Course Inventory Change Request

New Course Proposal

Date Submitted: 07/30/14 4:15 pm

Viewing: **KINE 5501: Exercise Technology I: Principles of Exercise Testing and Interpretation (Laboratory)**

Changes proposed by: MARTROH

<table>
<thead>
<tr>
<th>Submitter</th>
<th>User ID: MARTROH</th>
<th>Phone: 844-1453</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proposing College/School:</td>
<td>College of Education</td>
<td></td>
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<tr>
<td>Department:</td>
<td>School of Kinesiology</td>
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<tr>
<td>Effective Term:</td>
<td>Fall 2015</td>
<td></td>
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<tr>
<td>Subject Code:</td>
<td>Kinesiology (KINE)</td>
<td></td>
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<tr>
<td>Course Number:</td>
<td>5501</td>
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Justification for new course:
The department would like to split the lecture and lab portions of the undergraduate Exercise Technology I course (KINE 5500) to provide more flexibility in the scheduling and registration of this course. This will allow for the listing of multiple lecture and lab times while allowing students to select the most appropriate lecture and lab times for their schedule. Due to the increased demand for this course, it is becoming more difficult to accommodate the students in a set lecture/lab time each term. Separating the lecture and labs, should allow more flexibility in accommodating these students. This course will be the lab portion of that course and will be a required corequisite to the KINE 5500 lecture. Students in this course should have Junior or Senior standing and should be restricted to include PAHB or FCPB majors only. May count KINE 5500 & 5501 or KINE 6500.

Course Title: Exercise Technology I: Principles of Exercise Testing and Interpretation (Laboratory)
Abbreviated Title: Exercise Technology I - Lab

<table>
<thead>
<tr>
<th>Schedule Type</th>
<th>Contact/Group Hours</th>
<th>Weekly or Per Term?</th>
<th>Credit Hours</th>
<th>Anticipated Enrollment</th>
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<tbody>
<tr>
<td>Laboratory</td>
<td>2</td>
<td>Weekly</td>
<td>1</td>
<td>35</td>
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Course Credit: Can the course be repeated? No
Total Credit Hours: 1

Grading Type: Standard Grades

Prerequisites: P/C: KINE 3680

Prerequisite Courses: KINE 5500 - Exercise Technology I: Principles of Exercise Testing and Interpretation

Corequisites: KINE 5501: Exercise Technology I: Principles of Exercise Testing and Interpretation

Restrictions: Include Junior
Include Senior

Other Restrictions: Include PAHB & FCPB

Admin Restrictions:

Course Description: Application of concepts in physiological testing, test selection and interpretation of assessments in normal and special populations for the purpose of exercise prescription and chronic disease risk reduction.

May Count Either:

Affected Program(s):

<table>
<thead>
<tr>
<th>Program Type</th>
<th>Program Title</th>
<th>Requirement or Elective?</th>
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</thead>
<tbody>
<tr>
<td>Major</td>
<td>Physical Activity &amp; Health (PAHB)</td>
<td>Requirement</td>
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<tr>
<td>Major</td>
<td>Fitness, Conditioning &amp; Performance (FCPB)</td>
<td>Requirement</td>
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Overlapping or Duplication of Other Units' Offerings: No
After successfully completing this course, you will be able to:

1. Explain and discuss the underlying principles and rationale for health and fitness screening, blood profile analysis, measurements of heart rate, rhythm and electrical activity, blood pressure, cardiorespiratory fitness (CRF) testing, body composition, pulmonary testing, musculoskeletal fitness and sports related testing.
2. Understand and explain the basic pathophysiology related being sedentary and obese including cardiovascular disease, pulmonary disease, dyslipidemia, hypertension, diabetes, and metabolic syndrome. Identify general drug groups associated with medical intervention in these diseases.
3. Use pre-test screening to determine the appropriateness of exercise, exercise testing, and cardiovascular disease risk stratification based on blood pressure, cholesterol levels, physical activity or other factors.
4. Understand basic safety considerations for an exercise facility and for exercise testing. Understand basic treatment for common injuries seen in a exercise facility.
5. Conduct direct and indirect techniques to assess muscular strength, flexibility, and endurance.
6. Conduct body composition testing and become familiar with techniques to estimate body composition using the skin-fold methods, bioelectrical impedance, DEXA and anthropometrical techniques.
7. Perform resting and exercise blood pressure measurements and interpret the results.
8. Conduct cardiorespiratory testing and be familiar with cardiorespiratory field test, how to conduct these tests and test interpretation.
9. Demonstrate proficiency using metabolic calculations to determine body composition, estimates of cardiovascular capacity, exercise energy expenditure and exercise workloads.
10. Demonstrate the ability to prepare a subject for a 12-lead electrocardiogram. And be familiar with a normal ECG reading at rest and during a graded exercise test.
11. Conduct pulmonary testing and be able to explain the results and well as the reasons for the various testing.
12. Conduct tests to measure flexibility and balance. Interpret results from these tests.

Resources

No additional resources are needed at this time.

Course Objectives/Outcomes

Is this course considered University Core?

No

Course Content Outline

Week 1 – Class overview

Week 2 – Principles of Assessment, Quiz #1

Week 3 – Metabolic Calculations, Quiz #2, Homework #1
Assignments / Projects

There are 12 laboratory sessions scheduled and each will have an accompanying quiz with 10 points each. There will be 3 homework assignments associated with the lab work each worth 10 points. There will be a comprehensive lab final worth 30 points. Attendance at the laboratory is mandatory. If you do not attend a lab session you will receive not get credit for the lab quiz for that day. Other consequences of missing a lab are addressed in the attendance policy.

There are a maximum of 150 total points available in this course.

Rubric and Grading Scale

Grades

"A" = 150 - 136;
"B" = 135 - 121;
"C" = 120 - 106;
"D" = 105 - 90;
"F" = 90 and below
KTS0004 (09/16/14 8:18 am): 09/16/2014 - Grading summary revised to reflect 180 points, as per department request; M. Rudisill, 09/11/2014 UCC Meeting. - KTS -