

AUBURN UNIVERSITY SYLLABUS

KINE 6400 – Exercise Prescription for Normal and Special Populations

Course Number

KINE 6400

Course Title

Exercise Prescription for Normal and Special Populations

Credit Hours

3 semester hours

Prerequisites

KINE 3680

Term

Spring 2015

Day/Time/Location

Tuesday and Thursday – 11:00 am to 12:15 pm – Kinesiology Building 126

Instructor

Andreas N. Kavazis, PhD

Office Address

Room 287 in Kinesiology Building

Contact Information

Phone: 334-844-1479

Email: ank0012@auburn.edu

Office Hours

Tuesday: 12:15 pm – 1:15 pm

Wednesday: 10:00 am – 11:00 am

By appointment

Textbooks

ACSM's Guidelines for Exercise Testing and Prescription. Lippincott, Williams & Wilkins.

Course Description

Principles of exercise prescription for normal and special populations with emphasis on specific exercise strategies in elderly, obese, hypertensive and hyperlipidemic populations.

Student Learning Outcomes

Knowledge and demonstration of the principles, adaptations, assessment techniques and emergency procedures necessary to develop exercise programs for cardiorespiratory endurance, muscular strength/endurance, flexibility, balance, and body composition.

Identify, demonstrate, and prescribe appropriate exercises for cardiorespiratory endurance, muscular strength/endurance, flexibility, balance, and body composition.

Course Content Outline

Week 1 – Syllabus

Week 2 – Introduction to Exercise Prescription

Week 3 to Week 4 – Fitness Assessment (Pre) – Report 1 due

Week 5 to Week 14 – Hands on Exercise Prescription

Week 15 to Week 16 – Fitness Assessment (Post) – Report 2 due

Assignments/Projects

Quizzes (50 points)

Two (2) quizzes will be given during the semester.

Hands on performance (150 points)

You will be evaluated for professionalism, knowledge, and competency in demonstrating and prescribing appropriate exercises.

Reports (100 points)

Two (2) reports must be written.

1. Accurately record and interpret the exercise testing results and write the initial exercise prescription program.
2. Accurately record and interpret the exercise testing results and write the final results.

Rubric and Grading Scale

Class evaluation breakdown

Quiz 1 – 25 points

Quiz 2 – 25 points

Hands on performance – 150 points

Report 1– 50 points

Report 2 – 50 points

Total points for the class = 300 points

Grading scale

A = 90-100% (270 – 300 points)

B = 80-89% (240 – 269 points)

C = 70-79% (210 – 239 points)

D = 60-69% (180 – 209 points)

F = 0-59% (less than 179 points)

Class Policy Statements:

Attendance

Although attendance is not required, students are expected to attend all classes, and will be held responsible for any content covered in the event of an absence.

Excused absences

Students are granted excused absences from class for the following reasons: illness of the student or serious illness of a member of the student's immediate family, the death of a member of the student's immediate family, trips for student organizations sponsored by an academic unit, trips for university classes, trips for participation in intercollegiate athletic events, subpoena for a court appearance, and religious holidays. Students who wish to have an excused absence from class for any other reason must contact the instructor in advance of the absence to request permission. The instructor will weigh the merits of the request and render a decision. When feasible, the student must notify the instructor prior to the occurrence of any excused absences, but in no case shall such notification occur more than one week after the absence. Appropriate documentation for all excused absences is required. Please see the Student Policy eHandbook (www.auburn.edu/studentpolicies) for more information on excused absences.

Make-Up Policy

Arrangement to make up a missed major examination (e.g., hour exams, mid-term exams) due to properly authorized excused absences must be initiated by the student within one week of the end of the period of the excused absences(s). Except in unusual circumstances, such as the continued absence of the student or the advent of university holidays, a make-up exam will take place within two weeks of the date that the student initiates arrangements for it. Except in extraordinary circumstance, no make-up exams will be arranged during the last three days before the final exam period begins.

Academic Honesty Policy

All portions of the Auburn University student academic honesty code found in the Student Policy eHandbook (www.auburn.edu/studentpolicies) will apply to university courses. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee.

Disability 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).

Course contingency

If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation, the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, an addendum to your syllabus and/or course assignments will replace the original materials.

Professionalism

As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional behaviors as defined in the College's conceptual framework. These professional commitments or dispositions are listed below:

- o Engage in responsible and ethical professional practices
- o Contribute to collaborative learning communities
- o Demonstrate a commitment to diversity
- o Model and nurture intellectual vitality