

KES 4316
Exercise Programming for Special Population
Summer 2016

Sul Ross State University
Department of Education

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COURSE RATIONALE: The purpose of this course is to provide an in-depth study of exercise programs for special populations.

RECOMMENDED TEXTBOOKS/READING MATERIAL:

Textbook(s): Williamson, P. (2011). *Exercise for special populations*. Philadelphia: Lippincott Williams & Wilkins.

Other Materials: Power Points will be available on Blackboard as study material.

STUDENT LEARNING OUTCOMES:

1. Create and implement health and physical activity principles of performance within diverse populations.
2. Prepare, instruct, and assess developmentally appropriate physical education and/or exercise prescription based on students'/clients' needs.

STANDARD ALIGNMENT:

- Standard II: The physical education teacher understands principles and benefits of a healthy, physically active lifestyle and motivates students to participate in activities that promote this lifestyle.
 - ✓ *Competency 006:* The teacher understands major body systems, principles of physical fitness development and training and the benefits of a healthy, active lifestyle.
 - ✓ *Competency 007:* The teacher understands principles and activities for developing and maintaining cardiovascular endurance.
 - ✓ *Competency 008:* The teacher understands principles and activities for developing and maintaining flexibility, posture, and muscular strength and endurance.
 - ✓ *Competency 009:* The teacher understands health and wellness concepts including those related to nutrition, weight control and stress management, and analyzes ways in which personal behaviors influence health and wellness.

COURSE OBJECTIVES: Students will be able to:

1. Demonstrate knowledge of the structures, functions, components, and actions of major body systems and how various body systems produce movement, adapt to physical activity and contribute to fitness.
2. Analyze the physiological effects of moderate and vigorous physical activity during and after exercise and knows the risks associated with inactivity and the health benefits of regular participation in physical activity (e.g., decreased risk of illness, lowered resting heart rate).
3. Apply knowledge of the basic components of health-related fitness (e.g., cardiovascular endurance, muscular strength and endurance, flexibility, and body composition) and their significance in relation to physical activity, health and fitness.
4. Demonstrate an understanding of basic principles of physical fitness training (e.g., frequency, intensity, type, duration, progressive overload, specificity), and knows principles and benefits of warm-up and cool-down exercise procedures.
5. Analyze individual variation in levels of health and fitness and knows principles and techniques for designing, implementing and maintaining individualized health and fitness plans (e.g., setting realistic short-term goals, evaluating and selecting activities to achieve goals).

STYLE OF TEACHING: The objectives of this course will be met through an integrated teaching style that will include discussion via Blackboard and PowerPoint presentations. Students will be encouraged to remain actively involved in class discussions and will be responsible for reading all assigned material for this class.

GRADING:

700 total points possible

- Final Exam = 100 points
- Test (2 @ 100 points each) = 200 points
- Quizzes (6 @ 50 points each) = 300 points
- Writing Assignments (5 @ 10 points each) = 50 points
- Portfolio = 50 points

A = 650 – 585
B = 520 -584
C = 455 – 519
D = 390 – 454
F = ≤389

EVALUATION PROCEDURES:

✓ **Final Exam = 100 points**

- The final exam may consist of essay, fill-in, short answer, true/false, and/or multiple choice questions. The final exam could cover any material provided in the assigned readings.
- All students are expected to take the final exam on the designated day and time assigned. If a student cannot take the exam during the scheduled time, it is the student's responsibility to approve the absence and request a make-up exam with the instructor at least one week PRIOR to the week of the exam.
- In the case of an unexpected emergency, proper documentation for the absence is required (e.g., physician's excuse) in order to be able to make-up the final exam for full credit. Students who fail to take the final exam on the designated day and time (without proper documentation or prior notification) will be allowed to make up the exam for half credit only (i.e., 50 points maximum). The make-up exam may differ from the regularly scheduled exam (and will likely be more difficult).

