

TEXAS A & M UNIVERSITY - COMMERCE
DEPARTMENT OF HEALTH & HUMAN PERFORMANCE
COURSE SYLLABUS

COURSE TITLE: HHPK 534: Exercise in Health & Disease
COURSE VALUE: Three (3) credit hours
COURSE TIME: online
PROFESSOR: Quynh Dao Dang, PhD
OFFICE: NHS 138
OFFICE HOURS: 8am-5pm Tuesdays or by appointment online
FAX: (903) 886-5365
E-MAIL: Quynh.dang@tamuc.edu
REQUIRED TEXT: ACSM (2016). Exercise Management for Persons With Chronic Diseases and Disabilities. Champaign, IL. Human Kinetics Publishers.

Course Description:

The analysis of mechanisms responsible for reduction of functional capacity as result of biological aging and/or loss of health. Use of preventive exercise programs to diminish reduction and/or deterioration of physiological mechanisms as a function of age, health, and disease.

Course Objectives:

At the end of this course the students should learn about:

1. Translating the science of exercise physiology into the art of practicing exercise medicine.
2. Care and treatment of chronic disease and disability.
3. Appropriate exercise prescriptions that can positively affect functional capacity and slow or prevent exercise intolerance.

Course Requirements:

A. Assignments (35%)

The student will be responsible for obtaining all materials presented online and assigned readings from the textbook. You are responsible for making sure your assignments are in on time. Use the appropriate dropbox to submit assignments. You will need to click on “announcements” so you can see the Instructor’s comments for homework. Fourteen assignments will be given in the semester. **Due on Wednesdays by noon.**

B. Online Quizzes (15%):

Students will need to complete 15 online quizzes related to the chapters. Take note: All of the quizzes have due dates posted online (due on Wednesdays by noon). Students will be unable to make-up a quiz when the due date has passed. Students will only be able to access the quiz one time, so once you enter the quiz be prepared to take the quiz. Quizzes have a 30 minute limit. If you get locked out of the quiz accidentally, e-mail me and I will re-set it as long as it is *before* the due date.

C. Website Reports (10%)

Choice must be selected from any “**additional resources**” found at the end of each chapter. Turn in a full 1 page (typed, single spaced, 12 font, 1 inch margin) report to the instructor. First summarize the website and relate it to a book chapter topic, and then write a personal reaction to the website, including how you can use this information personally and professionally.

D. Suggested Reading Summary (10%)

Choice must be selected from any “suggested readings” found at **the end of each chapter**. Please do not choose any by ACSM. Turn in a full 1 page (typed, single spaced, 12 font, 1 inch margin) report to the instructor. First summarize the reading and relate it to a book chapter topic, and then write a personal reaction to the reading, including how you can use this information personally and professionally.

E. Exercise Prescription (15%):

Students will choose one case study (choices will be given) and develop an exercise prescription. More details given online.

F. Exam (15%):

A final exam will be administered, covering all information in the book and the power point slides. Test will consist of objective questions (T/F and multiple choice) and application questions. Although exams are open book and open note, the time limit is 3 hours. **No make-up exam will be given, unless arrangements are made prior to the exam or a verifiable medical excuse is provided within 3 days.*

***Take note:** Students will be unable to make-up a report/presentation/assignment when the due date has passed. Often after a student earns a poor grade, he/she is interested in doing “extra credit” projects to improve their grade. NO extra credit projects or assignments will be offered in this class. All students have the same opportunity to succeed on the assigned work. Please use these opportunities to work hard and succeed.

I am empathetic to students who have various events prohibiting them from completing class assignments on time. Believe me, I have heard them all! However, your lack of motivation is just that. I believe in being fair to all students and I simply cannot justify a student who misses the opportunity to complete activities earning the same grade as a student who finishes every class assignment on time. Students who just seem to meet every obstacle will be justly rewarded. All late assignments automatically earn a zero.

Grading:

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|---------------------------------------|-----------------------------|
| Assignments (14 x 25 pts/each) | 350 pts (35%) |
| 15 Quizzes (15 x 10 pts/each) | 150 pts (15%) |
| Website Report | 100 pts (10%) |
| Suggested Reading Summary | 100 pts (10%) |
| Exercise Prescription | 150 pts (15%) |
| Final Examination | <u>150 pts (15%)</u> |
| TOTAL | 1000 pts(100%) |

Grade Scale:

900– 1000 points = A 800-899 = B 700-799 = C 600-699 = D 0-599 = F

Campus Concealed Carry

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in TAMUC buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and TAMUC 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations. Pursuant to PC 46.035, the open carrying of handguns is prohibited on all TAMUC campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

HHPK 534: Exercise in Health & Disease
COURSE OUTLINE for Fall 2020

| DATE (Week) | Topics to Cover Please note that this schedule is tentative and is subject to change. | Assignments Due (Wednesday by noon) |
|------------------------|---|---|
| 1 | Course Introduction | Complete intro quiz due Wed. 8/26 by noon |
| 2 | Chapter 1-2 | Quiz & Homework #1 due Wed. 9/2 by noon |
| 3 | Chapter 3-4 | Quiz & Homework #2 due Wed. 9/9 by noon |
| 4 | Chapter 5-7 | Quiz & Homework #3 due Wed. 9/16 by noon |
| 5 | Chapter 8-9 | Quiz & Homework #4 due Wed. 9/23 by noon |
| 6 | Chapter 10-11 | Quiz & Homework #5 due Wed. 9/30 by noon |
| 7 | Chapter 13-15 Website Report | Quiz & Homework #6 due Wed. 10/7 by noon |
| 8 | Chapter 16-17 Suggested Reading Summary | Quiz & Homework #7 due Wed. 10/14 by noon |
| 9 | Chapter 18-19 | Quiz & Homework #8 due Wed. 10/21 by noon |
| 10 | Chapter 20-21 | Quiz & Homework #9 due Wed. 10/28 by noon |
| 11 | Chapter 22-24 | Quiz & Homework #10 due Wed. 11/4 by noon |
| 12 | Chapter 25-27 | Quiz & Homework #11 due Wed. 11/11 by noon |
| 13 | Chapter 28-30 | Quiz & Homework #12 due Wed. 11/18 by noon |
| 14 | Chapter 31-32 | Quiz & Homework #13 due Wed. 11/25 by noon |
| 15 | Case Studies Exercise Prescription | Quiz & Homework #14 due Wed. 12/2 by noon |
| 16 | Final | due Wed. 12/9 by noon |

All students enrolled at the university shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. (See student's guide book). Students requesting accommodations for disabilities must go through the academic support committee. For more information, please contact the director of disability resources and services, gee library, (903) 886-5835.

“A&M-commerce requires the use of face-coverings in all instructional and research classrooms/laboratories. Exceptions may be made by faculty where warranted. Faculty have management over their classrooms. Students not using face-coverings can be required to leave class. Repetitive refusal to comply can be reported to the office of students' rights and responsibilities as a violation of the student code of conduct. Students should not attend class when ill or after exposure to anyone with a communicable illness. Communicate such instances directly with your instructor. Faculty will work to support the student getting access to missed content or completing missed assignments with submitted medical/funeral/legal documentation.”