance is not required except for the lab sessions, students are expected to attend all classes, and will be held responsible for any content covered in the event of an absence.. Excused absences are defined in the Student Policy eHandbook, [www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies).

Make up policy: Arrangements to make up a missed examination due to a properly authorized absence must be initiated by the student within one week of the end of the period of the excused absence.  In unusual circumstances such as an extended absence to illness, the make-up exam will occur within two weeks of the absence.

Accommodations:Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternate time can be arranged. To set up this meeting, please contact me by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT).

Honesty Code: Students are expected to do their own work and cheating will not be tolerated.  Please see University policies at [https://sites.auburn.edu/admin/universitypolicies/default.aspx](https://cas.auburn.edu/owa/redir.aspx?C=bc06a9c32636407d8a7ce9284b94e692&URL=https%3a%2f%2fsites.auburn.edu%2fadmin%2funiversitypolicies%2fdefault.aspx)