

Approval Chart for Curriculum Changes

A = Approve I= Information Item¹ R= Advise & Respond²

Course Number KINE 342 or Degree Plan(s) KNPT, KNOT, KNHP
State the requested change and reason. A memo may be attached if more space is necessary.

CURRENT

Exercise Testing & Prescription was taught in 2013 as a special topics course (KINE 440). It has not been offered since. The proposed course would affect KNPT, KNOT and KNHP degree plans.

PROPOSED

To get approval for a new course, Exercise Testing & Prescription (KINE 342), for KNPT, KNOT and KNHP majors.

RATIONALE

In KNPT, KNOT and KNHP the course Exercise Testing & Prescription (KINE 342) offers practical application of theory of exercise science in order to provide the student with sufficient knowledge to evaluate fitness levels and develop, prescribe and teach appropriate exercise programs with varying goals and populations.

NOTE: The syllabus for KINE 342 was originally submitted to the Library as KINE 442. After further investigation, we determined that this course would fit better in the degree plan as a 300-level course. The library and Adam's Center letter approving the syllabus for this course reads KINE 442 and NOT KINE 342. The syllabus and course schedule content, however, is exactly the same. For this reason, it was not recommended for new letters to be sought.

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Circle the number that corresponds to the requested change. Degree plan changes are on the second page.

		COUNCIL ³								
	Change to a Course	Dept./School	College Academic	Deans	TEC	UGEC	UAC	GRAD	Provost	President
1.	Title (description unchanged)	A	A	A	I				I	I
2.	Description (not affecting content)	A	A	A	I				I	I
3.	Course term(s)	A	I	A	I				I	I
4.	Content (substantive change)	A	A	A	I				A	A
5.	Number of hours (lecture, lab, contact)	A	A	A	A				A	A
6.	Course number within the hundred	A	A	I	I				I	I
7.	Course number beyond the hundred	A	A	A	A				A	A
8.	Prerequisites	A	A	A	I				I	I
9.	Course fee(s)	A	--	A	--				A	I
10.	From U to G <i>or</i> G to U	A	A	A	A				A	A
11.	Cross list with another department: U or G level	A	A	A	A				A	A
12.	Department of record	A	A	A	A				A	A
13.	Open or close a course	A	A	A	A				A	A
14.	New course — See website for application and process. This change includes combining or splitting a course(s).	A	A	A	A				A	A

Note: When an academic unit does not have a council, the UGEC and/or UUAC will serve as its academic council, depending on the nature of the issue.

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COUNCIL ³												
	Change to a Degree Plan	Dept./School	College Academic	Deans	TEC	UGEC	UUAC	GRAD	Provost	Faculty	President	Board of Trustees
1.	University Requirements — Change in approved course content ⁶	A	A	A	A				A	--	A	--
2.	University Requirements — Add or drop a required course from the University Requirements chart ⁶	A	A	A	A				A	A	A	--
3.	University Requirements — Add or drop a course from a menu within the University Requirements ⁶	A	--	--	A				A	--	A	--
4.	University Requirements — Change hours within a menu on the University Requirements chart ⁶	A	A	A	A				A	A	A	--
5.	Major — Revision of major ^{4,5}	A	A	A	A				A	--	A	--
6.	Major — Adopt or change admission requirements	A	A	A	A				A	--	A	--
7.	Major — Add ^{4,5}	A	A	A	A				A	A	A	I
8.	Major – Discontinue (proposed by the department or college)	A	A	A	A				A	A	A	I
9.	Major – Discontinue (proposed by the Provost)	See below.										
10.	GPA — Revise major or cumulative requirement	A	A	A	A				A	A	A	--
11.	Minor — Revise course selection	A	A	A	I				I	--	I	--
12.	Minor — Add	A	A	A	A				A	--	A	--
13.	Minor – Discontinue (proposed by the department or college)	A	A	A	A				A	--	A	--
14.	Minor – Discontinue (proposed by the Provost)	See below.										
15.	Degree — Add	A	A	A	A				A	A	A	I
16.	Degree – Discontinue (proposed by the department or college)	A	A	A	A				A	A	A	I
17.	Degree – Discontinue (proposed by the Provost)	See below.										
18.	Any change to a graduate degree program	A	A	A	A				A	--	A	--

	Provost-Proposed Change	Provost	Department	Dean	TEC	UUAC	Graduate	Faculty	President	Board of Trustees
1.	Major/Graduate Program – Discontinue (proposed by the Provost)	A	R	R		A		A	A	I
2.	Minor – Discontinue (proposed by the Provost)	A	R	R		A		--	A	--
3.	Degree – Discontinue (proposed by the Provost)	A	R	R		A		A	A	I

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COUNCIL ³										
	Change to the Catalog Information	Dept./School	College Academic	Deans	UGEC	UUAC	GRAD	Provost	Faculty	President
1.	General requirements for graduation including course requirements that are common to all majors for all degrees ⁷	--	--	--	A			A	A	A
2.	Admission requirements	--	--	--	A			A	A	A
3.	Policies governing academic probation and suspension	--	--	--	A			A	A	A
4.	Requirements for graduating with honors	--	--	--	A			A	A	A
5.	Other academic policy changes	--	--	--	A			A	--	A

¹ Councils may request additional information about “Information” items. These items are approved as “Consent Agenda.”

² The Dean and Department should respond to the Provost’s recommendation to close a program in writing. Advise & Respond (R) requires that the voting body should receive the written responses at least one week prior to the vote.

