# KINE 4320:

# EXERCISE TESTING & PRESCRIPTION

## Instructor Contact

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**Communication Expectations:** Primary communication should be delivered via e-mail. Students can expect response to e-mails within 2 business days and grades within 1 week. Please review CLEAR’s webpage for [Online Communication Tips](https://clear.unt.edu/online-communication-tips) (<https://clear.unt.edu/online-communication-tips>).

## Welcome to UNT!

As members of the UNT community, we have all made a commitment to be part of an institution that respects and values the identities of the students and employees with whom we interact. UNT does not tolerate identity-based discrimination, harassment, and retaliation. UNT’s full Non-Discrimination Policy can be found in the UNT Policies section of the syllabus.

## Course Description

3 hours. Applied techniques for the measurement of exercise capacity and performance. Particular emphasis is given to pre-exercise health screening and evaluation, metabolic and exercise prescription calculations, and special considerations for exercise testing and prescription in clinical populations.

Prerequisite(s): KINE 3080 or consent of instructor.

## Course Structure

This course will be delivered in a face-to-face format with supplemental material available on Canvas. The 16-week semester will include 4 regular exams each worth 200 points and one cumulative final exam worth 200 points for a total of 1000 available points. All exams will be delivered face-to-face.

## Course Prerequisites or Other Restrictions

Credit received for KINE 3080 or consent of the instructor is required before enrolling in this course.

## Primary Topics

1. Preparticipation Screening & Risk Assessment
2. Metabolic and Exercise Prescription Calculations
3. Laboratory-based Testing Methods, Protocols, and Physiological Assumptions for Determining Cardiorespiratory Fitness, and Body Composition
4. Special considerations for exercise testing and training in clinical populations

## Course Objectives

By the end of this course, students will be able to:

1. Demonstrate ability to conduct a preparticipation screening and accurately use the ACSM risk algorithm.
2. Calculate metabolic cost of exercise and use data from initial assessments and desired outcomes to prescribe exercise programs across a range of populations.
3. Demonstrate knowledge of the physiological basis for cardiorespiratory fitness evaluation and exercise prescription across a range of populations.
4. Understand basic clinical considerations to be mindful of when testing and prescribing exercise to common clinical populations.

## Materials

* **TEXTBOOK:** Liguori G. (Ed) et al. *ACSM's Guidelines for Exercise Testing and Prescription*. 11th ed. ISBN: 9781975150181
* Supplementary materials and/or readings will be provided via Canvas.

## Teaching Philosophy

I believe that learning is an active process, and that we share equal responsibility along this journey. My role as an educator is to develop the course material to address all learning objectives in manner that is relevant to “real-world” applications, and to guide you along your pursuit of mastering this material. Your role as a student is to show up to class having read the course material for that day, engage in class discussion, and take an active role in your own learning.

## Course Technology & Skills

### Minimum Technology Requirements

* Computer / Laptop
* Reliable internet access
* Microsoft Office Suite
* Review the [Canvas Technical Requirements](https://myunt-my.sharepoint.com/personal/elizabeth_hubbard_unt_edu/Documents/Teaching/HLTH%204600%20Behavior%20Change/Syllabus/Canvas%20Technical%20Requirements) (<https://clear.unt.edu/supported-technologies/canvas/requirements>) and unsure that you meet those standards.

### Computer Skills & Digital Literacy

Technical skills learners must have to succeed in this course include:

* Using Canvas
* Using email with attachments
* Downloading and installing software

### Technical Assistance

Part of working in the online environment involves dealing with the inconveniences and frustration that can arise when technology breaks down or does not perform as expected. Here at UNT we have a Student Help Desk that you can contact for help with Canvas or other technology issues.

