

Application for a New Course v9

Course ID <i>Subject and Number</i>	KINE 485 – Clinical Exercise Physiology II
Date APPROVED	
Date DENIED	

I. Systems and Catalog Information Complete each item.

1	Course Developer	Matthew Garver
	Course Teacher	Matthew Garver
3	Course Title	Clinical Exercise Physiology II
4	Course Abbreviation (if title is over 30 characters)	Clinical Exer. Phys. II
5	College	CEHS
6	Department	Kinesiology and Nutrition
7	Number of Credit Hours	3 hrs.
8	Is the course Fixed Credit or Variable Credit?	Fixed
9	Is the course repeatable?	No
10	Maximum number of times course may be repeated	0
11	Maximum number of hours credit	3 hrs.
12	Explanation for variable credit	
13a	Course contact hours – LEC	15
13b	Course contact hours – Lab	
13c	Course contact hours - Practicum	
13d	Course contact hours - Seminar	
13e	Course contact hours – Studio	
13f	Course contact hours - Online	
13g	Course contact hours - Colloquium	
13h	Course contact hours – Field Experience	
13j	Course contact hours - Internship	
13k	Course contact hours - Research	
13m	Course contact hours - Workshop	
13n	Course contact hours – Other	
14	Instructor Workload	3 hrs.
15	Grade Mode (check all appropriate):	☒ X Standard ☐ Credit/No Credit (undergrad only)
16	Maximum Enrollment	20
17	Catalog Description (50 words or less)	This course is designed to advance the application of theoretical and practical guidelines of pre-exercise screening, exercise assessment, exercise interpretation, and exercise prescription.
18	List any prerequisites (course/s, test scores, class standing, major, etc.)	At least Jr. standing, KINE 372, KINE 373, KINE 473
19	List any co-requisites	None
20	If the course is cross listed, specify	No

20	If the course is cross listed, specify the Course ID(s) MUST have signature in Section V off all Department Chairs	No
21	Does this course have any special student costs? Yes/No <i>Attach a <u>completed</u> "Request to Add or Change Course Fees" form. Describe in section IV-F.</i>	No
22	How often will it be offered?	Once annually
23a	How often will it be offered? Spring	Annually
23b	How often will it be offered? Summer	No
23c	How often will it be offered? Fall	No
24	Frequency?	Once annually
25	First semester this course will be offered <i>New courses may not be taught under their approved course ID until they appear in the catalog, therefore, no earlier than the coming fall.</i>	Spring 2014
26	List course/s that should be deleted, include the last semester for course/s being deleted <i>A course cannot be deleted when it is a requirement in a degree plan in any department.</i>	None
27	Is this course required for a degree/s? Yes/No <i>If "Yes," attach a revised degree plan(s) reflecting the placement of the new course.</i>	This course will be a part of the fall 2013 entering student degree plans in: KNHP (Health Promotion), KNOT (Pre-Occupational Therapy), and KNPT (Pre-Physical Therapy).
28	Has this course been offered as a Special Topics course? Yes/No <i>If "Yes," specify the Course ID and enrollment for each term it was taught.</i>	Yes; EXSC 440.02 (spring 2012, n=21) and KINE 440.02 (spring 2013, n=15).
29	List any courses in which content overlaps the proposed course. (Course ID and Name) <i>Attach statement from instructor/dept chair of existing course justifying the new offering in Section IV-D.</i>	KINE 485 will involve application of physiological principles learned in the prerequisite courses: KINE 372, KINE 373, and KINE 473.

