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### Approaches to Teaching in Kinesiology

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**California State University, San Bernardino**  
**Department of Kinesiology, College of Natural Sciences**  
**KINE 4700, Clinical Exercise Physiology, Fall 2020**

**Course and Instructor Information**

**Instructor:**  
**Office Location:**  
**Telephone:**  
**Email:**  
**Office Hours:**  
**Class Days/Time:**   Seminar:  
  Lab:  
**Seminar Room:**  
**Laboratory Room:**

**Course Web Site**

<http://blackboard.csusb.edu> To access the website for notes, announcements, discussion items, and grades, go to the website and log in using your student I.D. and password.

**Catalog Description**

**KINE 4700. Clinical Exercise Physiology.**

**4 Units.**

Prerequisites: KINE 3800  
Exercise Physiology

**Course Description**

This is an advanced undergraduate course in Clinical Exercise Physiology designed to provide students with an understanding of recent advances in exercise physiology for “clinical” populations. Particular emphasis is placed on the acute and chronic responses to exercise in patients at risk for or having cardiac, pulmonary, metabolic and other diseases. Specific topics addressed include: pathophysiology of disease processes, clinical assessment of disease severity, fitness testing, and exercise rehabilitation in clinical populations. Students should have completed KINE 481 Exercise Physiology before enrolling in this course.

**Student Learning Outcomes/Objectives**

Upon successful completion of this course, students will be able to:

Learning Outcome (LO).

LO 1: Understand the scope, epidemiology and terminology related to these same important clinical diseases, disorders, and conditions with special attention to cardiovascular, metabolic pulmonary, orthopedic, immunological, and neurological conditions.

LO 2: To understand the physiology, pathophysiology and complications related to these same important clinical diseases, disorders, and conditions.

LO 3: To understand the clinical considerations of these same conditions including signs, symptoms and risk factors, diagnostic and laboratory evaluations graded exercise testing, and treatment.

LO 4: To understand the exercise considerations that need to be made with regard to these same conditions including the risks of exercise with disease, the exercise responses to the disease and related medications, the prescription of exercise specific to the disease, and the benefits of physical activity and exercise training on the disease.

## Required Texts/Readings

### Required Textbook

Title: ACSM's Clinical Exercise Physiology – 1<sup>st</sup> Edition  
Author: Walter R. Thompson  
ISBN: 978-1496387806  
Copyright Year: 2019  
Publisher: Wolters Kluwer  
(Available in the CSUSB Bookstore)

### Recommended Textbook

Title: ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities  
Author: Geoffrey E. Moore, J. Larry Durstine, Patricia L. Painter  
ISBN: 978-0736074339  
Copyright Year: 2009  
Publisher: Human Kinetics  
(Available in the CSUSB Bookstore)

### Supplemental Learning Resources

Students will supplement their learning with resources from Khan Academy, CSUSB EIM on-campus, and pre-recorded clinical setting videos.

### Other Equipment

Bring a scientific calculator for participation, quizzes, and exams. Other devices (e.g., graphing calculators, mobile phones, tablets, etc.) will not be permitted during quizzes and exams. Green Scantron forms (882-E) are required. You will need exercise attire (e.g., t-shirt, shorts, active footwear) during relevant lab activities.

### Other Equipment

Students who are enrolled in activity courses or any course that requires physical activity as part of the course curriculum should bring a source of water of every class meeting.

## Grading Policy

**Exams:** Three (3) exams will be administered throughout the term. Each exam will cover topics prior to that day, and students will have 100 minutes to complete it. Students must be present to take the exam; there will be no make-up dates for any exams.

**Quizzes:** Three (3) *unannounced* quizzes will be administered at the beginning of class throughout the quarter. Each quiz will cover topics prior to that day, and students will have 10 minutes to complete it. **Students must be present to take the quiz; there will be no make-up dates for any quizzes. If the student comes to class after the quiz has been handed out they will not be allowed to take the quiz.** The instructor may occasionally administer an online assignment on Blackboard; this will count the same as a quiz.

**Labs (5):** Students will create a video demonstrating musculoskeletal exercises. Students will be expected to explain primary movers, agonists/antagonist, origin/insertion, type of muscle action required. All students are expected to create their own video. Videos will be evaluated by a peer. Instructor will evaluate 4 videos at random throughout the term.

**Attendance/Participation:** This class requires active participation; each student is expected to participate in the physical activities covered throughout the term. If you are more than 15 minutes late to class you will not be

allowed to participate in the class for that day due to the disruption to the class progress and will miss any points for assignments for that day. The student can only attend the class section(s) they are enrolled in and may not attend other class section(s). Attendance will be taken randomly over the course of the term. If a student is not present they will not receive credit.

