KINE 4318 - Exercise Prescription

Spring 2026 Syllabus, Section 201, CRN 29103

Instructor Information

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Office: CNS 302-C or REC 131
Office Hours:
Tuesday, Wednesday, Thursday
9:45 AM to 11:30 AM or other times by appointment.
Office Phone: 956-328-3288

Times and Location

TR 11:40am-1pm in Recreational Sports Center 129

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

Please read all other sections carefully:

1. Students are allowed 1 unexcused absence without grade penalization. If absent, the student is still responsible for all the course material and any assignments, quizzes, and exams that are due on the given date. Further unexcused absences will result in -1 point deduction per unexcused absence to the final exam grade. It is your responsibility to ensure your absence is excused by notifying me ahead, or promptly after, the given circumstance. Therefore, every day you come to class, you must sign-in to the presented sheet. If you come late to class, your sign-in will be marked as late, and you will lose -1 point per two late arrivals to the final exam grade. In the event that you were late due to an unforeseen circumstance, such as an accident, do not worry. You may tell me after class, and I will correct your late sign-in. However, if there are repeated excuses, we may have to have a conversation to clarify what the issue is.

2. Please bring a basic calculator to class. You will not be allowed to utilize your cellphone as a calculator. There is no need to have a scientific calculator, a regular/basic one will suffice.

3. While the presented course schedule will be followed, please note that it is tentative to change due to unforeseen circumstances. If so, students will be notified accordingly, and all due dates will be adjusted as needed.

4. No late work will be accepted. If you require assistance with any material of the course, contact me prior and I will gladly help you as much as needed. Note that sending me an email the same day that a given assignment is due does not guarantee you to get a response prior to the due date. Please work ahead and plan accordingly. Because assignments will be posted with substantial time in advance, no matter what the circumstances are, even if you are traveling, you should have planned/completed the assignment ahead of time.

5. This is an advanced course that requires you to think critically. Absolutely ZERO AI should be used to write/paraphrase information given by it. If I believe you utilized AI, you will receive an immediate zero and you will see in the comments of the assignment the following text: "No AI allowed". If this was the case, you may appeal your grade within ONE WEEK of the posted zero. I will happily change your grade to the actual score you should have received after you can provide evidence that you did not utilize AI by coming to my office hours and writing a text of the same caliber. Therefore, I recommend that you refrain from doing so and only rely on your own writing/thinking.

6. You may utilize a laptop or tablet to take notes during class. However, I advise you against it. Instead, bring paper and pen, and take notes by hand. You will be allowed to use your notes during Exams, but they can only be handwritten notes. You may NOT print notes that you wrote on your electronic device, only paper may be used. No need to remove it from your notebook, you may utilize the entire notebook during your exams.

7. This class includes sporadic quizzes. However, these quizzes are not announced and are provided randomly either at the beginning or prior to the end of class. If you missed class and did not get an excused absence, you will not be able to remake that quiz. If there is a quiz at the beginning of class, I will always wait 5 minutes before starting it, and the time will begin. If you are late to class, you will not get extra time. Meaning that if there are 2 minutes left, that is all the time you will have to take the quiz.

8. Exams and quizzes will have a minimum number of multiple-choice questions. Expect to have at least 80% of all questions as open-ended. If you are unsure why you are getting such grades, please REACH OUT and I will explain your grade and provide all the feedback needed. Keep this in mind: If I ask what types of foods are healthy, your response should not just be something like "Apples are healthy". Without explaining WHY apples are healthy, you will not be able to get full points on open-ended questions. That is why critical thinking is imperative. Read your response and if you did not respond the WHY, that is also the reason why you did not get full credit on your response despite being "correct", as a response without the WHY is only partially correct.

9. Lastly, because this is an advanced class, I expect you to present accordingly. Meaning that if you email me directly, or via blackboard, you should also format your email/message correctly. There should be a proper subject line, followed by a salutation, an email body, and a closing comment, properly spaced. If you are unsure what this means, please search "how to format a formal email" and you will find plenty of examples/you may ask me, and I will gladly explain. If instead, you contact me as if you were contacting your friends, such as in a text message format, my only response will be: "Please review the syllabus on how to properly contact me". Therefore, if you need help with something, save yourself the time and format the email correctly, even if it's a response email.