II. Curriculum

1	Degree Plan Explanation of how this course affects degree requirements.	This course is required for KNHP, KNOT, and KNPT degree tracks.
2	Justification State the justification for adding this course to the current curriculum. Represent the need	There is a dire need for fitness and allied-health professionals to be able to appropriately determine risk associated with exercise testing and the prescription of exercise. Moreover, these individuals must have the capability to individualize exercise plans based on risk stratification, testing results, and consideration

		of special situations (hypertension, pregnancy, elderly, cardiovascular disease, etc.). This class addresses key theoretical and practical applications of exercise in this manner.
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III. Course Design

1. Audience and Course Goal

1	Describe the intended audience, including prerequisite skills.	This course is intended for students in Kinesiology degree tracks KNHP, KNOT, and KNPT who have at least Jr. standing and completed KINE 372, KINE 373, and KINE 473.
2	State the overarching course goal(s) in performance terms.	The goal of this course is to develop exercise interpretation and prescriptions skills in students who will continue into HP, OT, and PT-related careers. These careers demand individualized consideration of patient needs and this class serves to meet that need as a harbinger of critical application skills development.

2. Competencies and Measurements

	Competency	Measurement
1	Identify and describe the basic components of fitness, the benefits related to each component of fitness, and the exercise modalities utilized to accomplish these outcomes.	(Short-answer style) exam.
2	Identify and describe risk factors associated with cardiovascular disease and demonstrate the ability to use ACSM risk stratification schemas to identify a client's risk category.	Case study analysis - Ability to identify critical risk factor cut points. Knowledge of risk factors and assignment of risk stratification – Instructor evaluation against latest American College of Sports Medicine guidelines.
3	Describe recommended testing supervision guidelines, contraindications to exercise testing, and contraindications for continuing an ongoing exercise test.	Written project.
4	Interpret comprehensive medical and physical pre-exercise screening results and select appropriate testing strategies (Cycle? Treadmill? Submaximal? Maximal?) based on the ACSM guidelines.	Instructor evaluation.
5	Describe exercise prescription guidelines ranging across a broad spectrum: disease free person, cardiac patient, child, elderly person, pregnant individual, osteoporotic person, cancer patient etc.	Verbal presentations.

3. Text and Resources

1. Give the full publication information of the textbook/s and other required resources and outside readings.

THE LATEST VERSION OF THE GUIDELINES WILL ALWAYS BE USED. FOR THE NEXT FEW YEARS, THAT WILL BE THE FOLLOWING EDITION.

ACSM (2013). *ACSM's Guidelines for Exercise Testing and Prescription*. 9th Edition. Lippincott, Williams and Wilkins.

2. For **combined undergraduate/graduate** courses, make two lists:
 - a. full publication information; label **Undergraduate**.
 - b. full publication information; label **Graduate**. Indicate number of pages required.

IV. Supporting Documentation

Supporting documents must accompany proposal prior to preliminary approval by chair and dean.

1	Library — Submit new course application and syllabus to the Director of the Library. Consult with the director and establish a deadline for completion of the library report. Attach the signed copy of the library director's report.
2	Instructional Design — The application and syllabus must be reviewed by the Adams Center. Attach a copy of the Adams Center Review Letter.
3	Degree Plan — The impact of the course must be reviewed by the Director of Curriculum. Attach degree plan signed by the Director of Curriculum.
4	Content Overlap — Include one document for each course you listed in Section I-I. Attach statement from instructor/dept chair of existing course justifying the new offering.
5	Departmental Resources — List the resources that support the course and are available only through the department, if applicable. Attach the list of the holdings and the location/s.
6	Resources — List resources (other than library or departmental resources) that are needed to support this course (computers, lab equipment, other technology, etc.). Attach a complete list of all items and indicate possible sources or estimated cost of each. List the sources of any needed funds.
7	Expenses — List additional expenses needed to implement this course (full-time or part-time faculty, graduate or lab assistants, student employees, travel, special student costs, room renovation, storage facility, etc.). Attach a complete list of all items, the estimated cost of each and the source of the funds.
8	Justification — Attach all documents referred to in Section II-2
9	Syllabus — Attach the syllabus for the course based upon the anticipated first-semester offering.
10	Provide documentation for all additional attachments here

V. Preliminary Approvals

All supporting documentation has been assembled and attached to this application. I believe this course is ready to be presented to appropriate councils. We have a plan to fund this new course.

