**Assessment and Prescription for Special Populations HPA 1226**

**Syllabus Fall 2018, Section 10am , Credit Hours: 3**

**Instructor: Carma Repcheck, M Ed, Ph D**

 **Class Meeting: M/W 10am, lab 11am, Monday or Wednesday Rm 166 Trees Hall**

**Office: 111 Trees Hall**

**Phone: 412-648-3186**

**Email:** **crs24@pitt.edu**

**Instructor Availability:**

**Emails and phone messages will try to be answered within 24 hours Monday –Friday, Weekend messages will be returned by the following Monday.**

**Course Description:**

This course is an extension of the course Fitness Assessment and Exercise Prescription. The purpose of this course is to build upon the skills and knowledge learned in Fitness Assessment and Exercise Prescription. Students will obtain the skills needed to evaluate health behaviors and risk factors, administer fitness assessments, and assess, design and implement exercise programs for special populations. The populations of interest include children and youth, older adults, osteoporosis, arthritis, low back pain, pregnancy, the athlete, cancer, chronic obstructive pulmonary disease, obesity. Additionally, students will learn the physiology of growth and development, aging, and the pathophysiology of health conditions and disease associated with the population of interest.

**Prerequisites:** Fitness Assessment and Exercise Prescription HPA 1224

**Course Objectives:**

**Upon completion of this course, the student will have:**

* Knowledge, skills and abilities to define cardiovascular, pulmonary, and metabolic risk factors, assess health status of individuals, and determine if medical clearance and physician supervision is required for exercise testing and program participation
* Skills and abilities to administer, evaluate and interpret fitness assessments for body composition, cardiorespiratory fitness, muscular fitness, muscular fitness, and flexibility for special populations
* Knowledge, skills and abilities to prescribe and design appropriate exercise programs for special populations
* Ability to identify the most appropriate exercises, modifications, and progressions for a variety of populations and skill levels
* Demonstrate competence of skills as outlined in 10th edition of ACSM’s Guidelines for Exercise Testing and Prescription

**Required Texts:**

ACSM’s Guidelines for Exercise Testing and Prescription, 10th Ed.

ACSM’s Exercise Management for persons with chronic disease and disabilities, 3rd Ed.

**Suggested Texts and Readings:**

ACSM’s Resource Manual Guidelines for Exercise Testing and Prescription, 7th Ed.

ACSM’s Guide to Exercise and Cancer Survivorship (Irwin)

Advanced Fitness Assessment and Exercise Prescription, 6th Ed. (Vivian H. Heyward)

Exercise for Special Populations, 1st Ed (Peggie Williamson)

**Methods of Evaluation:**

* **Attendance is mandatory.** 1 Absence –no penalty, 2 Absences- 1 letter grade, 3 Absences-2 letter grades
* **If you are more than 10 minutes late for class this will count as an absence**
* **Final Project, 15% -Due Wed. Nov 29, 2018**
* **Case Studies/Labs (equally weighted)-20%**

**Case Studies are to be submitted online. Links are found on Courseweb.**

 **Labs will be turned in during class time. Labs will be distributed the first day of class.**

 Case studies and labs will be assigned throughout the term reflecting the special populations

 addressed in lecture. Students will be expected to complete assignments on time and to the

 satisfaction of the instructor. Assignments turned in after the due date will be given a failing grade.

 **All work must be typed**.

* **2 Exams, 20% each and Final Exam-25% (cumulative)**

 Exam format may include multiple choice, completion, short answer or matching. Make –up exams

 are not an option unless a true emergency exists. Please refer to course schedule for dates of exams

 and final exam.

**Cell Phone Policy:**

 **No cell phones are permitted in class at any time.**

**Extra Credit:**

A quiz will be given during 8 of the labs. A student can earn up to .625 extra points towards their final grade for each quiz. A maximum of 5 points is possible. Each quiz will have 2-4 questions. The student must answer all questions correctly to earn the .625 points. No partial credit will be given.

 2

**Grading Scale:** Points earned will be expressed as a percentage of the total number of points possible and converted to a letter grade as follows: A+97 and above, A=93-96.9, A-90-92.9,B+87-89.9,B=82-86.9,B-80-82.9,C+77-79.9,C=73-76.9,C-70-72.9,D+67-69.9,D=63-66.9,D-60-62.9,F<60

**Required Readings**: Readings are listed on the Syllabus. Power points are posted on Courseweb. Case Studies are posted on Courseweb. Labs will be handed out in class. It is the student’s responsibility to down load all notes and case studies prior to class.

**Ethical Considerations:** Cheating on an exam will result in a failing grade for the course.

**Special Needs:** If you have a disability for which you are or may be requesting an accommodation, you are encouraged to contact both your instructor and Disability Resources and Services, 216 William Pitt Union, (412-648-7890) drsrecep@pitt.edu, 412 228-5347 for P3 ALS users, as early as possible in the term. DRS will verify your disability and determine reasonable accommodations for this course.

**Student Grievance**-Please See Course web link for more information

**Departmental of Health and Physical Activity Grievance Procedure.**

If a student feels that they have been treated unfairly by the instructor with regard to their grade or other aspects of their course participation there are a series of steps that should be taken in an attempt to resolve this matter.  These include the following:

1.       The student should first inform the instructor of the course of the issue in an attempt to resolve this matter.  If the course is taught by a Teaching Assistant, Graduate Student, or Part-Time instructor, their faculty supervisor should also be informed of this matter.   The student should bring this issue to the attention of the instructor in a timely matter and should maintain a record of interactions that occurred with the instructor regarding the matter in question.  The course instructor should take necessary steps to address the concern raised by the student in a timely matter and should maintain a record of the interactions that occurred with the student regarding this matter.