Program Learning Outcomes

During the course of studies, the student will:

1. Explain 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 the components of health-related fitness.

4. Analyze and discuss current issues in health, physical activity and wellness.

5. Develop quality wellness programs for the individual and/or community.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

1. Define and articulate the components of health-related physical fitness while recognizing how these domains inform professional practice and lifelong personal health.

2. Perform pre-participation exercise screening and risk stratification using established guidelines, demonstrating the ability to apply clinical reasoning and communicate findings with clients and interdisciplinary teams.

3. Assess and interpret human body composition using standardized techniques and evaluate results against normative and clinical benchmarks to inform health and performance recommendations.

4. Design and implement aerobic exercise protocols while predicting cardiovascular adaptations based on principles of exercise physiology, tailoring interventions to diverse populations.

5. Interpret electrocardiographic (ECG) tracings by analyzing cardiac electrophysiology and rhythm disturbances relevant to exercise testing and clinical screening.

6. Conduct structured interviews to assess cardiometabolic risk factors (e.g., hypertension, dyslipidemia, obesity, physical inactivity, family history), and formulate individualized, evidence-informed recommendations to support health behavior change.

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
Optional	No textbook required. All needed material is provided via Blackboard.		

Grading Criteria

GRADE	PERCENTAGE
A	90-100
B	80-89.9
C	70-79.9
D	60-69.9
F	≤ 59.9

Method of Evaluation

ASSIGNMENT	VALUE
Surprise Quizzes	Up To 40 Total Points (Variable)
Post-labs (3 x 20 points)	60
Community Cardiometabolic Risk Interview/Screening & Presentation	50
Exams (2 x 50 points)	100
Final Exam	75

Schedule of Topics and Assignments

Week of	Agenda/Topic	Reading(s)	Due
1/20	Introduction To The Course Certifications And Job Market		
1/27	Benefits And Risks Associated With Physical Activity Pre-exercise Screening	All Readings Provided In Folders	
2/3	Pre-exercise Screening + Case Studies Body Composition and Disease: Effects on Cardiac Health (Part 1)		
2/10	Body Composition And Disease: Effects On Cardiac Health (Part 2) Laboratory 1: Body Composition + Laboratory Report #1		See Laboratory Folder For Lab Report Due Dates
2/17	Exam 1: In Person, Bring Laptop Advanced Cardiorespiratory Fitness & Test Interpretation (Part 1) Community Cardiometabolic Risk Project Assigned		

2/24	Advanced Cardiorespiratory Fitness & Tests Interpretation (Part 2) Laboratory 2: Sub-maximal and Maximal Aerobic Testing + Laboratory Report #2		See Laboratory Folder For Lab Report Due Dates
3/3	Advanced Cardiovascular Physiology Overview Of Heart Anatomy & Athletic Adaptations	All Readings Provided In Folders	
3/10	Spring Break - No Class This Week		
3/17	Exam 2: In Person, Bring Laptop Foundations of Stress Testing	All Readings Provided In Folders	
3/24	Theory Of Electrocardiograms		
3/31	Applied Electrocardiogram: Stress Test + Laboratory Experience/Training	All Readings Provided In Folders	
4/7	Applied Electrocardiogram: Stress Test + Laboratory Experience/Training		
4/14	Contraindications & Medications: Effects On Heart Rhytms		
4/21	Laboratory 3: Resting And Exercise Electrocardiogram + Laboratory Report #3 Case Studies Of Cardiac Abnormalities		See Laboratory Folder For Lab Report Due Dates
4/28	Comprehensive Cumulative Review		Community Metabolic Risk Project Due
5/5	Final Exam - May 5th (Cumulative) - In Person, Bring Laptop		
5/12	No More Course Material/Finals. Happy Holidays		

University/College Policies

Please see the University Policies below.