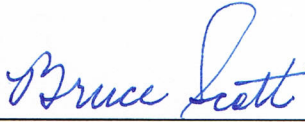
Primary Department



Department Chair

6-25-13

Date



Dean of the College

Date

Cross-listing Department *Add more lines if multiple departments are cross-listing*

Department Chair

Dean of the College

Date

Date

Cross-listing Department *Add more lines if multiple departments are cross-listing*

Department Chair

Dean of the College

Date

Date

VI. Approvals *Place all approvals on one page.*

A. Course ID: KINE 485

Course Title: Clinical Exercise Physiology II

1. College Academic Council Action: (for all courses)

Note: Insert additional lines for College Academic Council action for each college involved in cross-listed courses.

Approved ☒ Denied ☐ Bruce Scott 9.10.13
College Dean or Director Date

Approved ☐ Denied ☐ _____
College Dean or Director Date

2. Graduate Council Action: (for graduate level courses)

Approved ☐ Denied ☐ _____
Dean of Graduate School Date

3. University Undergraduate Academic Council Action:

For undergraduate level courses only

Approved ☐ Denied ☐ _____
Associate Provost Date

4. University General Education Council Action: (when applicable)

Approved ☐ Denied ☐ _____
Provost or designee Date

5. University Budget Committee Action: (when applicable)

When applicable – see New Course Application Instructions

Approved ☐ Denied ☐ _____
Chair, University Budget Committee Date

6. Academic Provost Action: (for all courses)

Approved ☐ Denied ☐ _____
Provost Date

7. President of the University Action: (for all courses)

Approved ☐ Denied ☐ _____
President Date

Attach notes, comments, or conditions from appropriate councils:

Degree: B.S. Kinesiology: Pre-OT (KNOT)

For Students Entering Fall 2013

This is a sample schedule to illustrate how long it will take to complete this degree plan. Additional semesters may be necessary if you are required to complete courses listed in the right-hand column or if you repeat courses. Consult with your academic advisor before changing the sequence of courses. Some courses are not offered every semester and some courses have prerequisites. Check the course description in the current catalog for details. Failure to complete courses in the recommended sequence may delay graduation. Each block represents 3 hours unless otherwise noted.

FR Fall 14 hrs	†BIBL 101 Jesus: His Life and Teachings 3 hrs	†ENGL 111 Composition and Rhetoric 3 hrs	†CORE 110 Cornerstone 3 hrs		BIOL 112/114 General Biology/Lab 4 hrs	KINE 100 Majors Only 1 hr	Required if condition of Admission:
FR Spring 16 hrs	BIBL 102 Early Christians: Life, Literature and Community 3 hrs	@ ENGL 112 Composition and Literature 3 hrs	MATH 124 or 185 Pre-Calculus II or Calculus 3 hrs	PSYC 120 Introduction to Psychology 3 hrs	PEAC 211,214, 215 or 216 1 hr	FL/CA Foreign Language/Cultural Awareness 3 hrs	UNIV 011 Learning Strategies
SO Fall 16 hrs	@ BIBL 211 Message of the Old Testament 3 hrs	@ Sophomore ENGL (221, 222, 231 232, 262, or 263) 3 hrs	CORE 210 Human Identity And Community 3 hrs	@KINE 340 Special Topic: Medical Terminology 2 hrs	@ BIOL 291/293 Anatomy and Physiology I/Lab 4 hrs	KINE 206 Strength Training (Majors Only) 1 hr	May be required based on ACT or SAT scores: MATH: MATW 019 MATW 120/020 MATW 130/030 ENGLISH: ENGL 003/004 ENGL 106/006 ENGL 107/007
SO Spring 14 hrs	PSYC 232 Developmental Psychology 3 hrs	@ COMS 211 Intermediate Speech and Rhetoric 3 hrs	KINE 232 Structural Kinesiology 3 hrs		@ BIOL 292/294 Anatomy and Physiology II/ Lab 4 hrs	KINE 421 Lab III 1 hr	
JR Fall 17 hrs	#BIBP 352 Biomedical Ethics 3 hrs	@ KINE 372/373 Exercise Physiology/Lab 4 hrs	**KINE 311 Motor Behavior 3 hrs	HED 112 Personal Health 3 hrs	@ CHEM 131/133 General Chemistry I/Lab 4 hrs		
JR Spring 15 hrs	PSYC 311 Elementary Statistics 3 hrs	KINE 473 Clinical Exercise Physiology I 3 hrs	BCOR 310 God and the Good Life 3 hrs	PSYC 382 Abnormal Psychology 3 hrs	Elective 3 hrs		
Summer 6 hrs	@ *KINE 420 Exercise Science Internship						
SR Fall 15 hrs	KINE 450 Personal Training 3 hrs	@ Elective 3 hrs	KINE 399 Research Methods in KINU 3 hrs	@General Education Selection 2 hrs	@ PHYS 110/111 General Physics 4 hrs		Total Hours = 128
SR Spring 15 hrs	@ Elective (ENGL 326 or 327) 3 hrs	KINE 485 Clinical Exercise Physiology II 3 hrs	@KINE 498 Biomechanics 3 hrs	@ Elective 3 hrs		@ SOCI 111 Introduction to Sociology 3 hrs	

