

KINE 295
HEALTH-RELATED EXERCISE PRESCRIPTION
FALL 2018

INSTRUCTOR: Dr. Evie Burnet
email: enburnet@wm.edu
Office: Adair Hall 115-B
Office Hours: Monday 12-1 or by appointment

CLASS MEETING: Monday, Wednesday, and Friday 11:00 – 11:50 PM
Morton 342

TEXTBOOK: *Exercise Testing and Prescription: A Health Related Approach*, 7th edition, David C. Nieman, McGraw-Hill Publishing Co., 2010.

Useful reference: *ACSM's Guidelines for Exercise Testing and Prescription*, 10th edition, Lippincott Williams & Wilkins, 2017.

Additional required class readings will 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	20%
Exam #2	20%
Assignments	25%
Discussion and brief	10%
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 will be turned in by the start of the class period on the due date. Late assignments will only be accepted when a valid excuse has been preapproved.

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.

Students with scheduled absences on exam days are expected to provide timely notice and take their exams **prior to the absence**.

William & Mary accommodates students with disabilities in accordance with federal laws and university policy. Any student who feels s/he may need an accommodation based on the impact of a learning, psychiatric, physical, or chronic health diagnosis should contact Student Accessibility Services staff at **757-221-2509** or at **sas@wm.edu** to determine if accommodations are warranted and to obtain an official letter of accommodation. For more information, please see **www.wm.edu/sas**.

William & Mary has had an honor code since at least 1779. Academic integrity is at the heart of the university, and we all are responsible for upholding the ideals of honor and integrity. The student-led honor system is responsible for resolving any suspected violations of the Honor Code, and I will report all suspected instances of academic dishonesty to the honor system. The *Student Handbook* (**www.wm.edu/studenthandbook**) includes your responsibilities as a student and the full Code. Your full participation and observance of the Honor Code is expected. To read the Honor Code, see **www.wm.edu/honor**. **All academic work in this course, including assignments, discussion board posts, and exams, is to be your own work.** Therefore, group work and use of previous assignments, discussion board posts, and exams are not permitted. When in doubt, it is your responsibility to confirm whether collaboration is permitted.

Tentative Class Schedule

Date	Topic	Reading
8-29	Course Introduction, Health & Fitness	Chapter 1, Fjørtoft et al.
8-31	Health & Fitness Defined	Wu et al., and Healthy People 2020
9-3	Health & Fitness Defined	Chapter 1, Racette et al., Boyle et al.
9-5	Screening & Testing	Chapter 2
9-7	Add/Drop Deadline Screening & Testing, Assignment #1 Due	Chapter 2
9-10	Contraindications to Exercise	Chapter 2
9-12	Introduction to Exercise Prescription	Chapter 6
9-14	Exercise Prescription	Chapter 6
9-17	Nutrition and Energy Pathways	Chapter 7
9-19	Nutrition and Energy Pathways	Chapter 7
9-21	Nutrition and Energy Pathways, Assignment #2 Due	Chapter 7
9-24	Review	
9-26	Exam #1	
9-28	Cardiorespiratory Fitness	Chapters 3 & 6
10-1	Cardiorespiratory Fitness	Chapters 3 & 6
10-3	Cardiorespiratory Fitness	Chapters 3 & 6
10-5	Cardiorespiratory Fitness	Chapters 3 & 6
10-8	Muscular Strength and Endurance	Chapters 5 & 6
10-10	Muscular Strength and Endurance	Chapters 5 & 6
10-12	Muscular Strength and Endurance	Chapters 5 & 6
10-15	Fall Break – No Class	
10-17	Detraining	p. 4
10-19	Flexibility	pp. 148-150, 193-195, Wiggin
10-22	Body Composition, Assignment #3 Due	Chapters 4 & 11, Mellor et al.
10-24	Body Composition	Chapters 4 & 11
10-26	Withdrawal Deadline Supplements & Ergogenic Aids	Chapter 7
10-29	Review	
10-31	Exam #2	
11-2	Cardiac Patients	Chapter 8, Bassett
11-5	Cardiac Patients	Chapter 8
11-7	Cardiac Patients	Keteyian et al.
11-9	Cancer Patients	Chapter 9, Leclerc et al.
11-12	Diabetic Patients	Chapter 10, Wrobel et al.
11-14	Elderly Patients	Chapter 13
11-16	Elderly Patients	Chapter 13, Ehlen et al.
11-19	Exercise Compliance	Conn et al.
11-21, 11-23	Thanksgiving Break – No Class	
11-26	Children and Pregnant Women	King and Swank
11-28	Exercise Risks, Assignment #4 Due	Burfoot
11-30	Exercise Risks	
12-3	Exercise Risks	
	Multiple Sclerosis Patients	Guillamo et al.
12-5	Psychological Health	Chapter 12
12-7	Review	
12-19	Final Exam 9:00 am to noon	