COVID-19 Related Policies

If you have tested positive for COVID-19, please refer to the Student Handbook, Appendix A (Attendance Rule) for instructions.

Required Class Attendance

Students are expected to attend every class in person (or virtually, if the class is online) and to complete all assignments. If you cannot attend class, it is your responsibility to communicate absences with your professors. The faculty member will decide if your excuse is valid and thus may provide lecture materials of the class. According to University policy, acceptable reasons for an absence, which cannot affect a student's grade, include:

- Participation in an authorized University activity.
- Death or major illness in a student's immediate family.
- Illness of a dependent family member.
- Participation in legal proceedings or administrative procedures that require a student's presence.
- Religious holy day.
- Illness that is too severe or contagious for the student to attend class.
- Required participation in military duties.
- Mandatory admission interviews for professional or graduate school which cannot be rescheduled.

Students are responsible for providing satisfactory evidence to faculty members within seven calendar days of their absence and return to class. They must substantiate the reason for the absence. If the absence is excused, faculty members must either provide students with the opportunity to make up the exam or other work missed, or provide a satisfactory alternative to complete the exam or other work missed within 30 calendar days from the date of absence. Students who miss class due to a University-sponsored activity are responsible for identifying their absences to their instructors with as much advance notice as possible.

Classroom Behavior (applies to online or Face-to-Face Classes)

In the classroom, students are expected to listen attentively, participate respectfully, and adhere to established rules. Behavior that interferes with the class lecture may result in disciplinary action, ensuring a productive and respectful learning environment for everyone. Any disputes over academic matters should be addressed calmly and constructively, ideally during designated times such as office hours or after class. If a student does not agree with a decision, they can request a meeting with the instructor to discuss their concerns in more detail. Should further resolution be needed, the student may escalate the matter to the department head or use formal grievance procedures as outlined in the sections below. (please refer to Student Handbook Article 4 (https://www.tamiu.edu/handbook/article-04.shtml)).

TAMIU Honor Code: Plagiarism and Cheating

As a TAMIU student, you are bound by the TAMIU Honor Code to conduct yourself ethically in all your activities as a TAMIU student and to report violations of the Honor Code. Please read carefully the Student Handbook Article 7 and Article 10 available at Student Handbook (https://www.tamiu.edu/handbook/index.shtml).

We are committed to strict enforcement of the Honor Code. Violations of the Honor Code tend to involve claiming work that is not one's own, most commonly plagiarism in written assignments and any form of cheating on exams and other types of assignments.

Plagiarism is the presentation of someone else's work as your own. It occurs when you:

1. Borrow someone else's facts, ideas, or opinions and put them entirely in your own words. You must acknowledge that these thoughts are not your own by immediately citing the source in your paper. Failure to do this is plagiarism.
2. Borrow someone else's words (short phrases, clauses, or sentences), you must enclose the copied words in quotation marks as well as citing the source. Failure to do this is plagiarism.
3. Present someone else's paper or exam (stolen, borrowed, or bought) as your own. You have committed a clearly intentional form of intellectual theft and have put your academic future in jeopardy. This is the worst form of plagiarism.

Here is another explanation from the 2020, seventh edition of the Manual of The American Psychological Association (APA):

"Plagiarism is the act of presenting the words, idea, or images of another as your own; it denies authors or creators of content the credit they are due. Whether deliberate or unintentional, plagiarism violates ethical standards in scholarship" (p. 254). This same principle applies to the illicit use of AI.

Plagiarism: Researchers do not claim the words and ideas of another as their own; they give credit where credit is due. Quotations marks should be used to indicate the exact words of another. Each time you paraphrase another author (i.e., summarize a passage or rearrange the order of a sentence and change some of the words), you need to credit the source in the text. The key element of this principle is that authors do not present the work of another as if it were their own words. This can extend to ideas as well as written words. If authors model a study after one done by someone else, the originating author should be given credit. If the rationale for a study was suggested in the discussion section of someone else's article, the person should be given credit. Given the free exchange of ideas, which is very important for the health of intellectual discourse, authors may not know where an idea for a study originated. If authors do know, however, they should acknowledge the source; this includes personal communications (p. 11). For guidance on proper documentation, consult the Academic Success Center or a recommended guide to documentation and research such as the Manual of the APA or the MLA Handbook for Writers of Research Papers. If you still have doubts concerning proper documentation, seek advice from your instructor prior to submitting a final draft.

