



Document # _____
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CATALOG YEAR 2007
(Please use separate form for each add/change)

COLLEGE/SCHOOL : College of Education
Current Catalog Page(s) Affected 241-2, 243-4, 404

Course: Add: X Delete: _____ Change: Number _____ Title _____
(check all that apply) SCH _____ Description _____ Prerequisite _____

If new, provide Course Prefix, Number, Title, SCH Value, Description, prerequisite, and lecture/lab hours if applicable. If in current catalog, provide change and attach page with changes in red and provide a brief justification.

EDFS 5307 Exercise and Chronic Disease, SCH 3.

This course presents an overview of the benefits of fitness and exercise programs for special population. The goal is to introduce a variety of special populations and discuss the ways in which exercise may benefit these individuals. Emphasis will be placed on the physiological benefits of regular physical activity.

Prerequisite: EDFS 3300 Exercise Physiology or equivalent course approved by graduate advisor

Justification: This course will be an option for our students who are pursuing a minor in the area of Fitness and Sports within the Master of Science Degree in Curriculum and Instruction.

Program: Add: _____ Change: _____ Attach new/changed Program of Study description and 4-year plan. If in current catalog, provide change and attach page with changes in red.

Minor: Add: _____ Delete: _____ Change: _____ Attach new/changed minor. If in current catalog, provide change and attach page with changes in red.

Faculty: Add: _____ Delete: _____ Change: _____ Attach new/changed faculty entry. If in current catalog, provide change and attach page with changes in red.

College Introductory Pages: Add information: _____ Change information: _____ Attach new/changed information. If in current catalog, provide change and attach page with changes in red.

Approvals:

Signature

Date

Chair
Department Curriculum Committee

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Department

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College Curriculum Committee
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Exercise and Chronic Disease
EDFS 5307
College of Education

Instructor : Kyung-Shin Park
Office : KL 419A
Office hours :
Phone : 956-326-2685
E- mail : kpark@tamiu.edu (Best way to contact)
Class time :

Course Description: This course presents an overview of the benefits of fitness and exercise programs for special population. The goal is to introduce a variety of special populations and discuss the ways in which exercise may benefit these individuals. Emphasis will be placed on the physiological benefits of regular physical activity.
Prerequisite: Exercise Physiology or equivalent course to be approved by graduate advisor.

Course Objectives: Upon completing this course students will have a great knowledge regarding chronic disease and the effect of exercise on chronic disease.

1. Demonstrate an understanding of the benefits and risks of participation in exercise programs for members of special populations.
2. Demonstrate an understanding of the special considerations that must be addressed when prescribing physical activity for members of special populations.
3. Develop strategies to promote appropriated activity programs for members of special populations.
4. Promote critical thinking regarding the student's competency to conduct exercise programming for members of special populations.

Required Text: ACSM's exercise management for persons with chronic diseases and disabilities. Champaign, IL:Human Kinetics..

Recommended Texts : ACSM's guidelines for exercise testing and prescription. Philadelphia, PA:Lippincott Williams, & Wilkins.

Important Schedule

Quiz : TBA
Class writing (given topic): TBA
Midterm : TBA
Final exam : TBA

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Project Report & Presentation

Student will pick any topic related to the information given during the class.

Project Report Due Date: TBA.

Double space A4, follow APA manual. Maximum 15 pages including title, references.

Presentation Date: TBA.

Each student will present his/her study to the class using **Power Point** (20 mins)

Grading Policy

Quiz	= 10
Report	= 10
Presentation	= 10
Class writing evaluation	= 10
Mid-tern exam	= 25
Final exam	= 35
Extra credit (from attendance)	= 5

Total : 105 points.

There will be no additional make-up exams or quizzes

(**Exceptions:** if you are absent because of school-sponsored activity (you need to notify me at least **one week** in advance) or illness with doctor's excuse. In which case, you need to take the exam on specific date & time that I will assign).

The professor has the right to include or take away any materials that help to improve quality of class.

Grading Scale (No Curve !)

90 or higher : A, 80 – 89 : B, 70 – 79 : C, 60 – 69 : D, Below 60 : F

Attendance : Attendance will be taken randomly during the semester and used to give up to 5 extra credit points at the end of the semester. Also, it will be used to determine the grade sitting on the borderline.

Copyright Restrictions : The Copyright Act of 1976 grants to copyright owners the exclusive right to reproduce their work and distribute copies of their work. Works that receive copyright protection include published works such as a textbook. Copying a textbook without permission from the owner of the copyright may constitute copyright infringement. Civil and criminal penalties may be assessed for copyright infringement. Civil penalties include damages up to \$100,000; criminal penalties include a fine of up to \$250,000 and imprisonment.

Plagiarism : The University reserves the right, through due process, to issue a warning, to suspend, to dismiss or place on administrative probation, any student for reasons such as the following:

1. Dishonesty, knowingly furnishing false information to the University, cheating, or committing plagiarism; **PLAGIARISM IS DEFINED AS:**
 - a. Failing to credit sources used in a work product in an attempt to pass off the work as one's own. This includes those cited from the Internet.
Attempting to receive credit for work performed by another, including papers obtained in whole or in part from individuals or other sources.

Approved Research Paper Format

Points will be deducted for style deviations. The research paper **MUST** include the following sections:

- Title page
- Abstract (new page)
- Introduction (new page)
- Literature Review (new page)
- Methods (new page)
- Results (new page)
- Discussion (new page)
- Practical Applications (new page)
- References (new page)

All papers **MUST** be word-processed, spell checked (12pt font) and double-spaced on 8½ x 11-in paper with 1-in margins. Pages must be numbered in the upper right hand corner starting on the title page.

Title Page: **MUST** include title, laboratory where the research was conducted, authors full name, department, institution, telephone number, and e-mail address.

Abstract and Key Words: **MUST** be 100-150 words, followed by 3 to 6 key words not used in the title.

Text Body: **MUST** be divided into literature review, methods, results, and discussion. The methods section should begin with an overview that explains how the study design will address the questions and hypotheses presented in the Introduction.

Practical Applications: **MUST** end with a 1-or-2 paragraph practical applications section describing how the information can be used in a practical situation. It should be consistent with the limitations of the study and show how the study might contribute to better application for the practitioner.

References: **MUST** be alphabetized by surname of first author, and numbered. All references listed must be cited in the paper and referred to by number therein (1,2 7-9). Below are three examples of references (1. journal articles; 2. books; 3. chapters in edited books):

1. Hartung, G.H., R.J. Blancq, D.A. Lally, and L.P. Krock. Estimation of aerobic capacity from submaximal cycle ergometry in women. Med. Sci. Sports Exerc. 27:452-457. 1995.
2. Lohman, T.G. Advances in Body Composition Assessment. Champaign, IL: Human Kinetics, 1992.

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3. Yahara, M.L. The shoulder. In: Clinical Orthopaedic Physical Therapy. J.K. Richardson and Z.A. Iglarsh, eds. Philadelphia: Saunders, 1994. pp. 159-199.