KINE 295
SCIENTIFIC PRINCIPLES OF EXERCISE PRESCRIPTION
FALL 2011

INSTRUCTOR: Dr. Evie Burnet
e-mail: enburnet@wm.edu
Office: Adair Hall 115-A
Office Hours: By appointment

CLASS MEETING: Monday, Wednesday, and Friday 12:00 – 12:50 PM
Morton 220


Additional required class readings may be placed on Blackboard.

DESCRIPTION: This course addresses the scientific basis of designing effective and safe exercise programs. Principles of exercise prescription will focus on improving health-related fitness, rather than elite athletic performance. Since health-related fitness includes cardiovascular endurance, muscular fitness, body composition and flexibility, these fitness parameters will be emphasized.

OBJECTIVES: This course is designed to:

- differentiate between health related and performance related physical fitness.
- provide a scientific framework for various conditioning techniques used to enhance cardiovascular endurance, muscular fitness, flexibility and body composition.
- describe the relationship between cardiovascular fitness and health.
- describe the relationship between muscular fitness and health.
- describe the relationship between body composition and health.
- describe the relationship between flexibility and health.
- provide students with the knowledge and skills to design a safe, effective exercise program for all healthy individuals regardless of age or gender.
- demonstrate an understanding of principles of exercise prescription applied to special populations including cardiac patients, pulmonary patients, diabetics, children, the elderly and pregnant women.
- encourage independent and critical thinking.
COURSE EVALUATION AND GRADING

The student’s final grade will be determined as follows:

- Exam #1 25%
- Exam #2 25%
- Assignments 25%
- Final Exam 25%

CLASS REQUIREMENTS/POLICIES

Class announcements will be posted on Blackboard or students will be notified by email when changes or additions are made to the syllabus or course on Blackboard.

Assignments should be turned in by the start of the class period on the due date unless stated otherwise on the individual assignment. Late assignments will only be accepted when a valid excuse is provided.

There is not an attendance policy for this class. However, poor class attendance is likely to negatively impact your grade. Information from class discussions and lecture will be included on exams and assignments. Students are responsible for information covered in class during their absences. Prior notification for absences should be provided when possible (i.e., university travel, job interviews). Students are expected to follow College policies for extended absences.

Please set up an appointment to discuss accommodations as soon as possible if you are a student with a disability.

Students should be familiar with the College of William and Mary Honor Code System outlined in the student handbook. Any suspicion of academic dishonesty will be addressed according to the guidelines of the William and Mary Honor System.

http://www.wm.edu/about/administration/deptsandoffices/deanofstudents/services/studentconduct/honorcode/index.php
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<td>Course Introduction, Health &amp; Fitness</td>
<td>Chapter 1</td>
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<td>8-26</td>
<td><strong>No Class</strong></td>
<td>Fjertoft et al., Wu et al., and Healthy People 2020</td>
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<tr>
<td>8-29</td>
<td>Health &amp; Fitness Defined</td>
<td>Chapter 1, Racette et al.</td>
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<td><strong>10-10</strong></td>
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<td>10-12</td>
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<td>10-14</td>
<td>Detraining</td>
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<td>10-17</td>
<td>Flexibility</td>
<td>pp. 148-150, 193-195</td>
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<td>Body Composition, <strong>Assignment #3 Due</strong></td>
<td>Chapters 4 &amp; 11, Mellor et al.</td>
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<td>Cancer Patients</td>
<td>Chapter 9, van Weert et al.</td>
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<td><strong>12-8</strong></td>
<td><strong>Final Exam 9:00 am to noon</strong></td>
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