³ All courses that meet University Requirements for general education must go through UGEC. Courses or degrees offered only to students seeking teacher certification must go through the Teacher Education Council. All undergraduate changes must go before the UUAC. All graduate degree plan changes must go through the Graduate Council.

⁴ A minimum of 30 hours is required for a major. A maximum is specified for each degree (e.g., BA, BS). The university minimum for elective hours is 6, unless the requirements of external accrediting bodies make it impossible.

⁵ Program or course changes that apply to any major that includes Teacher Certification will be reviewed by the college, the Teacher Education Council (TEC), and then the UUAC.

⁶ Courses that satisfy ACU’s University Requirements (General Education) will normally have lower-level numbering, be free of prerequisites and co-requisites, appeal to more than one or two majors, and “not narrowly focus on those skills, techniques, and procedures specific to a particular occupation or profession” (SACS 2.7.3). Departments may request exceptions to the first three criteria.

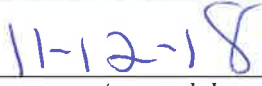
⁷ The UUAC approved the clarification that “general requirements for graduation” means the enumerated items in the “General Requirements for Bachelor’s Degrees” section of the catalog.

Revised 3-8-17

Curriculum/Catalog Changes Signature Page

Department/School Chair(s)	
 Signature	 Approval date
_____ Signature	_____ Approval date

College Academic Council(s)	
 Signature	 Approval date
_____ Signature	_____ Approval date

Dean(s)	
 Signature	 Approval date
_____ Signature	_____ Approval date

Teacher Education Council	
_____ Chair's signature	_____ Approval date

General Education Council	
_____ Chair's signature	_____ Approval date

Undergraduate Academic Council	
_____ Chair's signature	_____ Approval date

Graduate Council	
_____ Chair's signature	_____ Approval date

Provost	
_____ Signature	_____ Approval date

Faculty	
_____ Chair of faculty senate	_____ Approval date

President	
_____ Signature	_____ Approval date

Abilene Christian University

Application for a New Course v10.5

Course ID <i>Subject and Number</i>	KINE 342
Date APPROVED	
Date DENIED	

I. Systems and Catalog Information Complete each item.

1	Course Developer	Annie Bane, MSED
2	Course Teacher	Annie Bane, MSED
3	Course Title	Exercise Testing, Evaluation & Prescription
4	Course Abbreviation (if title is over 30 characters)	Exercise Test, Eval & Rx
5	College	College of Education and Human Services
6	Department	Kinesiology & Nutrition
7	Number of Credit Hours	3
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	n/a
11	Maximum number of hours credit	3
12	Explanation for variable credit	n/a
13a	Course contact hours - LEC	45 per semester
13b	Course contact hours - Lab	n/a
13c	Course contact hours -	n/a

	Practicum	
13d	Course contact hours - Seminar	n/a
13e	Course contact hours - Studio	n/a
13f	Course contact hours - Online	n/a
13g	Course contact hours - Colloquium	n/a
13h	Course contact hours – Field Experience	n/a
13j	Course contact hours - Internship	n/a
13k	Course contact hours - Research	n/a
13m	Course contact hours - Workshop	n/a
13n	Course contact hours – Other (specify)	n/a
14	Instructor Workload	3
15	Grade Mode (check all appropriate):	☒ Standard ☐ Credit/No Credit (undergrad only)
16	Maximum Enrollment	24
17	Catalog Description (50 words or less)	This course offers practical application of theory of exercise science in order to provide the student with sufficient knowledge to evaluate fitness levels and develop, prescribe and teach appropriate exercise programs with varying goals and populations.
18	List any prerequisites (course/s, test scores, class standing, major, etc.)	KINE 232 (Structural Kinesiology) & KINE 241 (First Aid/CPR)
19	List any co-requisites	None
20	If the course is cross listed, specify the Course ID(s) MUST have signature in Section V off all Department Chairs	n/a

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
22a	How often will it be offered? Fall	n/a
22b	How often will it be offered? Spring	Every Spring
22c	How often will it be offered? Summer	No
23	Frequency? All, odd, or even years?	Every year
24	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 2019
25	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>	n/a
26	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>	Yes
27	Should the addition of this course be retroactively applied to the degree plan it supports? Yes/no and explain	Yes. It will replace a course that was deleted from Pre-Physical Therapy (KNPT), Pre-Occupational Therapy (KNOT), General Kinesiology (KGEN) degree plans. This course aligns better with our pre-health professionals.
28	Has this course been offered as a Special Topics course? Yes/No <i>If "Yes," specify the Course ID</i>	Yes. KINE 440 (2013-2014)

	and enrollment for each term it was taught. (Note: New courses are NOT required to be taught as Special Topics courses prior to being approved. However, courses may be taught once as Special Topics before it is proposed. See the Course Descriptions section of the Catalog for details.)	
29	List any courses in which content overlaps the proposed course. (Course ID and Name) Attach statement from instructor/dept chair of existing course justifying the new offering in Section IV-D.	None

II. Curriculum

1	Degree Plan Explanation of how this course affects degree requirements.	Required for Pre-Physical Therapy (KNPT), Pre-Occupational Therapy (KNOT), General Kinesiology (KGEN)
2	Justification State the justification for adding this course to the current curriculum. Represent the need.	This course will offer experiential learning through the development and execution of exercise prescriptions following fitness and health assessments. Students will learn how to apply their knowledge of exercise, anatomy and kinesiology and write meaningful, health-centered, safe and effective workouts for various populations. This is crucial, as many of our students will be accepted to physical or occupational therapy graduate programs or start working in the field in which exercise prescriptions are the core of what they do.

