



Course Syllabus: Rehab and Health Promotion  
College of Health Sciences and Human Services  
RESP 4422 Section 201  
Spring Semester, January 22, 2026 – May 15, 2026

Contact Information

Instructor: Jessica Fino Ed.D., RRT  
Office: Centennial Hall 420 J  
Office hours: By appointment.  
Office phone: (940) 397-4584  
E-mail: [Jessica.fino@msutexas.edu](mailto:Jessica.fino@msutexas.edu)

Course Description

The focus of this lecture course is to educate the respiratory care student in the principles and practices used in pulmonary rehab programs. Topics include but are not limited to, organization and management, candidate assessment and selection, patient and family education, smoking intervention techniques, role of home and alternate care sites, and reimbursement for services.

Course Objectives

1. State the definition and general goals of pulmonary rehabilitation programs.
2. Describe the rationale for exercise conditioning and psychosocial support of patients with chronic pulmonary disease.
3. Describe how to evaluate and select patients for pulmonary rehabilitation.
4. Describe pulmonary rehabilitation program design including format and content.
5. List the educational content to be addressed in a pulmonary rehabilitation program to include smoking cessation strategies.
6. Describe the implementation of a pulmonary rehabilitation program including staffing, facilities, scheduling, class size, equipment and costs.
7. Describe outcome measures that can be used to evaluate pulmonary rehab programs.
8. Identify the potential hazards associated with pulmonary rehab.
9. Describe recent developments and trends in alternative site respiratory care.

10. Discuss standards as well as documentation associated with alternate care sites.
11. Describe reimbursement patterns and limitations impacting alternate care sites.
12. State how to ensure safety and infection control in alternative patient care settings.

#### Required Text

American Association of Cardiovascular and Pulmonary Rehabilitation, Guidelines for Pulmonary Rehabilitation Programs, 5th Edition, Human Kinetics, ISBN 9781492550914

#### Weekly Meeting Pattern

Wednesday 9:00am – 12:30pm

#### Audience/ Credit

Senior Respiratory Care Students – 2 credit hours

#### Attendance Policy

Regular class attendance is required. No distinction is made between excused and unexcused absences unless the absence has been cleared through the office of the Dean of Students, Athletic Department or Academic Affairs. If a student misses a lecture, it is the student's responsibility to work with other class members to determine what material was missed. There are facility tours and online assignments included in this course. Attendance to these events is crucial to the learning experience and worth a portion of your overall grade. Additional assignments may be required if these events/tours are missed. Please refer to the MSU Student Handbook for more information.

#### Late Work

D2L is designed so that students are locked out of the system after the deadline has passed. Please make note of all deadlines and adhere to them. Anything not completed and submitted on time will be graded as a zero. Please talk with your professor, prior to the due date, regarding circumstances that may prevent you from completing an assignment on time. All assignments must be completed by 11:59pm on the due date unless otherwise specified.

Assignments	Percentage of Total Grade
Examinations	50%
Design a Campaign	15%
Health Fair	15%
Attendance/Participation Freedom From Smoking	20%

## Assignment Grading

### Grading Scale

Letter Grade	Percentage Grade
A	90-100%
B	80-89%
C	75-79%
D	60-74%
F	Less than 60%

A minimum grade of 75, or a C, is required in all respiratory courses. All assignments must be completed by 11:59pm on the due date.

### Examinations

Course exams may consist of definitions, multiple choice, true/false, fill-in-the-blank, short answer, or essay type questions. Additionally, exam grades may involve group projects and/or presentations as assigned by the instructor. This assignment is worth 50% of your overall grade.

### Design a Campaign

As healthcare providers, we are frequently asked to educate our patients on ways to improve their respiratory health and promote healthy lifestyle choices. For this assignment, students will be required to design a health campaign designed to promote respiratory health. This campaign should include your targeted audience, health topic, communication methods, required resources, and anticipated outcomes. This assignment is worth 15% of your overall grade. Grading rubric is included in the course materials.

### Student Health Fair

Health Fair Presentations- As part of your project, you will create a project that summarizes, educates, and pertains to a specific topic that correlates with respiratory/health care. This project is 20% of your final grade. This project will be presented as part of the Midwestern State University Health Fair, which will be held on **\*\*Friday March 20, 2026\*\*** from 8am-1pm. Grading rubric is included in the course materials.

### Freedom from Smoking

In addition, students will be required to participate in Freedom from Smoking classes as a student facilitator throughout the semester as a service learning project. These assignments are worth 15% of your overall grade.

### Participation

Many of the topics covered in this course will be associated with group activities and/or discussions. In order to facilitate the learning process, participation and completion of these assignments will be graded. Failure to participate in any of

the assigned service projects, will result in an alternative assignment that may be more difficult in nature to replace the missing grade item.

### Important Dates

Last Day to drop with a grade of "W:" April 29, 2026

Refer to: [Drops, Withdrawals & Void](#)

### Student Handbook

Refer to: [Student Handbook 2025-2026](#)

### 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. Research papers and projects must be original work for each course assignment. The faculty will not accept a submission that has been or is being submitted for another course, as this is a form of self-plagiarism. No Exceptions!

### 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 [Website for Disabilities Services](#).

### 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.

#### Grade Appeal Process

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

#### Course Schedule:

Week or Module	Activities/Assignments/Exams	Due Date
<b>Week 1</b> Jan. 19-23	Kettering Review	No classroom assignments
<b>Week 2</b> Feb. 25	Definitions and Overview AACVPR Ch. 1 Candidate Selection/Assessment AACVPR Ch. 2	
<b>Week 3</b> March 4	Collaborative Self-Management & Education AACVPR Ch. 4 Work on Health Fair Project	Health Fair Project Due 3/18
<b>Week 4</b> March 9-13	*Spring Break	No classroom assignments

Week or Module	Activities/Assignments/Exams	Due Date
<b>Week 5</b> March 18	<b>*Exam #1 (Chapters 1,2,4)</b> Work on Health Fair Projects *Health Fair in 3/20/2026	Health Fair Project Due Today
<b>Week 6</b> March 25	Exercise Assessment & Training (6- min walk) AACVPR Ch. 3 Psychosocial Assessment & Intervention/ Outcome Assessments AACVPR Ch. 5 & 7	
<b>Week 7</b> April 1	<b>**Exam #2 (Chapter 3,5,7)</b> Medical Management of Tobacco Cessation Tobacco Campaigns and Education	
<b>Week 8</b> April 15	Disease Specific Management/Program Management AACVPR Ch. 8 & 9	
<b>Week 9</b> April 22	<b>**Exam #3 (Chapter 8,9)</b> Design a Campaign Presentation Work Day	
<b>Week 10</b> April 29	<b>Design a Campaign Presentations</b>	Design a Campaign due in class
<b>Week 11&amp;12</b> May 6/ May 13	Graduation Preparations	

#### Freedom from Smoking Dates:

More information to be announced as registration for participants is finalized. Students will be expected to participate in a minimum of two Freedom from Smoking classes. Students will be allowed to sign up for dates once released.