Symbol Key: † Freshman Requirement. @ Course typically available in a summer term. ** Writing Intensive *Capstone 3.0 GPA is required for acceptance into the KNOT program.

- This course or its equivalent is offered at one of ACU's semester-long Study Abroad sites. Those planning to study abroad should save these courses. See www.acu.edu/study-abroad for updated courses.

Degree: B.S. Kinesiology: Health Promotions (KNHP)

For Students Entering Fall 2013

This is a sample schedule to illustrate how long it will take to complete this degree plan. Additional semesters may be necessary if you are required to complete courses listed in the right-hand column or if you repeat courses. Consult with your academic advisor before changing the sequence of courses. Some courses are not offered every semester and some courses have prerequisites. Check the course description in the current catalog for details. Failure to complete courses in the recommended sequence may delay graduation. Each block represents 3 hours unless otherwise noted.

FR Fall 16 hrs	†BIBL 101 Jesus: His Life and Teachings 3 hrs	†ENGL 111 Composition and Rhetoric 3 hrs	@ PSYC 120 Introduction to Psychology 3 hrs	HED 112 Personal Health and Human Disease 3 hrs	†CORE 110 Cornerstone 3 hrs	KINE 100 Lifetime Wellness (majors) 1 hr	Required if condition of Admission:
FR Spring 16 hrs	BIBL 102 Early Christians: Life, Literature and Community 3 hrs	ENGL 112 Composition and Literature 3 hrs	MATH 120 or Higher Quantitative Reasoning 3 hrs	@ Any Social Science 3 hrs	@ Elective 3 hrs	PEAC 211 Cross-Training (majors) 1 hr	
SO Fall 15 hrs	@ BIBL 211 Message of the Old Testament 3 hrs	CORE 210 Human Identity and Community 3 hrs	KINE 241 First Aid/CPR 1 hr	CHEM 113/111 Introductory Chemistry w /Lab 4 hrs	NUTR 221 Introductory Nutrition 3 hrs	KINE 206 Strength Training (majors) 1 hr	May be required based on ACT or SAT scores: MATH: MATW 019 MATW 120/020 MATW 130/030 ENGLISH: ENGL 003/004 ENGL 106/006 ENGL 107/007
SO Spring 16 hrs	@ COMS 211 Intermediate Speech and Rhetoric 3 hrs	@ Sophomore ENGL (221, 222, 231 232, 262, or 263) 3 hrs	KINE 232 Structural Kinesiology 3 hrs	CHEM 114/112 Intro. Organic and Biological Chemistry w /Lab 4 hrs	NUTR 224 Nutrition for Exercise and Sport 3 hrs		
JR Fall 17 hrs	@ Adv. Bible Selection 3 hrs	**KINE 360 Leadership Mgmt for Health Promotion 3 hrs	@ KINE 372/373 Exercise Physiology/Lab 4 hrs	@ BIOL 291/293 Anatomy and Physiology I/Lab 4 hrs	General Education Selection 2 hrs	@ Elective 1 hour	
JR Spring 17 hrs	MGMT 330 Mgmt and Org. Behavior 3 hrs	KINE 460 Program Planning for Health Promotion 3 hrs	KINE 473 Clinical Exercise Physiology I 3 hrs	@ BIOL 292/294 Anatomy and Physiology II / Lab 4 hrs	BCOR 310 God and the Good Life 3 hrs	KINE 321 or 322 Sport or Fitness Practicum 1 hr	
SR Fall 16 hrs	@ Elective 3 hrs	KINE 450 Personal Training 3 hrs	KINE 480 Training Program Design 3 hrs	HED 324 Drug Education 3 hrs	FL/CA Foreign Language/Cultural Awareness 3 hrs	KINE 421 Wellness Practicum 1 hr	
SR Spring 15 hrs	KINE 485 Clinical Exercise Physiology II 3 hrs	KINE 498 Biomechanics 3 hrs	KINE 475 Physical Activity and Aging 3 hrs	*KINE 420 Exercise Science Internship 6 hrs			Total Hours = 128

