KINE 4318 - Exercise Prescription: Exercise Prescription (SSII - July 08 to Aug 08)
Summer 2024 Syllabus, Section 480, CRN 51460

Instructor Information

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Times and Location

Does Not Meet Face-to-Face

Course Description

This class is designed to provide an in-depth study of the theories, concepts, procedures and techniques of exercise stress testing. It includes instruction in pre-exercise screening/evaluation, and instruction and practice in the administration and interpretation of graded exercise tests with 12-lead electrocardiography. Particular emphasis is given to the assessment of acute and chronic physiological responses arising from exercise training programs. Application and evaluation of test results are used to develop exercise prescriptions for individuals participating in specific sports and training programs. This course is 2 hours of theory and 1 hour of laboratory per week. Prerequisites: KINE 3311.
Health Sciences Department, College of Nursing&Health Sci

Additional Course Information

CNHS Examination Policy and Guidelines:

All online exams must use respondus lockdown browser and if off campus without direct faculty proctoring the student must also use the respondus webcam.

All students need to purchase a year-long license for *Respondus*. The cost is $15, and you will be able to use it in all of your classes. If you are using a Chrome book, you will need to purchase *Proctorial*.

Student instructions for purchasing and installing respondus can be found:

https://www.tamiu.edu/distance/technology/respondus-ldb-and-monitor.shtml (https://www.tamiu.edu/distance/technology/respondus-ldb-and-monitor.shtml/)

Process for Testing using Respondus Lockdown Browser with Monitor

1. Prior to giving any exams, the faculty must submit a sample exam with Respondus Lockdown Browser and Monitor. It is suggested that a sample exam/quiz folder be set up in the Content area of the course for this practice exam/quiz.
2. The test date and time must be specified; this includes the date and time the test begins and ends. It is suggested all exams be given during a limited period such as less than a 6-hour window.
3. All final exams, except in online courses, must be given at the date and time specified by the university (i.e. started at exactly 11:40AM and ending exactly 1:00PM. The test must be set up in such a way that at the end of the allotted time the exam will automatically close)

4. The student's tabletop or desk, and under the computer must be covered with a dark solid background. (suggestion is black plastic type table cloth that can be reused)
5. Prior to the exam

1. The student must show their face and TAMIU ID on camera.
2. The webcam must be used to show a 360-degree view of the entire room as well as under the table and chair were the student will be sitting. (The door to the room must be kept closed at all times and any interruption to the exam by opening of the door or someone entering the room will result in an automatic zero on the exam.)
3. Student must use a mirror to show that the monitor screen, laptop, and keyboard are free of any stickers, post it notes, etc.
4. After the student uses their cell phone to sign in it must be powered-off and set it face down on the table where it can be seen by the video camera.
5. No wristwatches or pendants may be worn. No long sleeve shirts or sweaters may be worn. Arms up to elbows must be visible.
6. No caps or hoodies, earphones or ear buds may be worn.
7. Absolutely no talking during the exam either to yourself or to someone else. No music can be played during the exam.
8. Students must not leave the exam or view of camera until the exam is submitted.
9. All tests will require a password that will not be provided until just prior to the exam.
10. All tests will begin and end exactly at the time specified (it will automatically shut down at the end of the testing period).
11. Student failure to follow these guidelines will result in an automatic zero on the exam.

Program Learning Outcomes

During the course of studies, the student will:

1. Explain, identify, and/or demonstrate the theoretical and/or scientific principles that can be used to address issues or problems in kinesiology.
2. Apply knowledge and skills required to assess human performance related characteristics of individuals from diverse populations.
3. Evaluate and interpret components of health related fitness.
4. Analyze and discuss current issues in health, physical activity, and wellness.
5. Develop quality wellness program (s) for the individual and/or community.

Student Learning Outcomes

Upon completion of this course the student will be able to

1. describe the components of health-related physical fitness.
2. Demonstrate competence in preparticipation health screening and risk classification.
3. Demonstrate competence in estimating body composition.
4. Demonstrate competence in physical fitness testing.
5. explain the principles of training.
6. Demonstrate competence in prescribing exercise tailored to individual abilities and goals.

Important Dates

Visit the Academic Calendar (tamiu.edu) (https://www.tamiu.edu/academiccalendar/) page to view the term's important dates.

Textbooks

Group	Title	Author	ISBN
Required	ACSM's Guidelines for Exercise Testing and Prescription	Gary Liguori	9781975150198

Grading Criteria

KINE Grading and Grade Rounding:

CNHS has established grading policies specific to each program. The KINE adopted University Grading Policies without D as the passing grade. Therefore, to pass a Kinesiology course and progress in the program, a student must attain an overall course average of 70% or higher.