**Grading Scale:**

|                           |                     |         |              |                        |
|---------------------------|---------------------|---------|--------------|------------------------|
| Attendance/Participation: | 150 points each     | =       | 150 points   | (15% of final grade)   |
| Exams:                    | 2 x 100 points each | =       | 200 points   | (20% of final grade)   |
| Final:                    | 1 x 200 points each | =       | 200 points   | (20% of final grade)   |
| Quizzes                   | 3 x 25 points each  | =       | 75 points    | (7.5% of final grade)  |
| Labs:                     | 5 x 75 points       | =       | 375 points   | (37.5% of final grade) |
|                           |                     | Total = | 1,000 points | (100% final grade)     |

|                |                |                |                |           |
|----------------|----------------|----------------|----------------|-----------|
| 1000 – 930 = A | 899 – 870 = B+ | 799 – 770 = C+ | 699 – 670 = D+ | ≤ 599 = F |
| 929 – 900 = A- | 869 – 830 = B  | 769 – 730 = C  | 669 – 630 = D  |           |
|                | 829 – 800 = B- | 729 – 700 = C- | 629 – 600 = D- |           |

**Note on Grading Policy:** Learning is an active process and the student is responsible for his or her own experience. Due to limited class meetings per term, the course must proceed as scheduled. Any work not submitted by the due date as a result of an absence—including medical, university-related, family-related, or personal reasons—will not be excused. There will be no make-up dates for any of the items listed above. No work will be accepted after the due date. If an emergency arises, you must notify the instructor prior to each due date.

**University Policies**

**Americans with Disabilities Act (ADA) (Accessibility) Statement:**

It is the policy of California State University, San Bernardino to make reasonable accommodations for qualified students with disabilities, in accordance with the Americans with Disabilities Act (ADA). If you are in need of an accommodation for a disability in order to participate in this class, please contact Services to Students with Disabilities at UH-183, (909) 537-5238.

**California State University, San Bernardino Diversity Statement:**

California State University, San Bernardino (CSUSB) seeks a campus climate that welcomes, celebrates, and promotes respect for the entire variety of human experience. In our commitment to diversity, we welcome people from all backgrounds and we seek to include knowledge and values from many cultures in the curriculum and extra-curricular life of the campus community.

**University Policies on Course Withdrawal, Cheating and Plagiarism:**

Cheating and Plagiarism will not be tolerated and will result in failing grade for the assignment/exam. See Academic Regulations and Procedures in the University Bulletin of Courses for the University policies on course withdrawal, cheating, and plagiarism.

**Department Professional Standards and Expectations of Students:**

The Kinesiology Department at California State University, San Bernardino strives for optimal student success during their academic programs and in prospective jobs and/or post-graduate degree programs. We as a department have high ethical and professional standards that help promote an environment where all individuals have the opportunity to succeed academically, professionally, and personally. We expect these standards to be followed on campus and in the classroom and at any external events or schools where you are representing CSUSB’s Kinesiology Department. Some of these standards include: accountability of attending class on time and coming prepared, having respect for your peer and instructors, taking responsibility for your actions or lack of actions, practicing academic integrity, communicating appropriately via email in a professional manner (i.e., address professors correctly, identify what class you are in, use professional language), and strive to improve verbal professional communication with peers and instructors. More specific

standards and expectations can be found on the Kinesiology Department website,  
<http://kine.csusb.edu/mission>.

**Dropping and Adding:**

You are responsible for understanding the policies and procedures about add/drops, academic renewal, etc.  
[\(see CSUSB Bulletin\)](#).

**Course Schedule**  
Lecture Schedule  
 (Note: subject to change)

| Week | Day | Topic  |
|------|-----|--|
| 1    | 1   | Introduction: History of CEP; Across the Lifespan              |
|      | 2   | Across the Lifespan  |
| 2    | 1   | Across the Lifespan cont.                                      |
|      | 2   | Persons with Comorbidities                                     |
| 3    | 1   | CARDIOVASCULAR DISEASE<br>Endothelia Function; Atherosclerosis |
|      | 2   | Atherosclerosis cont.  |
| 4    | 1   | Acute Coronary Syndrome  |
|      | 2   | Hypertension   |
| 5    | 1   | Heart Failure  |
|      | 2   | Stroke   |
| 6    | 1   | Revascularization  |
|      | 2   | Cardiac Rehab  |
| 7    | 1   | Diabetes   |
|      | 2   | Obesity; Dyslipidemia  |
| 8    | 1   | Obstructive Pulmonary Disease                                  |
|      | 2   | Non-Obstructive Pulmonary Disease                              |
| 9    | 1   | Musculoskeletal  |
|      | 2   | Musculoskeletal cont.  |
| 10   | 1   | Musculoskeletal  |
|      | 2   | Musculoskeletal  |
| 11   | 1   | Physical Sensory Intellectual Impairment                       |
|      | 2   | Physical Sensory Intellectual Impairment                       |
| 12   | 1   | Physical Sensory Intellectual Impairment                       |
|      | 2   | Mental & Behavior Health                                       |
| 13   | 1   | Mental & Behavior Health                                       |
|      | 2   | Mental & Behavior Health                                       |
| 14   | 1   | Cancer   |
|      | 2   | Cancer   |