Symbol Key † Freshman Requirement. @ Course typically available in a summer term. **Writing Intensive *Capstone

- This course or its equivalent is offered at one of ACU's semester-long Study Abroad sites. Those planning to study abroad should save these courses. See www.acu.edu/study-abroad for updated courses.

Degree: B.S. Kinesiology: Pre-PT (KNPT)

For Students Entering Fall 2013

This is a sample schedule to illustrate how long it will take to complete this degree plan. Additional semesters may be necessary if you are required to complete courses listed in the right-hand column or if you repeat courses. Consult with your academic advisor before changing the sequence of courses. Some courses are not offered every semester and some courses have prerequisites. Check the course description in the current catalog for details. Failure to complete courses in the recommended sequence may delay graduation. Each block represents 3 hours unless otherwise noted.

FR Fall 14 hrs	†BIBL 101 Jesus: His Life and Teachings 3 hrs	†ENGL 111 Composition and Rhetoric 3 hrs		†CORE 110 Cornerstone 3 hrs	BIOL 112/114 General Biology I w/Lab 4 hrs	KINE 100 Majors Only 1 hr	Required if condition of Admission: UNIV 011 Learning Strategies
FR Spring 16 hrs	BIBL 102 Early Christians: Life, Literature and Community 3 hrs	@ ENGL 112 Composition and Literature 3 hrs	MATH 124 or 185 Pre-Calculus II or Calculus 3 hrs	PSYC 120 Introduction to Psychology 3 hrs	BIOL 113/115 General Biology II w/Lab 4 hrs		
SO Fall 16 hrs	@ BIBL 211 Message of the Old Testament 3 hrs	@ Sophomore ENGL (221, 222, 231 232, 262, or 263) 3 hrs	KINE 340 Special Topic: Medical Terminology 2 hrs	CORE 210 Human Identity and Community 3 hrs	@ CHEM 131/133 General Chemistry I w/Lab 4 hrs	KINE 206 1 hr	May be required based on ACT or SAT scores: MATH: MATW 019 MATW 120/020 MATW 130/030 ENGLISH: ENGL 003/004 ENGL 106/006 ENGL 107/007
SO Spring 16 hrs		@ COMS 211 Intermediate Speech and Rhetoric 3 hrs	KINE 232 Structural Kinesiology 3 hrs	@ SOCI 111 Introduction to Sociology 3 hrs	@ CHEM 132/134 General Chemistry II w/Lab 4 hrs	HED 112 Personal Health and Human Disease 3 hrs	
JR Fall 15 hrs	@ ENGL 326 or 427 Business and Professional Writing or Technical Writing 3 hrs	@ KINE 372/373 Exercise Physiology/Lab 4 hrs	**KINE 311 Motor Behavior 3 hrs		PHYS 110/111 General Physics I w/lab 4 hrs	PEAC 211	
JR Spring 16 hrs	PSYC 311 Elementary Statistics 3 hrs	KINE 473 Clinical Exercise Physiology I 3 hrs		BCOR 310 God and the Good Life 3 hrs	PHYS 112/113 General Physics II w/lab 4 hrs	FL/CA Foreign Language/Cultural Awareness 3 hrs	
Summer 6 hrs	@ *KINE 420 Exercise Science Internship						
SR Fall 13 hrs	BIBP 352 Biomedical Ethics 3 hrs		KINE 399 Research Methods in KINU 3 hrs	PSYC 232 Developmental Psychology 3 hrs	BIOL 492/495 Physiology w/lab 4 hrs		Total Hours = 128
SR Spring 16 hrs	@ Elective 3 hrs	KINE 485 Clinical Exercise Physiology II 3 hrs	KINE 498 Biomechanics 3 hrs	General Education Selection 2 hrs	BIOL 491/493 Human Anatomy w/lab 4 hrs	@ Elective 1 hr	