TAMIU has penalties for plagiarism and cheating.

- **Penalties for Plagiarism**: Should a faculty member discover that a student has committed plagiarism, the student should receive a grade of 'F' in that course and the matter will be referred to the Honor Council for possible disciplinary action. The faculty member, however, may elect to give freshmen and sophomore students a "zero" for the assignment and to allow them to revise the assignment up to a grade of "F" (50%) if they believe that the student plagiarized out of ignorance or carelessness and not out of an attempt to deceive in order to earn an unmerited grade; the instructor must still report the offense to the Honor Council. This option should not be available to juniors, seniors, or graduate students, who cannot reasonably claim ignorance of documentation rules as an excuse. For repeat offenders in undergraduate courses or for an offender in any graduate course, the penalty for plagiarism is likely to include suspension or expulsion from the university.
    - *Caution*: Be very careful what you upload to Turnitin or send to your professor for evaluation. Whatever you upload for evaluation will be considered your final, approved draft. If it is plagiarized, you will be held responsible. The excuse that "it was only a draft" will not be accepted.
    - *Caution*: Also, do not share your electronic files with others. If you do, you are responsible for the possible consequences. If another student takes your file of a paper and changes the name to his or her name and submits it and you also submit the paper, we will hold both of you responsible for plagiarism. It is impossible for us to know with certainty who wrote the paper and who stole it. And, of course, we cannot know if there was collusion between you and the other student in the matter.
- **Penalties for Cheating**: Should a faculty member discover a student cheating on an exam or quiz or other class project, the student should receive a "zero" for the assignment and not be allowed to make the assignment up. The incident should be reported to the chair of the department and to the Honor Council. If the cheating is extensive, however, or if the assignment constitutes a major grade for the course (e.g., a final exam), or if the student has cheated in the past, the student should receive an "F" in the course, and the matter should be referred to the Honor Council. Additional

penalties, including suspension or expulsion from the university may be imposed. Under no circumstances should a student who deserves an "F" in the course be allowed to withdraw from the course with a "W."
  - *Caution*: Chat groups that start off as "study groups" can easily devolve into "cheating groups." Be very careful not to join or remain any chat group if it begins to discuss specific information about exams or assignments that are meant to require individual work. If you are a member of such a group and it begins to cheat, you will be held responsible along with all the other members of the group. The TAMIU Honor Code requires that you report any such instances of cheating.
- **Student Right of Appeal**: Faculty will notify students immediately via the student's TAMIU e- mail account that they have submitted plagiarized work. Students have the right to appeal a faculty member's charge of academic dishonesty by notifying the TAMIU Honor Council of their intent to appeal as long as the notification of appeal comes within 10 business days of the faculty member's e-mail message to the student and/or the Office of Student Conduct and Community Engagement. The Student Handbook provides more details.

Use of Work in Two or More Courses

You may not submit work completed in one course for a grade in a second course unless you receive explicit permission to do so by the instructor of the second course. In general, you should get credit for a work product only once.

AI Policies

Your instructor will provide you with their personal policy on the use of AI in the classroom setting and associated coursework.

TAMIU E-Mail and SafeZone

Personal Announcements sent to students through TAMIU E-mail (tamiu.edu or dusty email) are the official means of communicating course and university business with students and faculty –not the U.S. Mail and no other e-mail addresses. Students and faculty must check their TAMIU e-mail accounts regularly, if not daily. Not having seen an important TAMIU e-mail or message from a faculty member, chair, or dean is not accepted as an excuse for failure to take important action.

Students, faculty, and staff are encouraged to download the SafeZone app, which is a free mobile app for all University faculty, staff, and students. SafeZone allows you to: report safety concerns (24/7), get connected with mental health professionals, activate location sharing with authorities, and anonymously report incidents. Go to SafeZone (https://www.tamiu.edu/adminis/police/safezone/index.shtml) for more information.

