

Three Rivers Community College

Fall 2017

Course: HPE\*K 246 Programming and Prescription II

Instructor: Heidi Zenie

Office: C102

Office Hours: M/W 2:00-3:00, T/R 3-5

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Prerequisite: HPE\*K245

#### Course Description

This course is designed to introduce students to theories and techniques of exercise prescription for a variety of special populations (obese, diabetic, arthritic, pregnant, elderly, and the widely symptomatic). Guidelines for appropriate cardiovascular and resistance training for these groups will be discussed in detail. Protocols for prevention, diagnosis, treatment and rehabilitation will be stressed.

#### Course Outcomes

Upon completion of this course the student will have:

1. Ability to recognize postural abnormalities that may affect exercise performance.
2. Skill in assessing body alignment.
3. Knowledge of the benefits and risks associated with exercise training and recommendations for exercise programming in children and adolescents.
4. Knowledge of the benefits and precautions associated with resistance and endurance training in older adults and recommendations for exercise programming.
5. Knowledge of how to modify cardiovascular and resistance exercises based on age and physical condition.
6. Knowledge of and ability to describe the unique adaptations to exercise training with regard to strength, functional capacity, and motor skills.
7. Knowledge of common orthopedic and cardiovascular considerations for older participants and the ability to describe modifications in exercise prescription that are indicated.
8. Knowledge of selecting appropriate training modalities according to the age and functional capacity of the individual.
9. Knowledge of the concept of activities of daily living (ASLs) and its importance in the overall health of the individual.

10. Skill to teach and demonstrate appropriate modifications in specific exercises and make recommendations for exercise programming for the following groups: children, older adults, persons with diabetes (type 2), pregnant women, persons with arthritis, persons who are overweight and/or obese, and persons with chronic back pain.
11. Ability to modify exercises based on age and physical condition.
12. Knowledge and ability to safely and efficiently prescribe exercises to special populations
13. Knowledge of guidelines for testing and assessment for all special populations.

#### Instructional Materials

Skinner, 2005 Exercise Testing and Exercise Prescription for Special Cases, 3<sup>rd</sup> ed. Baltimore, MD: Lippincott Williams & Wilkins

ACSM, ACSM's Exercise Management for Person's with Chronic Diseases and Disabilities, 3<sup>rd</sup> ed. Champaign, IL: Human Kinetics

#### Academic Misconduct

The instructor has primary responsibility for control over classroom behavior and maintenance of academic integrity, and can request the temporary removal or exclusion from the classroom of any student engaging in conduct that violates the general rules and regulations of the institution. Extended or permanent exclusion from lecture or laboratory activities or further disciplinary action can only be effected through appropriate procedures of the institution.

Plagiarism, cheating on quizzes or tests, or any form of academic dishonesty is strictly prohibited. Students guilty of academic dishonesty directly or indirectly will receive a zero for the exercise, quiz or test and may receive an "F" grade for the course in addition to other possible disciplinary sanctions which may be imposed through the regular institutional procedures. Any student that believes that he or she has been erroneously accused may appeal the case through the appropriate institutional procedures if their grade was affected.

#### Grade Determination

- a. Written Exams  
There will be 3 exams each worth 100 points
- b. Homework: 15 points each
- c. Quizzes: 10 points each
- d. Class projects and presentations: 200 points
- e. Abstract : 100 points
- f. Abstract Presentation: 50 points

- g. Attendance at 2 Lifelong learning lectures and written reviews: 50 points each

The grading for this course is based upon the 1000 Point Grading Method. Please see My Grades on Blackboard to follow your progress throughout the semester.

Letter Grade	Point Ranges	Grade Point Value
A	950 - 1000	4.000
A-	900 - 949	3.667
B+	890 - 899	3.333
B	810 - 889	3.000
B-	800 - 809	2.667
C+	790 - 799	2.333
C	710 - 789	2.000
C-	700 - 709	1.667
D+	690 - 699	1.333
D	610 - 679	1.000
D-	600 - 609	0.667
F	0 - 599	0.000

#### Digication Statement

As a student you will maintain an online learning portfolio using a college-designed template in Digication. Through this electronic tool you will have the opportunity to monitor your own growth in college-wide learning. It may even help you determine a major that is best suited to you. You will be able to keep and maintain your learning portfolio after graduation. A Three Rivers General Education Assessment Team will select and review random works to improve the college experience for all. If your work is selected and reviewed for assessment purposes, it will remain anonymous and private. Digication provides a “place” where you will connect your learning from the classroom, college, and life in general. Sometimes when you review all of the work you have done and think about it, you end up learning something different and perhaps unexpected. Please review your course outlines to determine what assignments to upload into the TRCC Digication template and please post your own choices, as well. Have fun in learning!