Symbol Key † Freshman Requirement. @ Course typically available in a summer term. ** Writing Intensive *Capstone 3.25 GPA is required for acceptance into KNPT program.

• This course or its equivalent is offered at one of ACU's semester-long Study Abroad sites. Those planning to study abroad should save these courses. See www.acu.edu/study-abroad for updated courses.

KINE 485: Exercise Testing & Prescription (3 Cr Hr)

Course Syllabus - Spring 2014

Meeting Room: 136

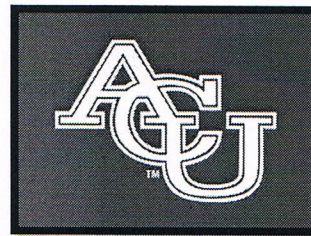
Days and Time: T and R; 9:30-10:50

Instructor: Matthew J. Garver, Ph.D.

Office #: Gibson 134

(Preferred) Email: mjg11a@acu.edu

(Secondary) Phone: 325 - 674 - 2822



Office Hours:

Monday	Tuesday	Wednesday	Thursday	Friday
2:00 – 4:00	2:00 – 4:00	2:00 – 4:00	2:00 – 4:00	-

Catalog Description: This course is designed to advance the application of theoretical and practical guidelines of pre-exercise screening, exercise assessment, exercise interpretation, and exercise prescription.

Pre-requisites: KINE 372, KINE 373, and KINE 473

Course Scripture: 1 Corinthians 9:24 (New International Version) “Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.”

Teaching Philosophy and Faith in Learning: Learning involves bridging gaps from the known to the unknown. Information cannot be passively distributed to students. My goal is to teach to the class with the individual in mind. If I ever settle for mediocre outcomes among my students, I have failed the field I love and the students who I have the distinct but passing opportunity to educate. A course taught at ACU should include elements that similar courses form public universities do not address or intertwine. If we are, as Psalms 139:14 says, “Fearfully and wonderfully made,” aspects of that understanding will naturally and purposefully intersect course content and discussion.

ACU Mission Statement: The mission of Abilene Christian University is to educate students for Christian service and leadership throughout the world.

College of Education and Human Services Mission Statement: The CEHS is dedicated to equipping leaders for global, urban, cultural and social changes of the 21st century. The college provides leadership in education and human services that is grounded in current research and informed practice.

Department of Kinesiology and Nutrition Mission Statement: The Kinesiology and Nutrition Department trains students to live healthful and physically active lives.

Competencies and Measurements: Upon completion of KINE 485, the student should have the ability to do the following which will be assessed by the measurement described.

	Competency	Measurement
1	Identify and describe the basic components of fitness, the benefits related to each component of fitness, and the exercise modalities utilized to accomplish these outcomes.	(Short-answer style) exam.
2	Identify and describe risk factors associated with cardiovascular disease and demonstrate the ability to use ACSM risk stratification schemas to identify a client's risk category.	Case study analysis - Ability to identify critical risk factor cut points. Knowledge of risk factors and assignment of risk stratification – Instructor evaluation against latest American College of Sports Medicine guidelines.
3	Describe recommended testing supervision guidelines, contraindications to exercise testing, and contraindications for continuing an ongoing exercise test.	Project #1 – Math and Concept Check.
4	Interpret comprehensive medical and physical pre-exercise screening results and select appropriate testing strategies (Cycle? Treadmill? Submaximal? Maximal?) based on the ACSM guidelines.	Project #2 – Case Study Evaluation.
5	Describe exercise prescription guidelines ranging across a broad spectrum: disease free person, cardiac patient, child, elderly person, pregnant individual, osteoporotic person, cancer patient etc.	Verbal presentations during final two weeks of semester.