2.       If, after reasonable attempts to resolve the matter, the matter is not resolved in a manner that is deemed to be acceptable to the student, the student retains the right to file a grievance.  This grievance is to be filed with the Department Chair in the form of a written document that can be submitted via email or campus mail.  This document should include the following:

a.       Student’s name

b.      Student contact information (email, address, telephone number)

c.       Information on the course for which the grievance applies (course title, course number, instructor name). 3

d.      A copy of the course syllabus that was provided to the student by the instructor

e.      Detailed description of the grievance and additional information the student feels is pertinent to this matter.

After receiving this information the Department Chair will inform the student if additional information is needed, as appropriate will discuss this matter with the student and the instructor, and will issue a decision in a timely manner.

*3.* If the student is not willing to accept the decision of the Department Chair, the student will be informed that they can request an additional review of this matter through the Office of the Dean of the School of Education.  If the student decides to pursue this, the student should contact the Associate Dean for Student Affairs & Certification in the School of Education at the University of Pittsburgh.

 4

**Tentative Course Schedule:** Please note that the course schedule is subject to change in order to accommodate the students, presenters, and/or the instructor.

**\*Designates Lab days**

**--All Labs are due one week from the lab date, unless otherwise noted. Please bring them to Class. All Case Studies are due online. Due dates are listed on each case study.**

**Monday / Wednesday Schedule**

\*Mon. Aug 27-Introduction to course, Review Physical Activity/Exercise & Preliminary Health Screening

\*Wed. Aug. 29- Review Exercise Programming Guidelines for Healthy Individuals

 (Lectures 1 & 2 on Courseweb, Readings Chap 1-6 ACSM 10th Ed)

**Mon. Sept. 3-No Classes-Labor Day**

\*Wed. Sept. 5 – Cancer: Pathophysiology **Case Study #1 Due Online**

 (Readings pgs. 302-311 ACSM 10th Ed)

\*Mon. Sept. 10- Cancer: Exercise Programming

\* Wed. Sept 12- Case Study Practice in Class **Case Study Cancer #2 Due Online**

\*Mon. Sept. 17- Children and Youth: Physiology of Growth and Development

 (Readings pgs.180-183)

 \*Wed. Sept. 19- Children and Youth: Exercise Programming

\*Mon. Sept.24- Low Back Pain: Pathophysiology **Case Study Children #3 Due Online**

 (Readings pgs. 184-187)

\*Wed. Sept. 26 – Low Back Pain: Exercise Programming

\*Mon. Oct.1- Low Back Pain Exercise Programming Practice, project information provided

**Wed. Oct. 3-EXAM 1- No Labs**

\*Mon. Oct. 8 Arthritis Pathophysiology **Case Study LBP #4 Due Online**

 (Readings pgs. 297 -301)

\*Wed. Oct. 10 Arthritis: Exercise Programming

**Mon. Oct. 15 FALL BREAK NO CLASSES**

\*Tues. Oct. 16 Make up day for Mon. Oct 15. Exercise & Aging: Physiology of Aging

 **Case Study Arthritis #5 Due Online**

 5

 \*Wed. Oct. 17 Exercise & Aging: Exercise Programming

 (Readings pgs. 188-194) **Outline of Project Due in Class**

\*Monday Oct. 22 Osteoporosis: Pathophysiology

 (Readings pgs. 345-347)

\*Wed. Oct.24- Osteoporosis: Exercise Programming **Case Study Older Adult #6 Due Online**

 **Mon.Oct.29- EXAM 2** **No Labs**

\*Wed. Oct. 31-Overweight/Obese: Pathophysiology **Case Study Osteoporosis #7 Due Online**

 (Readings pgs. 287-290)

 \*Mon. Nov. 5-Overweight/Obese: Exercise Programming

Wed. Nov. 7-COPD Exercise Programming

 (Readings pgs. 251-260)

**Friday Nov. 16th 12:30-2:30pm Pulmonary Lab at Falk Medical Building**

\*Mon. Nov 12-Pregnancy: Pathophysiology **Case Study Overweight/Obese #8 Due Online**

\*Wed. Nov. 14- Pregnancy: Exercise Programming

Mon. Nov.19- Review **Case Study COPD #9 Due Online**

**Wed. Nov.22 - Thanksgiving Break NO CLASS**

\*Mon. Nov. 26 -the Athlete **Case Study Pregnancy #10 Due Online**

**\*\*\*\*Both Mon. and Wed. lab report 10am-11:30am. Guest presenter, Athletic evaluations.**

Wed. Nov. 28 -Exercise Patterns

Mon. Dec. 3- Exercise Patterns

Wed. Dec. 5 –Jeopardy

**Mon. Dec.10 –Final Exam**

**Labs “Snap Shot of Dates:**

1. Review Anthropometric measurements- Aug 27 and 29
2. Functional Movement Screening-Sept. 5 and 10
3. NASM Functional Movement Screening -Sept. 12 and 17
4. Children and Youth-Sept. 19 and 24
5. Low Back Pain- Sept. 26 and Oct. 1
6. Postural Awareness- Oct. 8 and 10
7. Aging/Arthritis-Tue. Oct 16 and 17
8. Osteoporosis/Balance-Oct. 22 and 24
9. Overweight and obese- Nov.31 and Nov. 5
10. **COPD- FRIDAY Nov. 9-both Mon. &Wed. lab report Falk Pulmonary \*\*\*\***
11. Pregnancy- Nov. 12 and 14
12. **Athlete –Mon. Nov 26. Both labs report at 12:30**\*\*\*\* 6