III. Course Design

1. Audience and Course Goal

1	Describe the intended audience, including prerequisite skills.	The course is intended for majors in KINE with degrees in KNPT, KNOT, KGEN and will serve as an elective for other KINE majors.
2	State the overarching course goal(s) in performance terms.	The course goals include developing proficiency in exercise testing and writing and prescribing appropriate exercise programs while utilizing the guidelines and recommendations set by the American College of Sports Medicine and other recognized sources of relevant information.

2. Competencies and Measurements

	Competency	Measurement
1	Apply concepts of measurement and evaluation of cardiovascular, muscular and neuromuscular fitness.	Lab Practical 2-4, Exams 1-3
2	Identify the major CAD risk factors	Exam 1 and Lab practical 1, Final Project
3	Understand contraindications for testing when an exercise test and/or exercise session should be terminated	Exam 1 and Lab practical 1-2
4	Utilize ACSM Guidelines on health history and risk appraisal to determine appropriate exercise prescription	Written exercise prescriptions 1-4, Exam 2
5	Assess and interpret blood pressure responses and cardiorespiratory status before, during and after exercise	Lab practical 2-4, Exam 1
6	Design appropriate exercise prescription based on physiological principles for variety of different populations	Written exercise prescriptions 1-4 and Final project
7	Administer fitness and sport skills tests in students	Lab Practical 1
8	Apply scientific (validity, reliability) and administrative criteria in selecting and developing measuring instruments	Test 1
9	Identify the various types of "norms" and communicate what these norms mean in a professional way	Test 2 and Final Project
10	Teach exercise prescriptions in a safe, effective and	Written exercise prescriptions 1-4,

efficient manner to various populations.	Final project
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3. Text and Resources

1. Required: Heyward, V. H., & Gibson, A. L. (2014). *Advanced fitness assessment and exercise prescription* (7th ed.). Human Kinetics. ISBN: 978-1-4504-6600-4.
2. Recommended: *ACSM's Guidelines for Exercise Testing and Prescription*, (10th ed.). Leeds: Wolters Kluwer. ISBN: 978-1-4963-3907-2. Williams & Wilkins, Baltimore, MD.

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 Dean of the Library. Consult with the director and establish a deadline for completion of the library report. Attach the signed copy of the Library 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	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.
4	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.
5	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.
6	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.
7	Justification — Attach all documents referred to in Section II-2
8	Syllabus — Attach the syllabus for the course based upon the anticipated first-semester offering.
9	Provide documentation for all additional attachments here

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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.

Course Number and Name _____

Primary Department



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

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

Department Chair
Dean of the College

Date

Date

VI. Actions *Place all actions on one page.*

Course ID: _____

Course Title: _____

1. College Academic Council: (for all courses)

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

Approved ____ Denied ____ _____
College Dean or Director Date

Approved ____ Denied ____ _____
College Dean or Director Date

2. Graduate Council: (for graduate level courses)

Approved ____ Denied ____ _____
Dean of Graduate School Date

3. Teacher Education Council: (when applicable)

Approved ____ Denied ____ _____
TEC Chair Date

4. University General Education Council: (when applicable)

Approved ____ Denied ____ _____
Provost's designee Date

5. University Undergraduate Academic Council: (*undergraduate level courses*)

Approved ____ Denied ____ _____
Vice Provost Date

6. Academic Provost: (for all courses)

Approved ____ Denied ____ _____
Provost Date

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

Approved ____ Denied ____ _____
President Date

Attach notes, comments, or conditions from appropriate councils:

IV. Supporting Documentation Attachments

4. Departmental resources

- Human performance lab and equipment
 - Location Gibson 131
 - The lab will be blocked appropriately for necessary classes
- No additional cost

5. Resources

- Periodical access to the rec center and available equipment
 - Joel Swedlund will be notified when the class is using various rooms and or equipment when teaching their exercise prescriptions or performing health assessments.
- Possible equipment utilized:
 - Treadmills
 - Bikes
 - Mats
 - Upstairs track
 - Machine weights
 - Free weights
- No additional cost

6. Expenses

- There are no anticipated expenses

7. Syllabus (see next page)

KINE 342.01
Exercise Evaluation, Testing & Prescription
Spring 2019

Instructor: Annie Bane, MEd, CSCS, ISSN

Office: Gibson 133

E-mail: annie.bane@acu.edu

Office Hours: Monday & Wednesday 11:00-1pm

Phone: 325-674-2758

Tuesday & Thursday 9:30am-12:00pm

Course: Exercise Evaluation, Testing & Prescription

Course Number: KINE 4 **Credit Hours:** 3

Meeting Place/Time: Gibson 130, MWF 8:00am

Prerequisites: KINE 232 (Structural Kinesiology) & KINE 241 (First Aid/CPR)

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: to equip students to emulate the work of Christ in the world through teaching, training the physical body, and serving the disenfranchised.

Department of Kinesiology and Nutrition Mission Statement: to prepare students to serve and lead through the development of healthful lifestyles.

Teaching Philosophy: to inspire students through a service-driven and learning-centered environment to be better, to do better and to make others' lives better.

Course Content

Catalog Description: This course offers practical application of theory of exercise science in order to provide the student with sufficient knowledge to evaluate fitness levels and develop, prescribe and teach appropriate exercise programs with varying goals and populations.

Intended Audiences: The course is intended for majors in KINE with degrees in KNPT, KNOT, KGEN and will serve as an elective for other KINE majors.

Course Format: The majority of the class will be presented in lecture format with PowerPoint presentations, which will be available on Canvas. A few lab days will be scheduled for application of the topics discussed in lecture. Time will be allotted in class to complete these labs.