Copyright Restrictions

The Copyright Act of 1976 grants to copyright owners the exclusive right to reproduce their works and distribute copies of their work. Works that receive copyright protection include published works such as a textbook. Copying a textbook without permission from the owner of the copyright may constitute copyright infringement. Civil and criminal penalties may be assessed for copyright infringement. Civil penalties include damages up to $100,000; criminal penalties include a fine up to $250,000 and imprisonment. Copyright laws do not allow students and professors to make photocopies of copyrighted materials, but you may copy a limited portion of a work, such as article from a journal or a chapter from a book for your own personal academic use or, in the case of a professor, for personal, limited classroom use. In general, the extent of your copying should not suggest that the purpose or the effect of your copying is to avoid paying for the materials. And, of course, you may not sell these copies for a profit. Thus, students who copy textbooks to avoid buying them or professors who provide photocopies of textbooks to enable students to save money are violating the law.

Students with Disabilities

Texas A&M International University seeks to provide reasonable accommodations 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 education opportunity. It is the student's responsibility to register with the Office of Disability Services for Students located in Student Center 124. This office will contact the faculty member to recommend specific, reasonable accommodations. Faculty are prohibited from making accommodations based solely on communications from students. They may make accommodations only when provided documentation by the Office of Disability Services for Students.

For accommodations or assistance with disabilities, contact the Disability Coordinator, Karla Pedraza, at karla.pedraza@tamiu.edu, call 956.326.2763, or visit Student Center 124.

Student Attendance and Leave of Absence (LOA) Policy

As part of our efforts to assist and encourage all students towards graduation, TAMIU provides
LOA's for students, including pregnant/parenting students, in accordance with the Attendance Rule (Section 3.07) and the Student LOA Rule (Section 3.08), which includes the "Leave of Absence Request" form. Both rules can be found in the TAMIU Student Handbook (URL: Student Handbook (https://www.tamiu.edu/handbook/index.shtml)).

Pregnant and Parenting Students

Under Title IX of the Education Amendments of 1972, harassment based on sex, including harassment because of pregnancy or related conditions, is prohibited. A pregnant/parenting student must be granted an absence for as long as the student's physician deems the absence medically necessary.

It is a violation of Title IX to ask for documentation relative to the pregnant/parenting student's status beyond what would be required for other medical conditions. Students who experience or observe alleged or suspected discrimination due to their pregnant/parenting status, should report to the TAMIU Title IX Coordinator (Lorissa M. Cortez, 5201 University Boulevard, KLM 159B, Laredo, TX 78041, TitleIX@tamiu.edu, 956.326.2857) and/or the Office of Civil Rights (Dallas Office, U.S. Department of Education, 1999 Bryan Street, Suite 1620, Dallas, TX 75201-6810, 214.661.9600). You can also report it on TAMIU's anonymous electronic reporting site, *Report It*, at https://www.tamiu.edu/reportit (https://www.tamiu.edu/reportit/index.shtml).

TAMIU advises a pregnant/parenting student to notify their professor once the student is aware that accommodations for such will be necessary. It is recommended that the student and professor develop a reasonable plan for the student's completion of missed coursework or assignments. The Office of Compliance (Lorissa M. Cortez, lorissam.cortez@tamiu.edu) can assist the student and professor in working out the reasonable accommodation. For other questions or concerns regarding Title IX compliance related to pregnant/parenting students, contact the Title IX Coordinator. In the event that a student needs a leave of absence for a substantial period of time, TAMIU urges the student to consider a Leave of Absence (LOA) as outlined in the TAMIU *Student Handbook*.#As part of our efforts to assist and encourage all students towards graduation, TAMIU provides LOAs for students, including pregnant/parenting students, in accordance with the Attendance Rule and the Student LOA Rule.#Both rules can be found in the TAMIU *Student Handbook*.

For parenting-related rights, accommodations, and resources, contact the Parenting Liaison, Mayra Hernandez, at mghernandez@tamiu.edu, call 956.326.2265, or visit Student Center 226.

