

GEORGE MASON UNIVERSITY  
School of Recreation, Health, and Tourism

KINE 380- 001 - Exercise Prescription and Programming for Special Populations (3)  
Spring 2014

DAY/TIME:	T/Th 9-10:15am	LOCATION:	BRH 249
PROFESSOR:	Dr. Charlie Robison	EMAIL ADDRESS:	crobiso4@gmu.edu
OFFICE LOCATION:	Bull Run Hall 205	PHONE NUMBER:	703-993-7115
OFFICE HOURS:	T/Th 10:30am- 12:00pm	FAX NUMBER:	703-933-2025

PREREQUISITES  
KINE 310, KINE 350

#### COURSE DESCRIPTION

This course provides study of the pathophysiology of common diseases and conditions with concentration in the design and implementation of exercise programs.

#### COURSE OBJECTIVES

At the completion of this course students should be able to:

1. Demonstrate knowledge about the pathophysiology, diagnosis and treatment of the major chronic diseases and conditions.
2. Understand how special populations respond to acute and chronic exercise.
3. Design appropriate exercise programs for individuals with chronic diseases and conditions.

#### COURSE OVERVIEW

Students are held to the standards of the George Mason University Honor Code. You are expected to attend all class sections, actively participate in class discussions, complete in-class exercises and fulfill all assignments. Assignments must be turned in at the beginning of class on the specified date due or **no credit will be given**.

#### NATURE OF COURSE DELIVERY

Face to face

#### REQUIRED READINGS

Ehrman, J.K., Gordon, P.M., Vistch, P.S. & Keteyan, S.J. (2013). *Clinical Exercise Physiology*, 3<sup>rd</sup> Ed. Human Kinetics, Champaign, IL.

#### EVALUATION

Requirements

Percentage

Written Examinations (4)

*Exams will be T/F, multiple-choice and short answer. Each exam will cover approximate one quarter of the semester's material (Objectives 1,2,3)*

55

### Quizzes (8)

Quizzes will be T/F and multiple-choice. Each quiz will be given in class and will cover recent reading assignments or in class material (Objectives 1,2,3)

25

### Journal Article Review

Students will write a report detailing a peer reviewed-research article related to exercise and a special population (Objectives 1,2)

10

### Journal Article Presentation

Students will present the findings of a peer-reviewed research article related to exercise and a special population (Objectives 1,2)

10

### Grading Scale

A	= 94 – 100	B+	= 88 – 89	C+	= 78 – 79	D	= 60 – 69
A-	= 90 – 93	B	= 84 – 87	C	= 74 – 77	F	= 0 – 59
		B-	= 80 – 83	C-	= 70 – 73		

### TENTATIVE COURSE SCHEDULE

Week	Topic	Reading/Assignment
1	Course Introduction, Acute Coronary Syndromes	Chapter 12
2	Revascularization, Chronic Heart Failure	Chapter 13 & 14, Quiz 1
3	Cardiac Electrical Pathophysiology	Chapter 16, Quiz 2
4	<b>Exam</b>	
5	Hypertension, Dyslipidemia	Chapter 8 & 9, Quiz 3
6	Diabetes	Chapter 6, Quiz 4
7	Metabolic Syndrome, <b>Exam</b>	Chapter 10
8	Spring Break	
9	Obesity, Cancer	Chapter 7 & 20
10	Chronic Obstructive Pulmonary Disease, Asthma	Chapter 17 & 18, Quiz 5
11	Cystic Fibrosis, Pregnancy	Chapter 19, Quiz 6
12	Children, Aging, <b>Exam</b>	Chapter 29 & 30
13	Depression, Intellectual Disabilities	Chapter 31 & 32, Quiz 7
14	Stroke, Arthritis, Osteoporosis	Chapter 28, 22 & 23
16	Nonspecific Low Back Pain, <b>Exam</b>	Chapter 24, Quiz 8
	Student Presentations, May 8, 7:30-10:15am	Journal Article Review due

Note: Faculty reserves the right to alter the schedule as necessary.

### Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/honor-code/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>].
- Students are responsible for the content of university communications sent to their George Mason University email

account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.

- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.

#### *Campus Resources*

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].

**PROFESSIONAL BEHAVIOR:** Students are expected to exhibit professional behaviors and dispositions at all times.

**CORE VALUES COMMITMENT:** The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