Course Materials and Support:

Required Text: ACSM (2013). *ACSM's Guidelines for Exercise Testing and Prescription*. 9th Edition. Lippincott, Williams and Wilkins

Support: Students will have access to the syllabus, lecture presentations, associated readings, recorded grades etc. on OpenClass. The Professor has scheduled office hours and is available by email and special request.

Teaching Strategies: Course lecture material will be disseminated mainly through power point presentation. A couple of in-class assignments or group projects will serve to promote greater understanding for differences in submaximal and maximal testing and the appropriateness of selecting one testing type over the other for a given individual. In addition, the assignments will provide students with hands on experience in the application of risk stratification and the selection of appropriate exercise testing parameters based on stratification results. Supplemental reading will enhance understanding of course material but exam material will always be present and discussed in class. Exams will consist of: multiple choice, fill in, short answer, or essay.

Grading System: Final grades are based on a 250 point scale. Letter grade conversion below:

Letter Grade	Quality Points – GPA	Points Earned	Percentage
A	4.0	225-250	90-100%
B	3.0	200-224.99	80-89.99
C	2.0	175-199.99	70-79.99
D	1.0	150-174.99	60-69.99
F	0	Below 150	Below 60

Grade Breakdown: The grading rubric is provided below.

Exams	150 Points Possible	Anticipated Date
Exam #1: Benefits/Risks PA – Health-Related Testing	50 pts.	
Exam #2: Maximal/Submaximal Tests – Clinical Exercise	50 pts.	
Exam #3: General Principles of Exercise – Presentations	50 pts.	
Assignments	50 Points Possible	
Project #1 – Math and Concept Check.	25 pts.	
Project #2 – Case Study Evaluation.	25 pts.	
Culminating Event	50 Points Possible	
Verbal Presentation: Will occur during the final 2 weeks of class with partner(s)	50 pts.	Dates in last two weeks of semester
TOTAL POSSIBLE POINTS	250	

Course Policies:

Grade Deductions: The student's final grade will be lowered by 10 points for each absence beyond 3 (unexcused) and as specified for tardiness or failure to attend the entire class session.

ADA Compliance: The ACU Student Disability Services Office (a part of Alpha Academic Services) facilitates disability accommodations in cooperation with instructors. In order to be eligible for accommodations, you must be registered with Disability Services and a separate request must be made for each class in which accommodations are needed. Call extension 2667 for an appointment with the Director of Disability Services.

Attendance: As stated in the ACU Course Catalogue, class attendance is expected. Attendance is imperative for development of understanding and meeting course objectives; therefore, attendance will be recorded. Zeros will be recorded for any quiz, exam or assignment due during or completed in class when a student is absent (only exception: see University Sponsored Events). A student who notifies the instructor when he/she is ill or foresees an absence (NOT University sanctioned) is not excused from the class without appropriate documentation (i.e. physician documentation).

Tardy Arrival - Arriving after the scheduled class time will be considered a tardy and two tardy arrivals to class will equal an absence.

UNIVERSITY SPONSORED ABSENCES: It is the student's responsibility to:

1. Arrange to take tests, labs etc. more than 48 hours PRIOR TO THE UNIVERSITY SPONSORED ABSENCE
2. CHECK before returning to class to determine if an in-class assignment was assigned during University sponsored absence

Questionable Materials: The discussion of physiology naturally leads to discussion of biology and psychology and occasionally might include topics that some individuals deem offensive or questionable. The selection of activities, readings, and media is considered carefully. Nevertheless, there may be times when content is challenging to cover or discuss. I will disseminate the information or moderate the proceedings so that the information or experience is adequate and accurate (to the best of my knowledge) but not dismissed or exaggerated.