For pregnancy-related rights, accommodations, and resources, contact the TIX Coordinator, Lorissa Cortez, at lorissaM.cortez@tamiu.edu, call 956.326.2857, or visit Killam Library 159.

Anti-Discrimination/Title IX

TAMIU does not discriminate or permit harassment against any individual on the basis of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, educational programs, or employment. If you would like to file a complaint relative to Title IX or any civil rights violation, please contact the TAMIU Director of Equal Opportunity and Diversity/Title IX Coordinator, Lorissa M. Cortez, 5201 University Boulevard, Killam Library 159B, Laredo, TX 78041, TitleIX@tamiu.edu, 956.326.2857, via the anonymous electronic reporting website, ReportIt (https://www.tamiu.edu/reportit) and/or the Office of Civil Rights (Dallas Office), U.S. Department of Education, 1999 Bryan Street, Suite 1620, Dallas, TX 75201-6810, 214.661.9600.

Incompletes

Students who are unable to complete a course should withdraw from the course before the final date for withdrawal and receive a "W." To qualify for an "incomplete" and thus have the opportunity to complete the course at a later date, a student must meet the following criteria:

1. The student must have completed 90% of the course work assigned before the final date for withdrawing from a course with a "W", and the student must be passing the course;
2. The student cannot complete the course because an accident, an illness, or a traumatic personal or family event occurred after the final date for withdrawal from a course;
3. The student must sign an "Incomplete Grade Contract" and secure signatures of approval from the professor and the college dean.
4. The student must agree to complete the missing course work before the end of the next long semester; failure to meet this deadline will cause the "I" to automatically be converted to an "F"; extensions to this deadline may be granted by the dean of the college. This is the general policy regarding the circumstances under which an "incomplete" may be granted, but under exceptional circumstances, a student may receive an incomplete who does not meet all of the criteria above if the faculty member, department chair, and dean recommend it.

WIN Contracts

The Department of Biology and Chemistry does not permit WIN contracts. For other departments within the college, WIN Contracts are offered only under exceptional circumstances and are limited to graduating seniors. Only courses offered by full-time TAMIU faculty or TAMIU instructors are eligible to be contracted for the WIN requirement. However, a WIN contract for a course taught by an adjunct may be approved, with special permission from the department chair and dean. Students must seek approval before beginning any work for the WIN Contract. No student will contract more than one course per semester. Summer WIN Contracts must continue through both summer sessions.

Student Responsibility for Dropping a Course

It is the responsibility of the student to drop the course before the final date for withdrawal from a course. Faculty members, in fact, may not drop a student from a course without getting the approval of their department chair and dean.

Independent Study Course

Independent Study (IS) courses are offered only under exceptional circumstances. Required courses intended to build academic skills may not be taken as IS (e.g., clinical supervision and internships). No student will take more than one IS course per semester. Moreover, IS courses are limited to seniors and graduate students. Summer IS course must continue through both summer sessions.

Grade Changes & Appeals

Faculty are authorized to change final grades only when they have committed a computational error or an error in recording a grade, and they must receive the approval of their department chairs and the dean to change the grade. As part of that approval, they must attach a detailed explanation of the reason for the mistake. Only in rare cases would another reason be entertained as legitimate for a grade change. A student who is unhappy with his or her grade on an assignment must discuss the situation with the faculty member teaching the course. If students believe that they have been graded unfairly, they have the right to appeal the grade using a grade appeal process in the Student Handbook and in the Faculty Handbook.

Final Examination

All courses in all colleges must include a comprehensive exam or performance and be given on the date and time specified by the Academic Calendar and the Final Exam schedule published by the Registrar's Office. In the College of Arts & Sciences all final exams must contain a written component. The written component should comprise at least 20% of the final exam grade. Exceptions to this policy must receive the approval of the department chair and the dean at the beginning of the semester.

Mental Health and Well-Being

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it. The Telus app is available to download directly from TELUS (tamiu.edu) (https://www.tamiu.edu/counseling/telus/) or from the Apple App Store and Google Play.