A = 90-100   B = 80-89   C = 70−79   F = 69 and below

Open Boilerplate

ASSIGNMENT	VALUE
Quiz 1 : Case Studies	10%
Quiz 2 : Metabolic equations	15%
Exam 1	25%
Exam 2	30%
Exam 3	20%

Schedule of Topics and Assignments

Week of	Agenda/Topic	Reading(s)	Due
7/8	Certification Benefits and risk Exercise preparticipation health screening	Power point Chapter 1 Chapter 2	
7/15	Preexercise evaluation Case studies Practice/Review Quiz 1 : Case studies	Chapter 3 Case studies in blackboard Respondus Monitor : 8:00am-Midnight	Quiz 1 due : July 18
7/22	Exam 1 Four components of physical fitness General principles of exercise prescription	Respondus Monitor : 8:00am-Midnight Chapter 4 Chapter 5	Exam 1 due : July 22
7/29	Ex Rx-intensity, metabolic equations Metabolic equations Practice Quiz 2: Metabolic equations Exam 2	Chapter 6 Metabolic equations in blackboard Respondus Monitor : 8:00am-Midnight Respondus Monitor : 8:00am-Midnight	Quiz 2 due : July 31 Exam 2 due : August 1
8/5	Cardiac anatomoy and physiology Exam 3 : Cardiac anatamy	Powerpoints in blackboard Respondus Monitor : 8:00am-Midnight	Exam 3 due : August 8

Distance Education Courses

Online Courses and On-Campus Meetings

Texas Administrative Code (TAC), Title 19, Part 1, Chapter 2, Subchapter J, Section 2.202 (https://texreg.sos.state.tx.us/public/readtac$ext.TacPage/?sl=R&app=9&p_dir=&p_rloc=&p_tloc=&p_ploc=&pg=1&p_tac=&ti=19&pt=1&ch=2&rl=202), defines distance education as the formal educational process that occurs when students and instructors are not in the same physical setting for the majority (more than 50%) of instruction. Distance education includes hybrid and 100% online courses and programs as defined by the Texas Higher Education Coordinating Board (THECB):

- **Hybrid Course** - A distance education course in which more than 50 percent but less than 100 percent of instructional activity takes place when the student(s) and instructor(s) are in separate physical locations.
- **100-Percent Online Course** - A distance education course in which 100 percent of instructional activity takes place when the student(s) and instructor(s) are in separate physical locations. **Requirements for on-campus or in-person orientation, testing, academic support services, internships/fieldwork, or other non-instructional activities do not exclude a course from this category.**

In this online course, be sure to confirm what in-person meetings may be required of you (if applicable).

Course Structure

This class is fully on-line. That is, self-oriented and directed study is crucial to pass this class. Please carefully read the course syllabus and mark the important due dates.

We are going to learn theories, concepts, procedures and techniques of exercise stress testing. It includes instruction in pre-exercise screening/evaluation, and instruction and practice in the administration and interpretation of graded exercise tests with 12-lead electrocardiography.

This course is made out of three modules (You will find them in the CONTENT). There are three exams: Exam 1, Exam 2(Comprehensive of Exam 1 & 2) and Exam 3. There are also two quizzes. All these tests will be found within designated module. You can have the detailed information from the course syllabus and Blackboard.

1. All you need to successfully pass this course will be found under " CONTENT" tab which you can find under the course menu bar.

2. To reach teaching materials and the quiz, click each module. You will see PDF files, video clips, and exam and quiz after that.

3. Exam 1 and case studies quiz will be found in Module 1.

4. Exam 2 and metabolic calculation quiz will be found in Module 2.

5. Exam 3 will be found in Module 3.

6. All tests requires Respondus Lockdown Browser.

Keep it in mind that there will be no make-up post-tests and exams because you will have enough days for each module and exams! No late writing assignment will be accepted as well! That's why you need to mark the due dates on your calendar!

Student-Instructor Communication Policy and Response Time

Announcements/Course Messages/Emails
The instructor will respond to students' questions or requests within 2 days after receiving students' email or message except on weekends. In case the student requests a live chat, it will be also scheduled in two days.
Assignments and Assessments

The instructor will provide feedback in two days for the quizzes or exams.

Course Communication Guidelines (Netiquette)

There are course expectations concerning etiquette or how we should treat each other online. We must consider these values as we communicate with one another. Visit **Instructional Technology and Distance Education Services' web page on Netiquette (http://www.tamiu.edu/distance/students/netiquette.shtml/)** for further instruction.