Required Text:

Heyward, V. H. & Gibson, A. L. (2014). *Advanced fitness assessment and exercise prescription* (7th ed.). Human Kinetics. ISBN: 978-1-4504-6600-4.

Recommended Text:

Riebe, D. (2018). *ACSM's Guidelines for Exercise Testing and Prescription*, (10th ed.). Leeds: Wolters Kluwer. ISBN: 978-1-4963-3907-2. Williams & Wilkins, Baltimore, MD.

*This will be an invaluable resource for future classes and beyond.

Course Topics:

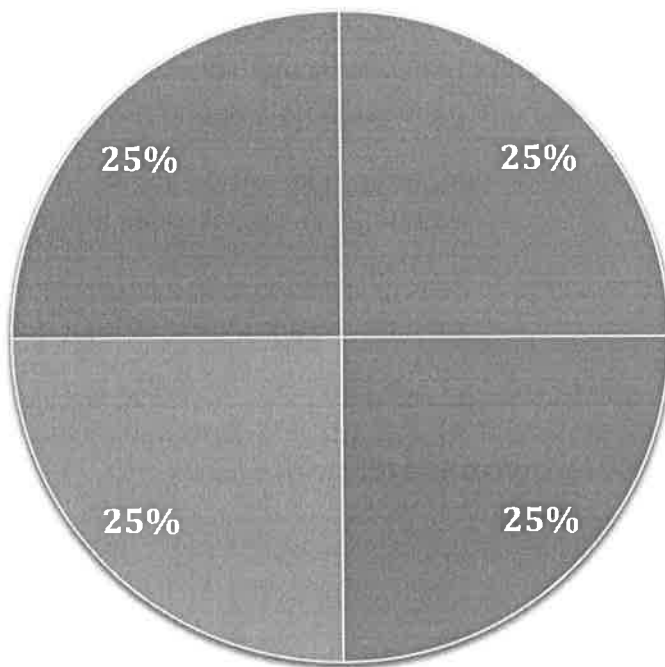
- Preliminary health screening and risk classification
- Principles of assessment, prescription and exercise adherence
- Assessing cardiorespiratory fitness
- Designing cardiorespiratory exercise programs
- Assessing muscular fitness
- Designing muscular fitness training programs
- Assessing flexibility
- Designing programs for flexibility and low back care
- Assessing balance and designing balance programs

Competencies and Measurement of Knowledge

	Competency	Measurement
1	Apply concepts of measurement and evaluation of cardiovascular, muscular and neuromuscular fitness.	Lab Practical 2-4, Exams 1-3
2	To identify the major CAD risk factors	Exam 1 and Lab practical 1, Final Project
3	To understand contraindications for testing when an exercise test and/or and exercise session should be terminated	Exam 1 and Lab practical 1-2
4	To utilize ACSM Guidelines on health history and risk appraisal to determine appropriate exercise prescription	Written exercise prescriptions 1-4, Exam 2
5	To assess and interpret blood pressure responses and cardiorespiratory status before, during and after exercise	Lab practical 2-4, Exam 1
6	To design appropriate exercise prescription based on physiological principles for variety of different populations	Written exercise prescriptions 1-4 and Final project

7	Administer fitness and sport skills tests in students	Lab Practical 1
8	Apply scientific (validity, reliability) and administrative criteria in selecting and developing measuring instruments	Test 1
9	Identify the various types of "norms" and communicate what these norms mean in a professional way	Test 2 and Final Project
10	To teach exercise prescriptions in a safe, effective and efficient manner to various populations.	Written exercise prescriptions 1-4, Final project

Grading Breakdown (400 points total)



- Exams (2 at 50 points)
- Practicals (5 each at 20 points)
- Exercise Prescriptions (4 each at 25 points)
- Exercise Prescription Final Project (100 points)

Grading Scale:

A 90-100% 360-400 pts	B 80-89.99% 320-359.99	C 70-79.99% 280-329.99	D 60-69.99% 240-279.99	F Below 60 Below 240
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Assignment Description

Exams I, II: 100 possible points (50 points each)

Each exam will be a review of the chapters previously taught. There will not be a comprehensive final, but exam III will be taken during finals week, no exceptions. Exams make up 25% of your total grade.

Exam I will cover Chapters 2-5

Exam II will cover Chapters 6, 7, 10-12

Practicals: 100 points possible (20 points each)

The practicals are an opportunity for you to apply what you've learned in class. You will be given a 15-30 minute time slot during the week to perform a certain skill or task on a partner (from class). You will not have any guidance from your instructor until after the practical is over. You will have plenty of time to prepare for the practical in and outside of class. Practicals are 25% of your total grade.

Practical 1: Blood Pressure, Height/Weight & ACSM Risk Stratification

Practical 2: Cardiorespiratory Fitness Assessment

Practical 3: Muscular Strength Assessment

Practical 4: Muscular Endurance Practical

Practical 5: Neuromuscular and Flexibility Practical

Exercise Prescriptions: 100 points possible (25 points each)

The purpose of this assignment is to apply your knowledge of your health and cardiovascular assessments and write an appropriate exercise prescription. Your exercise prescription will be tailored to your individual (profile given to you) and you will briefly explain it to the class. Exercise Prescriptions are 25% of total grade.

Exercise Prescription 1: Cardiovascular

Exercise Prescription 2: Muscular Strength

Exercise Prescription 3: Neuromuscular

Exercise Prescription 4: Total

Final Project: 100 points possible

The final project will entail you working with a member from the community in performing a health assessment, assigning and executing appropriate exercise assessments and finally, writing and teaching an exercise prescription to them. The Final Project are 25% of your total grade.