**UNT IT Help Desk**

**Email**: helpdesk@unt.edu
**Live Chat**:

<https://it.unt.edu/helpdsk/chatsupport>
**Phone**: 940-565-2324

**In Person**: Sage Hall, Room 330

**Hours and Availability:** Visit <https://it.unt.edu/helpdesk> for up-to-date hours and availability

For additional support, visit [Canvas Technical Help](https://community.canvaslms.com/docs/DOC-10554-4212710328) (https://community.canvaslms.com/docs/DOC-10554-4212710328)

### Rules of Engagement

Rules of engagement refer to the way students are expected to interact with each other and with their instructors. Here are some general guidelines:

* While the freedom to express yourself is a fundamental human right, any communication that utilizes cruel and derogatory language on the basis of race, color, national origin, religion, sex, sexual orientation, gender identity, gender expression, age, disability, veteran status, or any other characteristic protected under applicable federal or state law will not be tolerated.
* Treat your instructor and classmates with respect in any communication online or face-to-face, even when their opinion differs from your own.

See these [Engagement Guidelines](https://clear.unt.edu/online-communication-tips) (https://clear.unt.edu/online-communication-tips) for more information.

## Course Requirements

| ***ASSIGNMENT*** | ***POINTS POSSIBLE*** | ***PERCENTAGE OF FINAL GRADE*** |
| --- | --- | --- |
| ***Regular Exams**** *4 Exams worth 150 points each*
 | *600 points* | *60%* |
| ***Laboratory Exercises**** Must complete one of two for full 200 points
 |  *200 points* | *20%* |
| ***Cumulative Final Exam**** *Final exam worth 200 points*
 | *200 points* | *20%* |
| ***Total Points Possible*** | *1000 points* | *100%* |

## ****Grading****

The grading scale for this course is based on points accrued through the semester:

A = 900-1000

B = 800-899

C = 700-799

D = 600-699

F = 500-599

Late Work and Extra Credit

### Late work will not be accepted and there will be no extra credit opportunities

## ****Course Evaluation****

Student Perceptions of Teaching (SPOT) is the student evaluation system for UNT and allows students the ability to confidentially provide constructive feedback to their instructor and department to improve the quality of student experiences in the course. **Spot evaluations become available during the last three weeks of classes before finals week.**

## Course Policies

### Attendance

Students are strongly encouraged to attend class meetings regularly as this will be the primary means of delivering the course material. Supplementary material will be available on canvas.

If you are experiencing any [symptoms of COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) please seek medical attention from the Student Health and Wellness Center (940-565-2333 or askSHWC@unt.edu) or your health care provider PRIOR to coming to campus. UNT also requires you to contact the UNT COVID Team at COVID@unt.edu for guidance on actions to take due to symptoms, pending or positive test results, or potential exposure. If you have a COVID-related absence, you must submit that through the appropriate university reporting mechanisms (COVID@unt.edu).  Once the instructor receives certification of the absence dates from the university, you will be allowed to submit (electronically) any missed report(s).

Class Participation

Student behavior that interferes with an instructor’s ability to conduct a class or other students' opportunity to learn is unacceptable, disruptive, and will not be tolerated in any instructional forum at UNT. Students are expected to be respectful to the instructor and other students.

Guidelines:

* Come to class prepared and ready to start on time.
* Turn cell phones off or to vibrate. If your phone rings during class, please quickly and quietly silence the call. If you must take a call, please exit the classroom and speak quietly in the hall.

### Canvas Policies

* The University is committed to providing a reliable online course system to all users. However, in the event of any unexpected server outage or any unusual technical difficulty which prevents students from completing a time sensitive assessment activity, the instructor will extend the time windows and provide an appropriate accommodation based on the situation. Students should immediately report any problems to the instructor via e-mail or phone (940-565-2651) within 30 minutes of final deadline and contact the UNT Student Help Desk: helpdesk@unt.edu or 940.565.2324 and obtain a ticket number. The instructor and the UNT Student Help Desk will work with the student to resolve any issues at the earliest possible time.

### Exam Policies

* Exam deadlines are included in a table at the end of the syllabus as well as on Canvas.
* Exams are **closed-book, timed, and in person**
* All exams will be held synchronously, in-person unless otherwise announced in class and on Canvas. This means that students are unable to use the textbook and personal notes during the examination period.
* **Make-up exams are allowed if agreed upon in advance**.
* If you are sick, you must contact the instructor ASAP for her to accommodate any changes in due dates.