Accommodations/Accessibility Policy

Texas A&M International University seeks to provide reasonable accommodation for all qualified persons with disabilities. This University will adhere to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student's responsibility to register with the Director of Student Counseling and to contact the faculty member in a timely fashion to arrange for suitable accommodation. For more information, contact the online at **Office of Disability Services for Students (DSS)**, via phone at 956.326.3086 or by visiting the staff at the Student Center, room 118. A link to the Disabilities Services for Students site has also been included under the "Resources" tab inside the course.

Student Support Resources

The University wishes to have all students succeed in their courses. To provide support to our students, an array of services in the areas of technology support, academic support, student support, and accessibility support may be found at the University. For more information, visit the Instructional Technology and Distance Education Services page on **University Resources and Support Services**.

Computer/Technology Requirements

When participating in distance education courses, it is vital to consider the technology involved in order to have a successful course. Online students will need regular access to a personal computer that runs on a broadband Internet connection.

It is recommended that you meet the technical requirements listed on the Instructional Technology and Distance Education Services' webpage when using the learning management system (LMS) of the University.

Additional Hardware. For this class, you will need the following additional hardware: a webcam and microphone. Recently purchased laptops may have these built-in web cameras. If you do not have this equipment, it is recommended to purchase a stand-alone webcam, microphone, or a webcam with a built-in microphone from your local electronic store or any online store.

NOTE: Instructional Technology and Distance Education Services may check out available webcams to students on a first-come, first-served basis. To check out a webcam, please stop by Killam Library, Room 259, and request an available webcam.

Additional Software. You will need the following additional software: Microsoft PowerPoint, Excel, and word for viewing lesson presentations. TAMIU Students may access online versions of this software through their Dusty Office 365account at https://dusty.tamiu.edu/. This site also provides students access to download the Microsoft suite for educational use. See instructions for downloading the Microsoft Office suite.

Note: Students, if you do not own the required hardware or software or do not have access to the Internet, it will be highly challenging for you to make any progress in this class. However, my goal is to assist you in finding solutions and guide you appropriately most of the required materials can either be found free of charge at TAMIU's library, classrooms, and available computer labs. **Visit Media Services' web page on the availability of on-campus computer labs.** In addition, you may also purchase any of these items at any electronic store.

Learning Management System (Blackboard)

Students are provided with an orientation (*eLearning (Blackboard) Student Orientation*) and access to guides on how to use the Blackboard LMS. Guides may be available at **Instructional Technology and Distance Education Services' Student eLearning Tutorial Videos page** or by contacting the eLearning team at **elearning@tamiu.edu**.

Minimum Technical Skills Expected

When participating in distance education courses, it is vital to consider the technology involved in order to have a successful course. Students in distance education should have knowledge of basic computer and Internet skills, as mentioned on the **Instructional Technology and Distance Education Services' webpage**.

Technical Support Services

Because of the nature of distance education courses, the Office of Information Technology (OIT) computing and information services are vital to the success of online students. This webpage covers contact information for Distance Education Services (Blackboard Support), the OIT Help Desk, and E-mail support: **Technical Support Services**.

Grading Scale/Schema (after Grade Breakdown section)

In determining the final course grade, the following scale is used in percentage or point value.
- *90-100 = A*
- *80 - 89 = B*
- *70 - 79 = C*
- *69 and below = F*

Late Work Policy No late work will be accepted. Students are responsible for submitting work on the due date and time specified.

(Exceptions: if you are absent because of school-sponsored activity (you need to notify me at least one week in advance) or illness with doctor'sexcuse. In which case, you need to take the exam on specific date & time that I will assign)

Course Evaluation

At the end of this course, students are encouraged to complete a course evaluation that will be distributed to them via email and through a course link.

Proctoring

Respondus LockDown Browser/Monitor. Contact elearning@tamiu.edu for the syllabus statement and other information.

Accessibility and Privacy Statements on Course Technologies

At Texas A&M International University, we believe that all students should have equal technology opportunities in the classroom. These technologies/sites may also require user data, such as the creation of a username and password. You may find the accessibility and privacy policies of the technologies used in this class on the following pages: **Accessibility Statements and Privacy Statements**.

Syllabus Subject to Change

While information and assurances are provided in this course syllabus, it should be understood that content may change in keeping with new research and literature and that events beyond the control of the instructor could occur. Students will be informed of any substantive occurrences that will produce syllabus changes.