Extra-Credit

Extra-credit will not be given. You will earn your grade by completing the previously mentioned assignments according to the rubric provided.

Policies and Procedures

Professional Behavior in the Classroom or Lab

All students are expected to exhibit consistent professional conduct in the classroom and laboratory setting. Students are expected to maintain a classroom environment that will insure that all students have an opportunity to learn and participate. Disruptive classroom behaviors include cell phones, challenges to faculty authority, demanding special treatment, tardiness, leaving early, offensive remarks, chattering, reading newspapers or magazines, sleeping, or overt inattentiveness. Inappropriate behavior will result, minimally, in a request for the student to leave class. After the first incident of inappropriate behavior the instructor will discuss the behavior with the student as soon as possible following the class. If a second incident occurs the instructor will refer the student to the program director or department chair or formal counseling. Repeated offenses will result in disciplinary action deemed appropriate to the offense according to the program director.

Attendance

- Regular attendance and promptness are expected.
- *2 tardies equal 1 absence*
- Arriving after attendance is taken means you are tardy
- Only sanctioned university absences are considered excused.
 - 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).
 - It is the student's responsibility to: Arrange to take tests, labs, etc. more than 48 hours PRIOR TO THE SPONSORED ABSENCE. They are also responsible for checking upon return to class to see if an in-class assignment was assigned during University sponsored absence.
- Following the 6th **(unexcused) absence** the student will either be dropped from the course or his/her total grade will be dropped by a full 10 points per additional absence (this includes tardy absences as well).
- It is the student's responsibility to inquire about notes and or assignments missed due to an absence.
- Check your attendance on Canvas regularly

Late Work

- Late work WILL NOT be accepted.

Participation

- Students are expected to participate in class discussion, group activities and lab activities.
- Distractions such as texting, gaming, visiting unrelated to class and studying for exams is not considered appropriate and will be addressed verbally.
- Cell phones should not be seen or heard during class unless use is specified by instructor for class purposes

- The use of a computer for taking notes/following along with presentation is encouraged/allowed; however use of a computer for other purposes is not allowed.

Communication

- Please check ACU email and Canvas regularly as these are the primary forms of communication for the course.
- Individual assignment/exam grades will be posted to Canvas
- Please take responsibility for your grade in the class and check your grades regularly. If something seems amiss please contact me as soon as you have a concern so it can be addressed in a timely manner.
- Please take initiative to contact me with any questions or concerns you have during the semester. That is what I am here for. If my scheduled hours do not work with your schedule, e-mail me to schedule an appointment.

University Policies

ADA Compliance

Abilene Christian University is dedicated to removing barriers and opening access for students with disabilities in compliance with ADA and Section 504 of the Rehabilitation Act. The Alpha Scholars Program facilitates disability accommodations in cooperation with instructors. In order to receive accommodations, you must be registered with Alpha Scholars Program, and you must complete a specific request for each class in which you need accommodations. If you have a documented disability and wish to discuss academic accommodations, please call 325-674-2667.

Academic Integrity

Professionals are expected to practice with a commitment to high standards and integrity. The development of this commitment begins during academic training. Academic misconduct is considered to be an act contrary to professional ethics. Academic integrity is defined as academic work completed as assigned for each class by the individual or group responsible for the work. Violations of academic integrity and other forms of cheating involve the intention to deceive, mislead, or misrepresent and therefore, are a form of lying. Such actions are contrary to behavioral norms that flow from the nature of God. Academic misconduct includes, but is not limited to, the following: 1) Failure to give credit to sources used in a work in an attempt to present the work as one's own, 2) Submission of papers or projects obtained from another source (e.g., research service or club paper file) as one's own, and 3) Falsifying information orally or in writing. Academic misconduct may result in, but is not limited to, a zero on the assignment and/or an F in the course. Additionally, the department chair, Dean of your school, and the Dean of Student Life will be notified. See the full university policy, including how to appeal a decision, by following this link:

<http://www.acu.edu/community/offices/administrative/office-of-the-provost/academic-integrity-policy.html>

Anti-Harassment Policy

As a Christian community, Abilene Christian University has committed itself, unequivocally, to ensuring a working and learning environment in which the dignity of every individual is respected. Harassment is defined as unwelcome behavior or conduct based on sex, religion, race, age, color, national origin, veteran's status, disability, or any other characteristic protected by law when (1) submission to such conduct is made either explicitly or implicitly a term or condition of an individual's employment, education, or participation in University programs or activities, (2) submission to, or rejection of, such conduct by an individual is used as the basis for a decision affecting an individual's employment, education, or participation in University programs or activities, or (3) such conduct has the purpose or effect of unreasonably interfering with an individual's work or academic performance or creating an intimidating, hostile, or offensive environment for work, education, or participation in a University program or activity. See the full university policy by following this link:

<http://www.acu.edu/campusoffices/hr/title-ix/anti-harassment-policy.html>

Sexual Harassment

Harassment will not be tolerated at Abilene Christian University. As a Christian community, Abilene Christian University has committed itself, unequivocally, to ensuring a working and learning environment in which the dignity of every individual is respected. Therefore it is the purpose of this policy to maintain a work and academic environment that is free of harassment, sexual or otherwise. This policy applies to all members of the ACU community, including trustees, faculty, staff, students, and volunteers at Abilene Christian University. For a more in-depth look at the university's anti-harassment policy, full definition of harassment, and procedure for reporting, visit:

[www.acu.edu/campusoffices/studentlife/judicial/For Students/Harassment Policy](http://www.acu.edu/campusoffices/studentlife/judicial/For%20Students/Harassment%20Policy)

Special Notes

1. Time needed outside of class will vary depending on productivity during in-class sessions.
2. Students are urged to become student members of a professional organization and to attend a conference.
 - a. The American College of Sports Medicine – The health and fitness summit is held in late spring – www.acsm.org.
 - b. Christian Society of Kinesiology and Leisure Studies – The annual conference is in June – www.cskls.org.
 - c. Physical Education and Health Education; SHAPE America – The convention and expo is held in March – www.shapeamerica.org.
3. Students are encouraged to study for a relevant certificate *prior* to graduation. Be sure your First Aid/CPR/AED certificate is current when you graduate.
4. Students are to refrain from wearing iPods or other small sound devices and headsets during class, particularly during tests when they are NOT allowed.

5. Students are encouraged to work or volunteer in the health club/gym/clinical setting of their choice to gain insight into their future profession and prior to securing an internship.

KINE 342.01 TR 8-9:20am
Spring 2019 Course Schedule

Lecture
 Preparation
 Discussion
 Lab
 Practical Exam
 Exam

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 2019		14	15 Syllabus & Intro	16 <i>Read Chapter 2, part 1</i>	17 Chapter 2 Lecture, part 1	18	19
	20	21 <i>MLK No Class</i> <i>Read Chapter 2, part 2</i>	22 Chapter 2 Lecture, continues	23 <i>Read Chapter 3</i>	24 Chapter 3, part 1 Discuss Careers/Jobs in Exercise Sciences	25	26
	27	28 Read Chapter 3, part 2	29 Chapter 3 lecture, part 2	30 <i>Prepare for Practical Overview</i>	31 Finish Chapter 3 Practical 1 Lab Practice and Overview	1 Prepare for Practical Exam	2

This course schedule is subject to change.

KINE 342.01 TR 8-9:20am

Spring 2019 Course Schedule

Lecture
 Preparation
 Discussion
 Lab
 Practical Exam
 Exam

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 2019	3	4 <i>Prepare for practical exam</i>	5 Practical Exam 1	6 <i>Read Chapter 04, part 1</i>	7 Chapter 04, part 1	8	9 <i>Overview Practical 2</i>
	10	11 <i>Read chapter 04, part 2</i>	12 Finish Chapter 04 Practical 2 Lab Overview	13 <i>Read Chapter 5</i>	14 Chapter 05	15 <i>Study for Exam 1</i>	16 <i>Study for Exam 1</i>
	17	18 Study for exam 1	19 Exam 1	20 <i>Review Practical 2 Protocol</i>	21 Practical Exam 2	22	23
	24	25	26 Discuss Exercise Prescriptions , Theories	27 Read chapter 06	28 Chapter 06	1 Review Practical 3 Protocol	2

This course schedule is subject to change.

KINE 342.01 TR 8-9:20am
Spring 2019 Course Schedule

Lecture
 Preparation
 Discussion
 Lab
 Practical Exam
 Exam

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 2019	3	4 <i>Review Practical 3 Protocol</i>	5 Practical 3 Lab	6 <i>Practice for Practical 3</i>	7 Practical Exam 3	8	9
	10	11 Spring Break	12 Spring Break	13 Spring Break	14 Spring Break	15 Spring Break	16
	17	18 <i>Read chapter 07</i>	19 Chapter 07	20 <i>Practical 4 Overview</i>	21 Practical 4 Lab	22	
	24	25 <i>Practical 4 Practice</i>	26 Practical 4 Exam	27 <i>Read chapter 10</i>	28 Chapter 10	29	30

This course schedule is subject to change.

KINE 342.01 TR 8-9:20am
Spring 2019 Course Schedule

Lecture
 Preparation
 Discussion
 Lab
 Practical Exam
 Exam

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 2019	1	2 <i>Read Chapter 11</i>	3 Chapter 11	4 Read chapter 12	5 Chapter 12	6	7
	8	9 Practical 5 Overview	10 Practical 5 Lab	11 Practice Exam 5	12 Practical Exam 5	13 <i>Research article supporting cardio for individual</i>	14
	15	16 <i>Cardio Exercise prescription</i>	17 Present cardio exercise prescription	18 <i>Muscular Strength Exercise Prescription</i>	19 Present Muscular Strength Exercise Prescription	20 <i>Write Flexibility Workout</i>	21 Write Neuromuscular Workout
	22	23 Research article supporting neuromuscular for individual	24 Present Flexibly Neuromuscular exercise prescription	25 <i>Prepare for community member</i>	26 <i>Meet community member, perform ACSM risk stratification</i>	27 Prepare for health assessments	28 <i>Prepare for fitness assessments</i>

This course schedule is subject to change.

KINE 342.01 TR 8-9:20am
Spring 2019 Course Schedule

May 2019	29	30 <i>Practice assessments</i>	1 Perform health and fitness assessments on community member	2 Write exercise prescription	3 Present exercise prescription for community member, make changes	4	5
	6 Dead day	7	8 Meet with community member and teach exercise prescription	9	10	11	12

This course schedule is subject to change.