Attire and Professionalism: At all class meetings, attire should be comfortable, but in good taste and reflecting professional demeanor. Hats/caps, for males or females, are not to be worn during any test, quiz or other evaluation period.

Academic Integrity: University Policy for Academic Integrity and Honesty

1. Academic Integrity is defined as academic work completed as assigned for each class by the individual or group responsible for the work. Academic work includes but is not limited to reading assignments, assessments and examinations, attendance at required out-of-class activities, written or oral presentations, laboratory experiments and research.
2. See Academic Integrity and Honesty Policy for details of what constitutes academic dishonesty and resultant disciplinary actions. www.acu.edu/campusoffices/provost

Cell Phones, Calculators and other Electronic Devices:

1. Unless being utilized for academic purposes as instructed by the professor, to prevent disruption of classes, all cell phones must be turned to the OFF or vibrate (w/out sound) setting and put away during class time. No cell phone is to be answered inside the classroom or in close proximity to the classroom door – be courteous with usage just outside the class.
2. With the possibility that sensitive information can be accessed, students are not to leave their phones in sight during examinations. Likewise, students are cautioned that inappropriate use of a cell phone outside of the classroom shall be construed as cheating and result in associated penalties.

Tentative Course Schedule

The information below is provided to give students some guidance in the intended direction and content for the course. The professor reserves the right to make changes to the course content, course schedule, and/or grading policies as necessary to maximize student learning.

<u>Exam #1 Lecture Content (Feb 7th)</u>	<u>Associated Readings; Assignment</u>
Benefits and Risks with PA	Reading pages added once newest edition of the text arrives
Health Screening	
ACSM Risk Stratification	
Pre-Exercise Evaluations	
Health-Related Fitness Components	
Health-Related Testing and Interpretation	
<u>Exam #2 Lecture Content (~ March 21st)</u>	
Common Submaximal Test Modes and Results	
Interpretation of Submaximal Tests	
Maximal Testing Modes and Results	
Interpretation of Maximal Tests	
Advantages and Disadvantages of Submaximal and Maximal Testing	TBA; Project #1
<u>Exam #3 Lecture Content (~April 18th)</u>	
General Principles of Exercise Prescription	
Consideration of Environmental Factors	
Modification for Healthy Persons	
Modification for Cardiac Patients	
Modification for Diabetes and Obesity	
Modification for Cerebral Palsy and Spinal Cord Injuries	
Demonstration of Procedures for Verbal Presentation Topics	TBA; Project #2
Verbal Presentations	

ABILENE CHRISTIAN UNIVERSITY

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April 25, 2013

Dr. Matthew Garver
Kinesiology and Nutrition Department
Gibson Health & Physical Education Center, Room 134
ACU Box 28084
Abilene, TX 79699-8084

RE: KINE485 Clinical Exercise Physiology II

Thank you for sending materials for KINE485 to the Adams Center as part of the new course application process. The course review committee has taken a look at the application and syllabus and provided feedback to you via Google Docs. I trust that you will make changes as suggested before these documents are forwarded to councils for approval. Don't hesitate to contact us if we can be of assistance in that process.

Blessings,

Melinda (Mindi) Thompson, Ph.D.
Director of Instructional Design
Adams Center for Teaching and Learning
Abilene Christian University

ABILENE CHRISTIAN UNIVERSITY

LIBRARY

M E M O R A N D U M

DATE: June 25, 2013
TO: Dr. Matt Garver
FROM: Mark McCallon, Associate Dean for Library Resources
RE: Course Application for KINE 485 – Clinical Exercise Physiology II

After reviewing the course application and syllabus, the library can adequately support the proposed course. Please let assigned faculty know that they can contact the library's Exercise Science Liaison Gary Oliver (oliverg@acu.edu) for specific resources that the library needs to purchase for the course. Thank you for letting us examine the course proposal.