

• **Other Texts.** Any undergraduate or graduate level text in *Exercise Physiology* may be very useful for reviewing concepts addressed in lecture and lab. Several texts are available on Reserve in the MSU Library:

- ✓ ACSM (2001). *ACSM's Resource Manual for "Guidelines for Exercise Testing and Prescription* (4th Edition).

- ✓ Baechle & Earle (2000). *Essentials of Strength Training & Conditioning* (2nd Edition).

• **Equipment & Supplies.**

- 1. BP Cuff & Stethoscope.** It is common in this type of class for students to purchase their own blood pressure assessment equipment. A medical supply company representative will be available within the first 2 weeks of class for students to purchase a **stethoscope** and **blood pressure cuff** (normal adult size). Total cost for these items will probably be \$35-\$45 dollars.

- 2. Pedometer + Security Strap.** Each student is required to purchase their own pedometer for the Final Project. Further, the pedometer **MUST** be one of the four YAMAX Digi-Walker models (See the information sheet at the end of the Syllabus for information about price and ordering). **The pedometer will not be needed until AFTER Spring Break.**

- 3. 3-Ring Notebook.** Each student must use a LARGE 3-ring notebook for their Laboratory Notebook. This will be turned in at the end of the semester.

- 4. Calculator.** A basic calculator with trigonometric functions will be necessary for the numerous calculations required by the homework and laboratory assignments, as well as the tests.

NOTE: *Cell phones* are not to be used during lecture or lab as a calculator.

- 5. CBC (Complete Blood Count).** When discussing health risk appraisals during the semester, it is extremely useful for students to have their own blood lipid evaluations. If an arrangement can be made with the MSU Student Health Services, all students will be required to get a CBC for this course. We should know by the first day of class whether this is possible or not..

ATTENDANCE POLICY:

Attendance to both lectures and labs are required as stated in the University Bulletin. Attendance *will be taken during lecture* using a daily sign-in sheet while lab attendance will be recorded by the GTA . If you miss a lecture or lab it is your responsibility to get notes from another student in class. A student who knows of necessary LAB ABSENCES should consult the instructor **PRIOR TO THE ABSENCE**. An absence will be excused and lab assignments may be made up IF you call IN ADVANCE (i.e. before class starts) and tell the instructor (personally or via message) that you will be missing class. **The highest class grade a student can achieve will drop one letter grade for each unexcused ABSENCE after two (e.g., 3 absences and an 'A' drops to a 'B', 4 absences and an 'A' drops to a 'C',...).** **The student will automatically fail the course with 6 unexcused absences regardless of their current academic standing in the class.**

GRADING: Grades will be computed as follows:

- | | | |
|---|-----|-----|
| 1. 3 Unit Exams | 65% | |
| 2. Lab & Class Assignments | | 20% |
| 3. Exercise Prescription Project | 10% | |
| ✓ DUE Monday, May 5th , by 5:00 PM. | | |
| ✓ Include project with the Course Notebook. | | |
| 4. Course Notebook..... | 5% | |
| ✓ DUE Monday, May 5th , by 5:00 PM. | | |
| ✓ Turn in at HHD Advising Office. | | |

Based upon the percentages given above, the overall percentage achieved at the end of the course will be used to compute letter grades according to the grading scale shown below:

90.0 - 100%	A		
87.6 - 89.9%	B+	67.6 - 69.9%	D+
80.0 - 87.5%	B	60.0 - 67.5%	D
77.6 - 79.9%	C+	<60.0%	F
70.0 - 77.5%	C		

ASSIGNMENTS:

Students will be given reading assignments from the required texts on a weekly basis. It is the student's responsibility to keep up with these assignments. If it becomes apparent that a majority of students are not reading the assignments, the instructor reserves the right to schedule quizzes.

In addition, following each laboratory exercise students may be required to create graphs, tables, perform some computations, and/or answer some questions. The due dates for these assignments will be announced repeatedly in lecture and lab and it is the student's responsibility to make certain assignments are turned in on time. Students WILL NOT receive credit for assignments that cover a laboratory exercise for which they have an unexcused absence - Students are still responsible, however, for completing and turning in these assignments *in a timely manner* (i.e. when assignment is actually due OR by the date/time agreed upon by the student and instructor).