Kinesiology, Health Promotion, BS (KINE-KNHP)

BS: Kinesiology Degree Plan (KINE)

Major Requirements

Kinesiology

- [KINE 100 - Lifetime Wellness](#) Credit Hours: 1 *
- [KINE 206 - Strength Training](#) Credit Hours: 1 *
- [KINE 232 - Structural Kinesiology](#) Credit Hours: 3
- [PSYC 120 - Introduction to Psychology](#) Credit Hours: 3 *

*Hours may also fulfill university requirements and are not included in total major hours

Total: 3 Credit Hours

Health Promotion (KNHP)

- [BIOL 291 - Anatomy and Physiology I](#) Credit Hours: 3 *
- [BIOL 293 - Anatomy and Physiology I Laboratory](#) Credit Hours: 1
- [BIOL 292 - Anatomy and Physiology II](#) Credit Hours: 3
- [BIOL 294 - Anatomy and Physiology II Laboratory](#) Credit Hours: 1
- [CHEM 113 - Introductory Chemistry](#) Credit Hours: 3 *
- [CHEM 111 - Introductory Chemistry Laboratory](#) Credit Hours: 1
- [CHEM 112 - Introductory Organic and Biological Chemistry Laboratory](#) Credit Hours: 1
- [CHEM 114 - Introductory Organic and Biological Chemistry](#) Credit Hours: 3
- [HED 112 - Personal Health and Human Disease](#) Credit Hours: 3
- [KINE 241 - First Aid/CPR](#) Credit Hours: 1

- [KINE 321 - Sport Practicum](#) Credit Hours: 1
- *or*
- [KINE 322 - Fitness Practicum](#) Credit Hours: 1
-
- [KINE 360 - Leadership and Management for Health Promotion](#) Credit Hours: 3
(writing-intensive course)
- [KINE 372 - Exercise Physiology](#) Credit Hours: 3
- [KINE 373 - Exercise Physiology Lab](#) Credit Hours: 1
- [KINE 420 - Exercise Science Internship](#) Credit Hours: 3-6 (capstone experience)
- [KINE 421 - Wellness Practicum](#) Credit Hours: 1
- [KINE 450 - Personal Training](#) Credit Hours: 3
- [KINE 460 - Program Planning for Health Promotion](#) Credit Hours: 3
- [KINE 473 - Cardiovascular Physiology](#) Credit Hours: 3
- ~~[KINE 475 - Physical Activity, Disease, and Aging](#) Credit Hours: 3~~
- ~~[KINE 342 - Exercise Testing, Evaluation, and Prescription](#) Credit Hours: 3~~
- [KINE 480 - Training Program Design](#) Credit Hours: 3
- [KINE 485 - Clinical Exercise Physiology](#) Credit Hours: 3
- [KINE 498 - Biomechanics](#) Credit Hours: 3
- [MGMT 330 - Management and Organizational Behavior](#) Credit Hours: 3
- [NUTR 221 - Introductory Nutrition](#) Credit Hours: 3
- [NUTR 224 - Nutrition for Exercise and Sport](#) Credit Hours: 3
-
- *Hours may also fulfill university requirements and are not included in total major hours

Choose 1 course from:

- [PEAC 211 - Cross-Training](#) Credit Hours: 1
- [PEAC 214 - Aerobics](#) Credit Hours: 1
- [PEAC 215 - Jogging for Fitness](#) Credit Hours: 1
- [PEAC 216 - Walking for Fitness](#) Credit Hours: 1
- [PEAC 227 - Marathon Training](#) Credit Hours: 1
- [PEAC 228 - Swimming for Fitness](#) Credit Hours: 1
- [PEAC 229 - Lifeguard Training](#) Credit Hours: 1

Total: 57 Credit Hours

Electives

Minimum - 12 Credit Hours

Total Major Hours: 72

Kinesiology, Pre-Physical Therapy, BS (KINE-KNPT)

BS: Kinesiology Degree Plan (KINE)

Major Requirements

Kinesiology

- [KINE 100 - Lifetime Wellness](#) Credit Hours: 1 *
- [KINE 206 - Strength Training](#) Credit Hours: 1 *
- [KINE 232 - Structural Kinesiology](#) Credit Hours: 3
- [PSYC 120 - Introduction to Psychology](#) Credit Hours: 3 *

*Hours may also fulfill university requirements and are not included in total major hours

Total: 3 Credit Hours

Pre-Physical Therapy (KNPT)

- [BIOL 112 - General Biology I](#) Credit Hours: 3 *
- [BIOL 114 - General Biology I Laboratory](#) Credit Hours: 1
- [BIOL 113 - General Biology II](#) Credit Hours: 3
- [BIOL 115 - General Biology II Laboratory](#) Credit Hours: 1
- [BIOL 491 - Human Anatomy](#) Credit Hours: 3
- [BIOL 493 - Human Anatomy Laboratory](#) Credit Hours: 1
- [BIOL 492 - Physiology](#) Credit Hours: 3
- [BIOL 495 - Physiology Laboratory](#) Credit Hours: 1
- [CHEM 133 - General Chemistry I](#) Credit Hours: 3 *
- [CHEM 131 - General Chemistry Laboratory I](#) Credit Hours: 1
- [CHEM 132 - General Chemistry Laboratory II](#) Credit Hours: 1
- [CHEM 134 - General Chemistry II](#) Credit Hours: 3
- [ENGL 326 - Business and Professional Writing](#) Credit Hours: 3