Instructor Responsibilities and Feedback

* As the instructor, I am committed to providing students with a safe learning environment and transparent communication regarding course expectations.
* Information about this class and updates to the assignments will be posted as announcements on Canvas and sent via email to your UNT account. Please send emails to Justin.Sprick@unt.edu
* Students are expected to carefully and thoughtfully write professional emails. For example, please use a meaningful and specific subject line (e.g., Kine4320: Question), a greeting (e.g., Hello Dr. Sprick), and a signature with your name at the end (e.g., Best regards, your name).
* *Note*. Writing professional emails is an important skill for all students. Please avoid using abbreviations and all lower/upper case lettering. Proofread emails before sending them. An estimated timeline for responses to e-mails and feedback on assignments is provided on P.1 “Communication Expectations.”
* If you need to speak with me and have a conflict with my office hours, I will be happy to make an appointment at a time that is convenient for us both. Please be punctual when we have a scheduled meeting. For example, showing up 5 minutes after a scheduled meeting/office hour will result in my door being closed and cancellation of the meeting.

Syllabus Change Policy
The instructor reserves the right to amend this syllabus as necessary.

## UNT Policies

### Academic Integrity Policy

Academic Integrity Standards and Consequences. According to UNT Policy 06.003, Student Academic Integrity, academic dishonesty occurs when students engage in behaviors including, but not limited to cheating, fabrication, facilitating academic dishonesty, forgery, plagiarism, and sabotage. A finding of academic dishonesty may result in a range of academic penalties or sanctions ranging from admonition to expulsion from the University.

### ADA Policy

UNT makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide a student with an accommodation letter to be delivered to faculty to begin a private discussion regarding one’s specific course needs. Students may request accommodations at any time, however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. For additional information see the [ODA website](https://disability.unt.edu/) (<https://disability.unt.edu/>).

### Prohibition of Discrimination, Harassment, and Retaliation (Policy 16.004)

The University of North Texas (UNT) prohibits discrimination and harassment because of race, color, national origin, religion, sex, sexual orientation, gender identity, gender expression, age, disability, genetic information, veteran status, or any other characteristic protected under applicable federal or state law in its application and admission processes; educational programs and activities; employment policies, procedures, and processes; and university facilities. The University takes active measures to prevent such conduct and investigates and takes remedial action when appropriate.

### Emergency Notification & Procedures

UNT uses a system called Eagle Alert to quickly notify students with critical information in the event of an emergency (i.e., severe weather, campus closing, and health and public safety emergencies like chemical spills, fires, or violence). In the event of a university closure, please refer to Canvas for contingency plans for covering course materials.

### Retention of Student Records

Student records pertaining to this course are maintained in a secure location by the instructor of record. All records such as exams, answer sheets (with keys), and written papers submitted during the duration of the course are kept for at least one calendar year after course completion. Course work completed via the Canvas online system, including grading information and comments, is also stored in a safe electronic environment for one year. Students have the right to view their individual record; however, information about student’s records will not be divulged to other individuals without proper written consent. Students are encouraged to review the Public Information Policy and the Family Educational Rights and Privacy Act (FERPA) laws and the University’s policy. See UNT Policy 10.10, Records Management and Retention for additional information.

### Acceptable Student Behavior

Student behavior that interferes with an instructor’s ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Dean of Students to consider whether the student's conduct violated the Code of Student Conduct. The University's expectations for student conduct apply to all instructional forums, including University and electronic classroom, labs, discussion groups, field trips, etc. Visit UNT’s [Code of Student Conduct](https://deanofstudents.unt.edu/conduct) (https://deanofstudents.unt.edu/conduct) to learn more.

### Access to Information - Eagle Connect

Students’ access point for business and academic services at UNT is located at: [my.unt.edu](https://my.unt.edu/). All official communication from the University will be delivered to a student’s Eagle Connect account. For more information, please visit the website that explains Eagle Connect and how to forward e-mail [Eagle Connect](https://it.unt.edu/eagleconnect) (https://it.unt.edu/eagleconnect).