#### Make-Up Work

Any assignment can be obtained from the instructor or on blackboard. Unit tests can only be made up by special arrangement with the instructor. Make-up tests will be granted on an individual basis only following a conference with the instructor; where the reason(s) for missing the test must be determined mitigating circumstances beyond the control of the student such as, illness, death in the family, or change in condition of

employment. If two tests are missing during the semester and/or if the final exam is missed the student will receive an "F" grade if he or she is failing other parts of the course or an "I" if the student is passing all other parts of the course.

### Revisions to the Syllabus

Students are responsible for learning all of the objectives and all of the items in the course outline whether they are discussed in lecture, and/or lab or not. The instructor reserves the right to revise the objectives, topic outline, or academic schedule contained in the syllabus without notice. However, if the revisions affect scheduled unit tests, a 48-hour notice will be given for the new test date.

### Technology

Cellular phones and beepers are only allowed in class or lab if they are turned off or in silent mode. Under no circumstances are phones to be answered in class. When there are extenuating circumstances that require that a student be available by phone or beeper, that student must speak to the instructor prior to class, so that together they can arrive at an agreement.

### Special Notice

If you have a visible or hidden disability which may require classroom, lab and/or test-taking modifications, please see me as soon as possible. If you have not registered with Chris Scarborough, learning specialist or a counselor in the Student Services Development Center, you must do so early in the semester.

### Course Outline

<u>Week</u>	<u>Lecture Topic</u>	<u>Readings</u>
1	Introduction to course	Skinner 1,2,3 ACSM 1,2,3,4
2	Gender and Age Differences Males vs. Females, Children vs. Adults Environmental Factors	Skinner 4,5,6,7 ACSM 5
3	Metabolic Diseases Diabetes, Renal Disease, Hyperlipidemia	Skinner 14,23 ACSM 22,23,24

4	Weight Management Conditions	Skinner 15
	Obesity, Metabolic Syndrome	ACSM 25
5	Exam 1	
6	Immunological Conditions	Skinner 24
	Cancer, HIV/AIDS, Chronic Fatigue Syndrome	ACSM 27,28,30
7	Neuromuscular Conditions	Skinner 13
	Paralysis and Spinal Cord Injury	ACSM 39,42
	Multiple Sclerosis, Stroke	
8	Neuromuscular Conditions	ACSM 45,46
	Parkinson's Disease, Cerebral Palsy	
9	Special Cases	Skinner 25, 8
10	Exam II	
11	Orthopedic Conditions	Skinner 10,11
	Arthritis, Osteoporosis, Lower Back Pain	ACSM 34,35,36
12	Orthopedic Conditions	Skinner 12
	Chronic Pain, Tendonitis	
13	Cognitive Conditions	Skinner 26
	Autism, Mental Retardation, Alzheimer's Disease	ACSM 47,48,49
14	Make ups, projects, Exam III	

#### Due dates

Unit 1: Sunday, 9/10 @ 11:59 pm

Unit 2: Sunday, 9/17 @ 11:59 pm

Unit 3: Sunday, 9/24 @ 11:59 pm

Unit 4: Sunday, 10/1 @ 11:59 pm

\*\*\*No class Monday, October 2nd

Unit 5: Sunday, 10/8 @ 11:59 pm

\*\*\*\*Wednesday, October 11<sup>th</sup>, 1:30-2:30, location TBA, Lifelong learning lecture: The Eye, Dr. Michael Betten & Jennifer B. Ettenger, MPA,COMS

Unit 6 & Lifelong Learning lecture review (the eye): Sunday, 10/15 @ 11:59 pm

Unit 7: Sunday, 10/22 @ 11:59 pm

Unit 8: Sunday, 10/29 @ 11:59 pm

\*\*\*No class Wednesday, November 1st

Unit 9: Sunday, 11/5 @ 11:59 pm

\*\*\*\*Thursday, November 9<sup>th</sup>, 1:00-2:30, location TBA, Lifelong learning lecture: Arthritis, Dr. Sandeep Varma

Unit 10 & Lifelong learning lecture review (Arthritis): Sunday, 11/12 @ 11:59 pm

Unit 11 & abstract: Sunday, 11/19 @ 11:59 pm

Unit 12: Sunday, 12/3 @ 11:59 pm