



HPPK 534.01W: Exercise in Health & Disease

Fall 2026: August 20 – December 11

Instructor: Dr. Sarah M. Mitchell, PhD, ATC, LAT

Office Location: Nursing & Health Sciences #116

Office Hours: By Appointment, TR 9a-12p, or Virtual

Office Phone: (903) 886-5543

Email: Sarah.Mitchell@etamu.edu

Preferred Form of Communication: Email

Communication Response Time: 24-48 hours

COURSE INFORMATION

Textbook(s) Required

Moore, G., Durstine, J., and Painter, P. (2016). ACSM's Exercise Management for Persons with Chronic Diseases & Disabilities, 4th ed, Champaign, IL. Human Kinetics

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.

Student Learning Outcomes

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

Minimal Technical Skills Needed

Students must have working knowledge of and know how to use the MyLeo Online: D2L Brightspace learning management system, and Microsoft Word/Excel/PowerPoint. Students must utilize their University assigned email (Leo mail) for all course communications. All email communication from the instructor will be sent to the student's Leo mail.

The syllabus/schedule are subject to change.

Student Responsibilities or Tips for Success in the Course

Students can expect to do well in this course when they attend class on-time, complete all assignments/quizzes/exams, participate in discussions, and seek assistance when they do not understand course material. Students should also utilize the course resources provided through D2L, such as, course lecture notes, assignments, and course information. This course will require using D2L. It is the students responsibly to have internet access, check this site frequently, and become familiar with how it works.

Grading

Each assignment will be worth a pre-determined amount of points. Upon the completion of the course, grades will be calculated by adding up the total number of points each student has earned and dividing it by the total amount of points available in the course. This will produce a percentage of points earned (Ex. Student earned 850 points out a possible 1000 in the course: $850/1000 = 85\%$ "B"). Grades will be assigned based upon the percentages below.

Intro Video Assignment & Discussion: 20 pts	Grading Scale:
Quizzes: 15 x 10 pts	A = 90-100%
Assignments: 14 x 25 pts	B = 80-89%
Website Report: 90 pts	C = 70-79%
Suggested Reading Summary: 90 pts	D = 60-69%
Exercise Prescription: 150 pts	F = 0-50
Final Exam: 150 pts	
Total: 1000 pts	

Students are expected to earn points toward their final grade during the course of the semester with the assignments and tests that are scheduled. Extra Credit Assignments WILL NOT be given at the end of the semester. All students are graded based on the exact same criteria and no exceptions will be made for individual assignments, tests, or final point values.

Students will receive back all graded assignments in a timely manner (typically within 1 week of the due date). Students are encouraged to keep all graded assignments as well as keep up with their grades throughout the semester. Any questions or concerns about assignments/grades should be brought to the instructor's attention immediately (i.e. Do not wait until the end of the semester)

ASSESSMENTS

Introduction Video Assignment & Discussion

Students will create a short video and introduce themselves to the class. Video will need posted in the discussion board and students will need to respond to their peers.

Quizzes

Students will need to complete 15 online quizzes related to the chapters. Take note: All of the quizzes have due dates posted online (Mondays at 11:59p). Students will get one attempt for

The syllabus/schedule are subject to change.

each quiz and will have a 30 minute limit. If you get locked out of the quiz accidentally, e-mail the instructor to have the quiz re-set, as long as it is before the due date.

Assignments

Students will be responsible for obtaining all materials presented online and assigned readings from the textbook. Assignment instructions will be posted in D2L each week. Students are responsible for submitting assignments on time and to the correct submission folder.

Website Report

Students will select a website from any “additional resources” found at the end of each chapter. Submit a full 2-page (typed, double spaced, 12 font, 1 inch margin) report. 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.

Suggested Reading Summary

Students will select a website from any “suggested readings” found at the end of each chapter. Please do not choose any by ACSM. Submit a full 2-page (typed, double spaced, 12 font, 1 inch margin) report. 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.

Exercise Prescription

Students will choose one case study (choices will be given) and develop a 6-month exercise prescription. More details given in D2L.

Final Exam

A final exam will cover 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 exam is open book and open note, the time limit is 90 minutes. **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.*

Late Work

All assignments are due as assigned and must be turned in on or before the due date to receive full credit. Assignments turned in after the due date will receive zero (0) points. It is the student’s responsibility to be aware of assignment due dates as the dates are included on the course schedule and posted on D2L.

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by East Texas A&M University have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

The syllabus/schedule are subject to change.

LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@etamu.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a ETAMU campus open computer lab, etc.

COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here: <https://community.brightspace.com/support/s/contactsupport>

Interaction with Instructor Statement

Email is the best way to contact the instructor if you need assistance with any aspect of the course. Instructor will typically respond to emails within 24 hours (except on weekends). Students are also welcome to utilize instructor's office hours if they prefer a face to face conversation.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Attendance

This is an online course. All assignments have deadlines which must be met; however, you can submit any assignment at any time before the deadline. It is the student's responsibility to be aware of assignment due dates as the dates are posted on D2L. In the case of missing deadlines due to unavoidable or emergency situations, or illness (including Covid), the student must promptly notify the instructor via email explaining the circumstances. Prompt notification (within three days) is required to have an absence excused; additionally, written documentation may be required to have the absence excused. Assignment deadlines may be modified for students with excused absences. Technical and/or computer problems associated with D2L are not a valid excuse for turning in an assignment late. **NO LATE ASSIGNMENTS WILL BE GRADED.**

The syllabus/schedule are subject to change.

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: <https://www.britannica.com/topic/netiquette>
Students are expected to prepare for, participate in, and attend each scheduled class. Failure to do so may/will lead to a decline in the student's overall grade. In order to succeed in this class, students should read each chapter prior to beginning that section in the course. Forming study groups to prepare for class and tests will also greatly benefit students throughout the semester. Students are also expected to behave appropriately in class and avoid being a distraction to their fellow students and the instructor. Appropriate behavior involves paying attention, actively participating, and following instructions. Cell phones (including text messaging), music, inappropriate language/gestures, and any other behavior determined to be a distraction will not be tolerated. Students who are considered to be a disturbance in class will be asked to leave.

ETAMU Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity

Students at East Texas A&M University are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

[Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

[Graduate Student Academic Dishonesty Form](#)

The syllabus/schedule are subject to change.

<http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf>
<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

All work submitted for this course must be your own work, must have been developed specifically for this course, and may not have been submitted for evaluation or assessment in any other course.

AI Tools

East Texas A&M University acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course. Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Like an encyclopedia or a dictionary or Wikipedia, AI tools can be used to begin the process of writing; in other words, it is a tool for preliminary research, not a reliable source. Preliminary research assists writers in learning the basics about a topic so that they can research the specifics using credible, academic sources which can be cited in the assignment. Thus, AI is used to generate ideas in the same way that a brainstorm or a Freewrite is used in the prewriting stage of the writing process. While no one would drop a brainstorm into a formal document, the ideas that are generated from the brainstorm can be developed as part of a writing assignment. The same is true of AI. In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

Students with Disabilities-- ADA Statement

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides reasonable accommodation of their disabilities. If you have a disability requiring accommodation, please contact: **Office of Student Disability Resources and Services**, Velma K. Waters Library Rm 162, Phone (903) 886-5150 or (903) 886-5835, Fax (903) 468-8148
Email: studentdisabilityservices@etamu.edu
Website: [Office of Student Disability Resources and Services](http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/)
<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

Nondiscrimination Notice

East Texas A&M University will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

The syllabus/schedule are subject to change.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in East Texas A&M University 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 East Texas A&M University Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#)

document and/or consult your event organizer. Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all East Texas A&M University campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

Mental Health and Well-Being

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.



COURSE OUTLINE / CALENDAR

Week	Topics/Reading Assignment	Assignments Due	Due Date at 11:59p
1	Course Introduction	Intro Quiz Intro Video & Discussion	8/31
2	Chapter 1-2	Quiz 1 & Assignment 1	9/8
3	Chapter 3-4	Quiz 2 & Assignment 2	9/14
4	Chapter 5-7	Quiz 3 & Assignment 3	9/21
5	Chapter 8-9	Quiz 4 & Assignment 4	9/28
6	Chapter 10-11	Quiz 5 & Assignment 5 Website Report	10/5
7	Chapter 13-15	Quiz 6 & Assignment 6	10/12
8	Chapter 16-17	Quiz 7 & Assignment 7	10/19
9	Chapter 18-19	Quiz 8 & Assignment 8	10/26

The syllabus/schedule are subject to change.

10	Chapter 20-21	Quiz 9 & Assignment 9	11/2
11	Chapter 22-24	Quiz 10 & Assignment 10 Suggested Reading Summary	11/9
12	Chapter 25-26	Quiz 11 & Assignment 11 Exercise Prescription Check-in	11/16
13	Chapter 27-28	Quiz 12 & Assignment 12	11/23
14	Chapter 29-30	Quiz 13 & Assignment 13	11/30
15	Chapter 31-32	Quiz 14 & Assignment 14 Exercise Prescription	12/7
16	Final Exam	Final Exam	12/9

The syllabus/schedule are subject to change.