### Student Evaluation Administration Dates

Student feedback is important and an essential part of participation in this course. The student evaluation of instruction is a requirement for all organized classes at UNT. The survey will be made available during weeks 13, 14 and 15 of the long semesters to provide students with an opportunity to evaluate how this course is taught. Students will receive an email from "UNT SPOT Course Evaluations via IASystem Notification" ([no-reply@iasystem.org](file:///C%3A%5CUsers%5Cjdl0126%5CAppData%5CLocal%5CTemp%5COneNote%5C16.0%5CNT%5C0%5Cno-reply%40iasystem.org)) with the survey link. Students should look for the email in their UNT email inbox. Simply click on the link and complete the survey. Once students complete the survey they will receive a confirmation email that the survey has been submitted. For additional information, please visit the [SPOT website](http://spot.unt.edu/) (http://spot.unt.edu/) or email [spot@unt.edu](file:///C%3A%5CUsers%5Cjdl0126%5CAppData%5CLocal%5CTemp%5COneNote%5C16.0%5CNT%5C0%5Cspot%40unt.edu).

### Survivor Advocacy

UNT is committed to providing a safe learning environment free of all forms of sexual misconduct. Federal laws and UNT policies prohibit discrimination on the basis of sex as well as sexual misconduct. If you or someone you know is experiencing sexual harassment, relationship violence, stalking and/or sexual assault, there are campus resources available to provide support and assistance. The Survivor Advocates can be reached at SurvivorAdvocate@unt.edu or by calling the Dean of Students Office at 940-5652648.

### Use of Student Work

A student owns the copyright for all work (e.g. software, photographs, reports, presentations, and email postings) he or she creates within a class and the University is not entitled to use any student work without the student’s permission unless all of the following criteria are met:

* The work is used only once.
* The work is not used in its entirety.
* Use of the work does not affect any potential profits from the work.
* The student is not identified.
* The work is identified as student work.

If the use of the work does not meet all of the above criteria, then the University office or department using the work must obtain the student’s written permission.

## Academic Support & Student Services

### Student Support Services

#### Mental Health

UNT provides mental health resources to students to help ensure there are numerous outlets to turn to that wholeheartedly care for and are there for students in need, regardless of the nature of an issue or its severity. Listed below are several resources on campus that can support your academic success and mental well-being:

* [Student Health and Wellness Center](https://studentaffairs.unt.edu/student-health-and-wellness-center) (https://studentaffairs.unt.edu/student-health-and-wellness-center)
* [Counseling and Testing Services](https://studentaffairs.unt.edu/counseling-and-testing-services) (https://studentaffairs.unt.edu/counseling-and-testing-services)
* [UNT Care Team](https://studentaffairs.unt.edu/care) (https://studentaffairs.unt.edu/care)
* [UNT Psychiatric Services](https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry) (https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry)
* [Individual Counseling](https://studentaffairs.unt.edu/counseling-and-testing-services/services/individual-counseling) (https://studentaffairs.unt.edu/counseling-and-testing-services/services/individual-counseling)

#### Chosen Names

A chosen name is a name that a person goes by that may or may not match their legal name. If you have a chosen name that is different from your legal name and would like that to be used in class, please let the instructor know. Below is a list of resources for updating your chosen name at UNT.

* [UNT Records](https://registrar.unt.edu/transcripts-and-records/update-your-personal-information)
* [UNT ID Card](https://sfs.unt.edu/idcards)
* [UNT Email Address](https://sso.unt.edu/idp/profile/SAML2/Redirect/SSO;jsessionid=E4DCA43DF85E3B74B3E496CAB99D8FC6?execution=e1s1)
* [Legal Name](https://studentaffairs.unt.edu/student-legal-services)

Pronouns

Pronouns are a public way for people to address you and can be shared with a name when making an introduction, both virtually and in-person. You can [add your pronouns to your Canvas account](https://community.canvaslms.com/docs/DOC-18406-42121184808) so that they follow your name when posting to discussion boards, submitting assignments, etc.

