



Course Syllabus: **Exercise Medicine**
College of Health Sciences and Human Services
EXPH 4604
Fall 2023

Contact Information

Instructor: Dr. Frank B. Wyatt
Office: Ligon 209
Office hours: Tues. 7pm-8pm, Wed. 12pm-3pm, Thurs. 6am-7am
Office phone: (940) 397-6229
Cell Phone: NA
Twitter: NA
E-mail: frank.wyatt@msutexas.edu

Course Description

- This course is designed to educate the Exercise Physiologists pertaining to the role exercise plays in the prevention and treatment of chronic diseases. A secondary focus of the course is practical and clinical experience in physiological measures of health, fitness and performance.
- Additionally, a laboratory experience is required. This will entail the introduction and subsequent proficiency by the students of clinical measures associated with health and fitness.
- This class is supplemented with online work through D2L. It is imperative that you check the site for this class on a daily basis for assignments or readings

Textbook & Instructional Materials

Boone, Tommy (2016). ASEP's Exercise Medicine Text for Exercise Physiologists, Bentham Books, Publishers. Sharjah, UAE.

D2L-This online format will be used extensively during this class and semester. Throughout each week the format of the class will rely on Video Classroom and Discussion as part of the delivery of information for the class. It is imperative that students check D2L for this class on a daily basis.

*The book and the reading assignments are **MANDATORY**.

Study Hours and Tutoring Assistance

Tutoring will be established with and through the Graduate Assistants. The exact times will be limited to the hours of 8am-5pm, Monday through Friday only. The place of tutoring will ONLY be in the conference room next to Dr. Wyatt's office. Exact tutoring times will be established through contact with individual Graduate Assistants but must be within the time noted above.

Student Handbook

Refer to: [Student Handbook 2017-18](#)

Academic Misconduct Policy & Procedures

Academic Dishonesty: Cheating, collusion, and plagiarism (the act of using source material of other persons, either published or unpublished, without following the accepted techniques of crediting, or the submission for credit of work not the individual's to whom credit is given). Additional guidelines on procedures in these matters may be found in the Office of Student Conduct.

Grading

1. There will be **two (2) exams** following selected chapters & lectures in the noted text throughout the semester. These tests are associated with the lecture/chapter portion of the class. There will be **two (2) practicum evaluations** (i.e., tests) associated with the laboratory portion of the class. Each exam will be worth 20 points each toward the overall grade (40 points total). Each laboratory practicum will be worth 7.5 points toward the final overall grade (15 points total) and will cover the new material since the last practicum.

Lecture Exams	40 points
Practicum Evals	<u>15 points</u>
Sub Total	= 55 points

2. **Class Assignments/Discussions:** There will be a day periodically where an assignment or discussion will be noted. During this day, the students will answer questions posed by the Professor from previous lectures. To participate in this work, the students MUST be present. Missing the assignment/discussion experience will be dealt with on a case-by-case basis. Should your absence be allowed, you may complete the assignment/discussion with a timeline set by the instructor.

Assignment/Discussion	10 points
-----------------------	------------------

3. **Project points.** Each student will participate and complete an EXCEL spreadsheet project. A template will be given to the students for clarification. The spreadsheet will contain specific acute and chronic pathologies, the etiology of these pathologies, the prevention and treatment of these pathologies through exercise and the exercise prescription for the prevention and treatment of these pathologies including but not limited to the following information: mode of exercise, intensity, duration, frequency, physiological adaptation outcome.

Project	15 points
---------	------------------

4. **FINAL EXAM:** Comprehensive

Overall Total Points	<u>20 points</u> =100 Pts.
-----------------------------	---

Table 2: Total points (as a %) for final grade.

90%-100%	A	<u>Excellence</u>
80%-89%	B	Above Average
70%-79%	C	Average
60%-69%	D	Below Average
50%-59%	F	Failure

Attendance

ATTENDANCE: Attendance is **MANDATORY!** HOWEVER, there are some alterations as it relates to the pandemic and attendance:

1. It is the student's responsibility to contact the professor regarding absences and to make up assignments, class work, class reading assignments and notes which were missed. Any tests missed by un-excused absences will not be allowed to be made up. Prior arrangements **MUST BE MADE** with the professor for any missed exams*. Students, whether present or absent, are responsible for all material presented in class, or assigned for course work, and will be held accountable for such material in the determination of the course grade.
2. Any student whose absence was caused by (1) personal illness, (2) death in the immediate family, or (3) authorized participation in official school functions will be given an opportunity to rectify in a manner acceptable to the professor, any deficiencies which may have resulted from such absence. The professor has the prerogative of determining whether or not a student may rectify deficiencies occasioned by absences for other reasons.
3. **This has changed:** This is a TTH online class and as such, the class will attend both days (Tuesday and Thursday) through Zoom lecture. In addition, there is a lab on Thursday following the lecture. This is a hybrid (in-person and online) lab. PLEASE NOTE: The lab experiences and assignments will be time based. This means that regardless of the presentation format (i.e., in-person, online), completion of the lab will be given a designated time.
4. ***The final exam is set at the beginning of the semester and this time is assessable to all students. This set time for the final exam is not negotiable. There will be no flexibility in altering the day or time for taking the final exam.**

Desire to Learn (D2L)

Use of the MSU D2L program is a part of this course. Each student is expected to be familiar with this program as it provides a primary source of communication regarding assignments and general course information. You can log into D2L through the MSU Homepage. If you experience difficulties, please contact the technicians listed for the program or contact your instructor.

Extra Credit

No Extra Credit

Important Course Sequencing

Class Content

Chapter 1-Regular Exercise and Disease Prevention

Chapter 2-Cardiopulmonary Exercise Testing

Chapter 3-Exercise and Coronary Artery Disease

Chapter 4-Exercise and Obesity

Chapter 5-Exercise and Type 2 Diabetes Mellitus

Exam 1 Covering Chapters/Lectures 1-5

Chapter 6-Exercise and Hypertension

Chapter 7-Exercise and Stroke

Chapter 9-Exercise and Chronic Obstructive Pulmonary Disease

Chapter 10-Exercise and Osteoporosis

Chapter 11-Exercise and Cancer

Exam 2 Covering Chapters/Lectures 6-11

FINAL EXAM COMPREHENSIVE

Instructor Class Policies

Cell/smart-phone and laptop use are not allowed or tolerated during class periods except if online measures are implemented (i.e., Zoom).

Then, laptops or desktop computers are allowed...but NOT cell phones.

Individuals talking, texting or using the aforementioned electronic devices during class will be asked to leave. It will then be the responsibility of the student to obtain any information they may have missed because of their dismissal from class.

Change of Schedule

A student dropping a course (but not withdrawing from the University) within the first 12 class days of a regular semester or the first four class days of a summer semester is eligible for a 100% refund of applicable tuition and fees. Dates are published in the Schedule of Classes each semester.

Refund and Repayment Policy

A student who withdraws or is administratively withdrawn from Midwestern State University (MSU) may be eligible to receive a refund for all or a portion of the tuition, fees and room/board charges that were paid to MSU for the semester. HOWEVER, if the student received financial aid (federal/state/institutional grants, loans and/or scholarships), all or a portion of the refund may be returned to the financial aid programs. As described below, two formulas (federal and state)

exists in determining the amount of the refund. (Examples of each refund calculation will be made available upon request).

Services for Students With Disabilities

In accordance with Section 504 of the Federal Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, Midwestern State University endeavors to make reasonable accommodations to ensure equal opportunity for qualified persons with disabilities to participate in all educational, social, and recreational programs and activities. After notification of acceptance, students requiring accommodations should make application for such assistance through Disability Support Services, located in the Clark Student Center, Room 168, (940) 397-4140. Current documentation of a disability will be required in order to provide appropriate services, and each request will be individually reviewed. For more details, please go to <http://www.mwsu.edu/student-life/disability>.

College Policies

Campus Carry Rules/Policies*

Refer to: [Campus Carry Rules and Policies](#)

*Please note that NO GUNS are allowed in Ligon Colosseum

Smoking/Tobacco Policy

College policy strictly prohibits the use of tobacco products on campus...the WHOLE CAMPUS PROPERTY (including Sikes Lake). Also, tobacco products also means dip. NOT ALLOWED!

Alcohol and Drug Policy

To comply with the Drug Free Schools and Communities Act of 1989 and subsequent amendments, students and employees of Midwestern State are informed that strictly enforced policies are in place which prohibits the unlawful possession, use or distribution of any illicit drugs, including alcohol, on university property or as part of any university-sponsored activity. Students and employees are also subject to all applicable legal sanctions under local, state and federal law for any offenses involving illicit drugs on University property or at University-sponsored activities.

Grade Appeal Process

Update as needed. Students who wish to appeal a grade should consult the Midwestern State University [Undergraduate Catalog](#)

Notice

Changes in the course syllabus, procedure, assignments, and schedule may be made at the discretion of the instructor.