



Course Syllabus: Exercise Physiology & Clinical Assessment
College of Health Sciences and Human Services
EXPH 4703
Spring 2024

Contact Information

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Course Description

A study of the benefits and risks of exercise testing in healthy populations, athletic populations, children, at risk individuals, and patients with metabolic and cardiovascular disease. A complementary focus of the course is the biological, mechanical, and behavioral aspects of prescribing and administering exercise programs to a variety of populations.

Textbook & Instructional Materials

ACSM's Guidelines to Exercise Testing and Prescription, 11th Edition.
D2L-This format will be used extensively throughout this class and semester. Each class meeting will incorporate D2L in a visual format or written discussion format. Therefore, it is the responsibility of the student to check D2L every day for updates on lectures and assignments throughout the semester. In addition, all tests will be administered through D2L
Please check for periodic readings and assignments
*The reading assignments are MANDATORY.

Study Hours and Tutoring Assistance

NA

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Dishonesty: Cheating, collusion, and plagiarism (the act of using source material of other persons, either published or unpublished, without following the accepted techniques of crediting, or the submission for credit of work not the individual's to whom credit is given).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.

Course Sequencing and Grading

<u>Activity</u>	<u>Points</u>
Lecture Series 1-Pre Exercise Evaluation	
Lecture Series 2-Health Related Physical Fitness Testing and Interpretation	

Lecture Series 3-Clinical Exercise Testing and Interpretation
 Lecture Series 4-Sport Performance Testing and Interpretation
 Lecture Series 5-General Principles of Exercise Prescription

Mid-Term Exam over Lecture Series 1-5

Lecture Series 6-Environmental Considerations for Exercise Prescription
 Lecture Series 7-Exercise Prescription for Pathological Conditions (cardiovascular, pulmonary, metabolic)
 Lecture Series 8-Exercise Prescription for Health Populations with Special Considerations (Chapter 6 in text)
 Lecture Series 9-Exercise, Brain Health and Brain Related Disorders
 Lecture Series 10-Behavioral Theories and Strategies for Promoting Exercise

Exam over Lecture Series 6-10

Two (2) Exams covering Lecture Series	20 pts each X 2=	40 points
FINAL EXAM: COMPREHENSIVE		30 pts
Group Project		30 pts
Total		100 pts

Table 2: Total points for final grade.

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

Attendance

ATTENDANCE: Attendance is **MANDATORY!** 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.

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.

***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.**

****ASEP (American Society of Exercise Physiologists) exam for Board Certification as an Exercise Physiologists (EPC) can be taken the week before the comprehensive final. A passing grade on this certification exam is a score of 70% or better. IF one passes this exam, this will factor in the final grade as the full 30 points for the comprehensive final and the student will be exempt from taking the comprehensive final. IF the student fails (>70%) the EPC, they may still take the class comprehensive final.**

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 virtual lectures, assignments, exams 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.

GROUP PROJECT

The group project will take place during the later part of the semester and will incorporate approximately four (4) weeks of person-to-person work. The project is the following (and will take place with groups of two (2) students per group): a faculty/staff from Midwestern State University will be selected for each group. The group will meet with the faculty to discuss their fitness goals either in person or virtually. The group will administer the appropriate tests (i.e., height, weight, resting heart rate, resting blood pressure, etc.) and/or obtain past information from the client. From the tests and the fitness goals, the group will design an exercise prescription program. From the exercise program, the group will personally work with the client to achieve their fitness goals either in person or virtually on a regular (i.e., day to day) basis. Post-tests will be administered following the four (4) week period.

A written report by the group will be turned in as part of the grading system for "The Group Project". The written report will include the pre & post testing procedures and the exercise prescription utilized during the 4 week training session.

Instructor Class Policies

Be present, engage, ask questions (any questions), enjoy!

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.