- *or*
- [ENGL 327 - Scientific and Technical Writing](#) Credit Hours: 3
-
- [KINE 302 - Medical Terminology](#) Credit Hours: 2
- [KINE 311 - Motor Behavior](#) Credit Hours: 3 (writing-intensive course)
- [KINE 342 – Exercise Testing, Evaluation, and Prescription](#) Credit Hours: 3
- [KINE 372 - Exercise Physiology](#) Credit Hours: 3
- [KINE 373 - Exercise Physiology Lab](#) Credit Hours: 1
- [KINE 399 - Research Methods in Kinesiology and Nutrition](#) Credit Hours: 3
- [KINE 420 - Exercise Science Internship](#) Credit Hours: 3-6 (capstone experience)
- [KINE 473 - Cardiovascular Physiology](#) Credit Hours: 3
- [KINE 485 - Clinical Exercise Physiology](#) Credit Hours: 3
- [KINE 498 - Biomechanics](#) Credit Hours: 3
-
- [MATH 124 - Precalculus II](#) Credit Hours: 3 *
- *or*
- [MATH 185 - Calculus I](#) Credit Hours: 3 *
-
- [PHYS 110 - General Physics I](#) Credit Hours: 3
- [PHYS 111 - General Physics I Laboratory](#) Credit Hours: 1
- [PHYS 112 - General Physics II](#) Credit Hours: 3
- [PHYS 113 - General Physics II Laboratory](#) Credit Hours: 1
- [PSYC 232 - Developmental Psychology](#) Credit Hours: 3
- [PSYC 311 - Elementary Statistics](#) Credit Hours: 3
- [SOCI 111 - Introduction to Sociology](#) Credit Hours: 3 *

*Hours may also fulfill university requirements and are not included in total major hours

Choose 1 course from:

- [PEAC 211 - Cross-Training](#) Credit Hours: 1
- [PEAC 214 - Aerobics](#) Credit Hours: 1
- [PEAC 215 - Jogging for Fitness](#) Credit Hours: 1
- [PEAC 216 - Walking for Fitness](#) Credit Hours: 1
- [PEAC 227 - Marathon Training](#) Credit Hours: 1
- [PEAC 228 - Swimming for Fitness](#) Credit Hours: 1
- [PEAC 229 - Lifeguard Training](#) Credit Hours: 1

Total: 60 Credit Hours

Electives

Minimum - ~~9~~6 Credit Hours

Total Major Hours: 72

Kinesiology, Pre-Occupational Therapy, BS (KINE-KNOT)

BS: Kinesiology Degree Plan (KINE)

Major Requirements

Kinesiology

- [KINE 100 - Lifetime Wellness](#) Credit Hours: 1 *
- [KINE 206 - Strength Training](#) Credit Hours: 1 *
- [KINE 232 - Structural Kinesiology](#) Credit Hours: 3
- [PSYC 120 - Introduction to Psychology](#) Credit Hours: 3 *

*Hours may also fulfill university requirements and are not included in total major hours

Total: 3 Credit Hours

Pre-Occupational Therapy (KNOT)

- [BIOL 112 - General Biology I](#) Credit Hours: 3 *
- [BIOL 114 - General Biology I Laboratory](#) Credit Hours: 1
- [BIOL 291 - Anatomy and Physiology I](#) Credit Hours: 3
- [BIOL 293 - Anatomy and Physiology I Laboratory](#) Credit Hours: 1
- [BIOL 292 - Anatomy and Physiology II](#) Credit Hours: 3
- [BIOL 294 - Anatomy and Physiology II Laboratory](#) Credit Hours: 1
- [KINE 302 - Medical Terminology](#) Credit Hours: 2
- [KINE 311 - Motor Behavior](#) Credit Hours: 3 (writing-intensive course)
- [KINE 342 - Exercise Testing, Evaluation, and Prescription](#) Credit Hours: 3
- [KINE 372 - Exercise Physiology](#) Credit Hours: 3
- [KINE 373 - Exercise Physiology Lab](#) Credit Hours: 1
- [KINE 399 - Research Methods in Kinesiology and Nutrition](#) Credit Hours: 3
- [KINE 420 - Exercise Science Internship](#) Credit Hours: 3-6 (capstone experience)
- [KINE 421 - Wellness Practicum](#) Credit Hours: 1
- ~~[KINE 450 - Personal Training](#) Credit Hours: 3~~

- [KINE 473 - Cardiovascular Physiology](#) Credit Hours: 3
- [KINE 485 - Clinical Exercise Physiology](#) Credit Hours: 3
- [KINE 498 - Biomechanics](#) Credit Hours: 3
-
- [MATH 124 - Precalculus II](#) Credit Hours: 3 *
- or
- [MATH 185 - Calculus I](#) Credit Hours: 3 *
-
- [PHYS 110 - General Physics I](#) Credit Hours: 3 *
- [PHYS 111 - General Physics I Laboratory](#) Credit Hours: 1
- [PSYC 232 - Developmental Psychology](#) Credit Hours: 3
- [PSYC 311 - Elementary Statistics](#) Credit Hours: 3
- [PSYC 382 - Abnormal Psychology](#) Credit Hours: 3
- [SOCI 111 - Introduction to Sociology](#) Credit Hours: 3 *

*Hours may also fulfill university requirements and are not included in total major hours

Choose 1 course from:

- [PEAC 211 - Cross-Training](#) Credit Hours: 1
- [PEAC 214 - Aerobics](#) Credit Hours: 1
- [PEAC 215 - Jogging for Fitness](#) Credit Hours: 1
- [PEAC 216 - Walking for Fitness](#) Credit Hours: 1
- [PEAC 227 - Marathon Training](#) Credit Hours: 1
- [PEAC 228 - Swimming for Fitness](#) Credit Hours: 1
- [PEAC 229 - Lifeguard Training](#) Credit Hours: 1

Total: 48 Credit Hours

Electives

Minimum - 21 Credit Hours

Total Major Hours: 72