****LATE ASSIGNMENTS WILL NOT BE GIVEN CREDIT****
****NO EXCEPTIONS****

Unexcused makeup tests will NOT be given, so plan ahead!!! In the case of sickness, a doctor's note is necessary to excuse an extended absence. Students can receive an automatic "F" under the following conditions:

1. Student does NOT turn in exercise prescription project.
2. Student does NOT take one of the unit exams.
3. Student does NOT turn in a Course Notebook.
4. Student acquires five unexcused LAB ABSENCES (see attendance policy above).
4. The student is found guilty of ***academic misconduct***. Examples of such conduct are cheating, plagiarism or other breaches of academic integrity, such as fabrication, facilitating or aiding academic dishonesty, theft of instructional materials or tests, theft of laboratory equipment, alteration of grades or files, and forgery.

Lecture Reading Schedule for HDPE 465 - Exercise Testing & Prescription

Certification & Professionalism	<ul style="list-style-type: none"> ✓ Class handouts; ✓ GETP: Appendix F. ✓ <ER> Ethical behavior and Professionalism in the Business of Health and Fitness, <i>ACSM's Health Fitness Journal</i>. ✓ <ER> Subject Consent Form.
Benefits/Risks Associated with Exercise and Physical Act.	<ul style="list-style-type: none"> ✓ Class handouts; GETP: Chapter 1; HRPFAM: Chapter 1. ✓ <Optional> ACSM-RM: Chapters. 5, 9. ✓ <ER> Physical Activity Status & Chronic Disease (book chapter). ✓ <ER> Physical activity and public health: A recommendation from the centers for disease control and prevention and the American college of Sports Medicine, <i>JAMA</i>.
Health Screening & Risk Stratification	<ul style="list-style-type: none"> ✓ Class handouts; ✓ GETP: Chapters. 2 & 3; ✓ HRPFAM: Chapter 2; ✓ ACSM-RM: Chapter 6. ✓ <ER> Health Status Questionnaire; <ER> Health Status Questionnaire - Jon Q. Public. ✓ <ER> Physical Activity Readiness Questionnaire (PAR-Q). ✓ <ER> The Metabolic Syndrome and Total and Cardiovascular Disease Mortality in Middle-Aged Men, <i>JAMA</i>.
EXAM #1	<ul style="list-style-type: none"> ● Thursday, Feb 21 : Exam #1 will lecture material and laboratory material covered up to that point in time.
Maximal and Submaximal Stress Testing	<ul style="list-style-type: none"> ✓ Class handouts; ✓ HRPFAM: Chapt. 1, 6-8; ✓ GETP: Chapter 4; ✓ ACSM-RM: Chapt. 14. ✓ <ER> Criteria for Choosing a Test for Assessing CRF. ✓ <ER> Tables & Figures> Heart-rate recovery immediately after exercise as a predictor of mortality, <i>NEJM</i>. ✓ <ER> Tables & Figures> Estimation of VO_{2MAX} from a 1-mile track walk, gender, age, and body weight, <i>MSSE</i>. ✓ <ER> NEX Homework Assignment.
Body Composition Assessment	<ul style="list-style-type: none"> ✓ Class handouts; ✓ HRPFAM: Chapt. 4; ✓ GETP: Chapters 4 & 6; ✓ ACSM-RM: Chapt. 12. ✓ <ER> Body Composition Assessment. ✓ <ER> Body-Mass Index and mortality in a prospective cohort of U.S. adults. <i>NEJM</i> ✓ <ER> Development and validation of a prognostic index for 4-year mortality in older adults. <i>JAMA</i> ✓ <Optional> ASEP Method Recommendation: Body Composition Assessment. This article is available free online through the Journal of Exercise Physiology (Nov 2001 issue) at: www.asep.org
EXAM #2	<ul style="list-style-type: none"> ● TUESDAY, April 1 : Exam #2 will lecture material and laboratory material covered up to that point in time since Exam #1.
Flexibility Testing	<ul style="list-style-type: none"> ✓ Class handouts; ✓ HRPFAM: Chapt. 5; ✓ GETP: Chapter 4; ✓ ACSM-RM: Chapt. 13. ✓ <ER> Can stretching prior to exercise and sports improve performance and prevent injury? <i>ACSM's HFJ</i>.
Tests of Muscular Strength & Endurance	<ul style="list-style-type: none"> ✓ Class handouts; ✓ HRPFAM: Chapt. 5; ✓ GETP: Chapters 4; ✓ ACSM-RM: Chapt. 13. ✓ <ER>: Estimating 1-RM Training Loads. ✓ <ER>: Tables & Figures> Midlife hand grip strength as a predictor of old age disability, <i>JAMA</i>.
Fitness Test Batteries	<ul style="list-style-type: none"> ✓ Class handouts; ✓ <ER>: Tables & Figures> Development and validation of a functional fitness test for community-residing older adults, <i>Journal of Aging and Physical Activity</i>. ✓ <ER>: Tables & Figures> Functional fitness normative scores for community-residing older adults, ages 60-94, <i>Journal of Aging and Physical Activity</i>.
Metabolic Calculations	<ul style="list-style-type: none"> ✓ Class handouts; ✓ GETP: Chapter 7.
Exercise Prescription for Aerobic Exercise	<ul style="list-style-type: none"> ✓ Class handouts; ✓ GETP: Chapter 7 & 12. ✓ <ER>: Optional> Exercise and physical activity for older adults - Position Stand, ACSM. ✓ <ER>: Optional> Recommendations for cardiovascular screening, staffing, and emergency policies at health/Fitness facilities, <i>Medicine and Science in Sports and Exercise (MSSE)</i>. ✓ <ER>: Optional> The recommended quantity and quality of exercise for developing and maintaining cardiorespiratory and muscular fitness in healthy adults. <i>Medicine and Science in Sports and Exercise (MSSE)</i>.
EXAM #3	<ul style="list-style-type: none"> ● TUESDAY, April 29 : Exam #3 will lecture material and laboratory material covered up to that point in time since Exam #2.