#### Additional Student Support Services

* [Registrar](file:///C%3A%5CUsers%5Cjdl0126%5CAppData%5CLocal%5CTemp%5COneNote%5C16.0%5CNT%5C0%5CRegistrar) (https://registrar.unt.edu/registration)
* [Financial Aid](https://financialaid.unt.edu/) (https://financialaid.unt.edu/)
* [Student Legal Services](https://studentaffairs.unt.edu/student-legal-services) (https://studentaffairs.unt.edu/student-legal-services)
* [Career Center](https://studentaffairs.unt.edu/career-center) (https://studentaffairs.unt.edu/career-center)
* [Multicultural Center](https://edo.unt.edu/multicultural-center) (https://edo.unt.edu/multicultural-center)
* [Counseling and Testing Services](https://studentaffairs.unt.edu/counseling-and-testing-services) (https://studentaffairs.unt.edu/counseling-and-testing-services)
* [Pride Alliance](https://edo.unt.edu/pridealliance) (https://edo.unt.edu/pridealliance)
* [UNT Food Pantry](https://deanofstudents.unt.edu/resources/food-pantry) (https://deanofstudents.unt.edu/resources/food-pantry)

### Academic Support Services

* [Academic Resource Center](https://clear.unt.edu/canvas/student-resources) (https://clear.unt.edu/canvas/student-resources)
* [Academic Success Center](https://success.unt.edu/asc) (https://success.unt.edu/asc)
* [UNT Libraries](https://library.unt.edu/) (https://library.unt.edu/)
* [Writing Lab](http://writingcenter.unt.edu/) (<http://writingcenter.unt.edu/>)

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| **TENTATIVE COURSE OUTLINE & SCHEDULE** |
| **WK** | **Monday** | **Wednesday** |
| **Part 1: Risk Assessment** |
| 1 | **8/18:** CourseIntroduction & Overview | **8/20**: Risks and Benefits of Exercise (Ch 1) |
| 2 | **8/25**: Pre-exercise Evaluation (Ch 2) | **8/27**: Blood Pressure and Clinical Laboratory Parameters: Role of Exercise |
| 3 | **9/1**: Labor Day (no class) | **9/3: Laboratory Exercise 1: Blood Pressure** |
| 4 | **9/8**: Review for Exam 1 | **9/10: Exam 1** |
| **Part 2: Metabolic Equations** |
| 5 | **9/15:** Metabolic Equations 1 | **9/17:** Metabolic Equations 2 |
| 6 | **9/22**: Metabolic Equations 3 | **9/24**: Review for Exam 2 |
| **Part 3: Laboratory Testing and Exercise Prescription for Healthy Populations** |
| 7 | **9/29: EXAM 2** | **10/1:** Assessment of Body Composition and Energy Expenditure (Ch 3) |
| 8 | **10/6:** Assessment of Cardiorespiratory Fitness (Ch 3) | **10/8:** General Principles of the Exercise Prescription (Ch 5) |
| 9 | **10/13**: Exercise Prescription for Healthy Populations with Special Considerations (Ch 6) | **10/15**: Environmental Considerations for Exercise Prescription (Ch 7) |
| 10 | **10/20**: Review for Exam 3 | **10/22**: **EXAM 3** |
| **Part 4: Exercise Testing and Prescription for Clinical Populations** |
| 11 | **10/27**: Clinical Exercise Testing and Interpretation (Ch 4) | **10/29: Laboratory Exercise 2: Short Physical Performance Battery** |
| 12 | **11/3**: Exercise Prescriptions for Individuals with Cardiovascular and Pulmonary Diseases (Ch 8) | **11/5**: Exercise Prescriptions for Individuals with Metabolic Diseases and Cardiovascular Disease Risk Factors (Ch 9) |
| 13 | **11/10**: Exercise Testing and Prescription for Populations with Other Chronic Diseases and Health Conditions (Ch 10) | **11/12**: Review for Exam 4 |
| 14 | **11/17**: **EXAM 4** | **11/19**: Case Studies in Exercise Testing and Prescription |
| 15 | **11/24**: Thanksgiving Break (no class) | **11/26**: Thanksgiving Break (no class) |
| 16 | **12/1**: Review for Cumulative Final Exam | **12/3**: **Final Exam** |