



**Day and Time:** Tuesday / Thursday 9:30 am - 10:50 am

**Location:** Room 223, D.L. Ligon Coliseum

**Instructor:** Brett Crossland, Ph.D.

**Email:** brett.crossland@msutexas.edu

**Telephone:** 940-397-4956

**Office:** 208 Ligon Coliseum

**Office Hours:** M/W/F: 9-10:00 am, 12:30-1:30 pm; T/TH 08:00 - 9:30 am, 11:00 am -12:30 pm

**Important Dates:**

First Day of Class – Tuesday, August 26

Last Day to Drop – Monday, November 25

Thanksgiving Holiday – November 26-28(No Class)

Exam I - Thursday, September 25

Exam II - Thursday 10/30

Final Exam – Tuesday, December 9 (8:00 am - 10:00 pm)

**Textbook:** No textbook is required for this course. All required reading materials will be provided via D2L by the instructor.

**Course Objectives:**

1. Gain the ability to explain the necessity of chronic physical activity and its role in prevention of chronic disease.
2. Understand the effects of acute and chronic exercise on a variety of clinical conditions.
3. Develop the skills necessary to develop a well-structured exercise program for individuals with a variety of chronic diseases.
4. Identify commonly used medications and how these may interfere with an individual's response to acute and chronic exercise across a variety of modalities.
5. Identify and explain the effects of a variety of chronic diseases on an individual's capacity to exercise.

**Course Evaluation:** Evaluation of the course material will be broken down between ten (10) case study assignments throughout the semester, one (1) presentation, and three (3) exams. Exams will be in person and worth 50% of your overall grade. **MAKE UP EXAMS WILL NOT BE GIVEN AFTER THE SCHEDULED DATE.**

A. Presentation (1 @ 100 pts)	100 pts	17%
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B. Case Studies (10 @ 20pts each)	200 pts	33%
C. Exams (3 @ 100pts each)	300 pts	50%
<b>Total:</b>	<b>600 pts</b>	<b>100%</b>

#### GRADING SCALE:

Grades will be assigned on the following points needed:

A: $\geq 90.00\%$	$\geq 540$
B: 80.00-89.99%	480-539
C: 70.00-79.99%	420-479
D: 60.00-69.99%	360-419
F: $\leq 59.99\%$	359 pts and below

#### **Attendance**

Attendance at class is **compulsory** if you intend on performing well in this course. Attendance will be taken for each class period. If you are not feeling well, I encourage you to stay away from the classroom. Lectures will not be recorded so it is your responsibility to get notes from fellow classmates. Lab assignments can not be completed without attendance of the weekly lecture therefore any missed class will result in a missed laboratory assignment.

**Classroom Policies:** It is assumed that everyone enrolled in this course is here to pursue further knowledge in the area of human movement. The following list provides what will be expected by the instructor and should also be expected by the students:

1. Attendance in class is expected. If you will not be able to participate in a class session please notify the instructor PRIOR to your absence in a timely manner. Only those with excuses that are related to University events (academic, athletic, etc.) or religious purposes may make-up work. If you have an excused absence and will not be available for an exam (EXCLUDING the FINAL EXAM) you must take the exam PRIOR to your absence (NO EXCUSES!!).
2. Turn off all cell phones, pagers, and any other electronic devices before class begins. It is disrupting to other students, and disturbing to the instructor if these electronic devices are active during the class period.
3. If you have a question that was not answered during the class period please feel free to stop by my office or email me your question (see front page).
4. Neither academic dishonesty nor plagiarism will be tolerated and as such, disciplinary action will be issued in accordance with university guidelines.

#### **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 see:  
<http://www.mwsu.edu/studentlife/disability>.

### Tentative Course Schedule

Week	Date	Topic	Assignments
1	8/26	Class Intro	
1	8/28	Barriers to Entry	Case Study #1 - Due 8/31
2	9/2	General Pharmacology / Interview & Examination Skills	
2	9/4	Graded Exercise Testing	Case Study #2 - Due 9/7
3	9/9	Exercise Prescription	
3	9/11	Exercise Contraindications	Case Study # 3 - Due 9/14
4	9/16	Sarcopenia	
4	9/18	Osteopenia	Case Study # 4 - Due 9/21
5	9/23	Hypertension	
<b>5</b>	<b>9/25</b>	<b>EXAM #1</b>	
6	9/30	Obesity	
6	10/2	Diabetes	Case Study # 5 – Due 10/5
7	10/7	Hypertension	
7	10/9	Hyper & Dyslipidemia	Case Study # 6 – Due 10/12
8	10/14	Metabolic Syndrome	
8	10/16	Chronic Kidney Disease	Case Study # 7 – Due 10/19
9	10/21	Acute Coronary Syndromes / Revascularization	
9	10/23	Chronic Heart Failure	Case Study # 8 – Due 10/26
10	10/28	Peripheral Artery Disease	
<b>10</b>	<b>10/30</b>	<b>EXAM #2</b>	
11	11/4	COPD	
11	11/6	Asthma / Cystic Fibrosis	Case Study # 9 – Due 11/09
12	11/11	Cancer / HIV	
12	11/13	Arthritis	Case Study # 10 – Due 11/16
13	11/18	Osteoporosis / Nonspecific Low Back Pain	
13	11/20	Spinal Cord Injuries / MS / CP	
14	11/25	Stroke & Parkinson's	

14	11/27	NO CLASS THANKSGIVING	
15	12/2	Presentations	
15	12/4	Presentations	
	<b>12/9</b>	<b>FINAL EXAM</b>	<b>8:00-10:00 am</b>

## College Policies

### Campus Carry Rules/Policies

Refer to: Campus Carry Rules and Policies

### Smoking/Tobacco Policy

College policy strictly prohibits the use of tobacco products in any building owned or operated by WATC. Adult students may smoke only in the outside designated-smoking areas at each location.

### 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.