- **Test = 100 points each**
 - There will be 2 test that may consist of true/false, and/or multiple choice questions. Test could cover any material provided in the assigned readings.
 - All students are expected to take the test on the designated day and time assigned. If a student cannot take the quiz during the scheduled time, it is the student's responsibility to approve the absence and request a make-up quiz with the instructor.

- ✓ **Quizzes = 50 points each**
 - There will be 6 quizzes that may consist of essay, fill-in, short answer, true/false, and/or multiple choice questions. Quizzes could cover any material provided in the assigned readings.
 - All students are expected to take the quiz on the designated day and time assigned. If a student cannot take the quiz during the scheduled time, it is the student's responsibility to approve the absence and request a make-up quiz with the instructor.

- ✓ **Writing Assignments = 10 points each**
 - Must be a minimum of 3 paragraphs with 4 sentences per each paragraph to receive full credit per writing assignment.

- ✓ **Portfolio = 50 points**
 - Students will submit:
 - A professional resume
 - Philosophy of Teaching

Note: All grading will be based on the quality of the assignment submitted; factors such as a student's ability and the effort put into an assignment will only be assessed to the extent that they influence the quality of the work submitted. All written work should be submitted in APA format.

EXPECTATION OF STUDENTS:

- Students are responsible for keeping up with the reading and are expected to read the assigned chapters and/or other posted readings prior to class in order to contribute to class discussion.
- Handouts distributed through in-class and via Blackboard should be kept in a notebook in order to be referred to as necessary.

ADA Accommodations: Sul Ross State University is committed to equal access in compliance with the Americans with Disabilities Act of 1973. It is the student's responsibility to initiate a request for accessibility services. Students seeking accessibility services must contact Mary Schwartz, M. Ed., L.P.C., in Counseling and Accessibility Services, Ferguson Hall, Room 112. The mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas 79832. Telephone: 432-837-8691. E-mail: mschwartz@sulross.edu

ACADEMIC DISHONESTY OR MISCONDUCT: Sul Ross State University is committed to the highest standards of integrity and ethical conduct. Participating in behavior that violates academic integrity (plagiarism, etc.) will result in disciplinary action and may include: receiving a failing grade for the assignment, failing the course, and suspension and/or dismissal from the University.

DROP POLICY: Access information regarding schedule changes at:
<http://www.sulross.edu/page/967/schedule-changes-withdrawals>

Tentative Course Outline

This schedule is subject to revision.

Week	Topic	Assignment Due
1	Writing Assignment 1	Thursday, July 7 / 11:59pm
2	Ch 1 <i>The Impact of Exercise and Nutrition on Health & Fitness</i>	QUIZ 1 Tuesday, July 12 / 11:59pm
2	Writing Assignment 2	Wednesday, July 13 / 11:59pm
2	Ch 2 <i>Anatomy & Physiology of Body Systems</i>	QUIZ 2 Thursday, July 14 / 11:59pm
3	Ch 3 <i>Exercise During Pregnancy</i>	QUIZ 3 Tuesday, July 19 / 11:59pm
3	Writing Assignment 3	Wednesday, July 20 / 11:59pm
3	TEST 1 (Quiz 1,2, and 3)	Thursday, July 21 / 11:59pm
4	Ch 4 <i>Exercise for Youth</i>	QUIZ 4 Tuesday, July 26 / 11:59pm
4	Writing Assignment 4	Wednesday, July 27 / 11:59pm
4	Ch 5 <i>Exercise for Senior Adults</i>	QUIZ 5 Thursday, July 28 / 11:59pm
5	Ch 6 <i>Exercise for Overweight & Obese Individuals</i>	QUIZ 6

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		Tuesday, Aug 2 / 11:59pm
5	Writing Assignment 5	Wednesday, Aug 3 / 11:59pm
5	TEST 2 (Quiz 4,5, and 6)	Thursday, Aug 4 / 11:59pm
5	STUDENT PORTFOLIO DUE	Friday, Aug 5 / 11:59pm
6	FINAL EXAM (Test 1 & 2)	Tuesday, Aug 9 / 11:59pm