GETP = Reading from ACSM's Guidelines for Exercise Testing and Prescription (6th edition).

HRPFAM = ACSM's Health-Related Physical Fitness Assessment Manual.

ACSM-RM = Reading from ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription (4th edition).

ER = Electronic reserve reading; MSSE = Medicine and Science in Sports and Exercise; JAMA = Journal of the American Medical Association;

RQ = Research Quarterly

HDPE 465C Lab Schedule

	Events
Week #1	First week of classes - No Lab.
Week #2	Lab #1
Week #3	Instructor out of town - No Lab.
Week #4	Lab #2 (start)
Week #5	Lab #2 (finish)
Week #6	Lab #5 (start)
Week #7	Lab #5 (continued)
Week #8	Lab #5 (finish on your own)
Week #9	!!! Spring Break !!!
Week #10	Lab #6 - Everyone works at the MSU WellCheck Fair.
Week #11	Lab #3
Week #12	Lab #4, as well as Finish Lab #3.
Week #13	Lab #7 & Final Project.
Week #14	Lab #7 & Final Project.
Week #15	Lab #9
Week #16	Last week of classes prior to Finals Week - No Lab.

HDPE 465 - Exercise Testing & Prescription

Guidelines for Notebook Assignment

► **Purpose of the Notebook Assignment?** Because of the high volume of topics covered by this course, many former students have suggested that having the course materials in a highly organized notebook would be extremely useful. In fact, former students who have saved their notebooks after completing the this course have written or called to tell me just how useful their notebooks have become after leaving MSU.

► **The Notebook must include the following:**

1) Title Page that includes: Your name, student ID#, course title and number, the semester the course was taken, and the instructor's name.

2) Table of Contents.

- The Table of Contents should be organized topically (e.g. everything related to health screening should be located in the same area, aerobic capacity testing in another area, etc...). The topics, or chapters, should be EXACTLY THE SAME as the order in which we covered them in class (see the lecture reading schedule for a topic outline). Topics that are covered in lab but NOT in lecture (such as Lab #9 - ECG Interpretation) may be given their own chapter.
- Page numbers are NOT NECESSARY.
- The **Exercise Prescription Project** should be included in the notebook **as the last chapter**.
- Use a system of labeling that allows the instructor to QUICKLY find any and all materials in the Notebook. Remember, if I can't find it I can't give you credit for it.
- Table of Contents must be typed and organized in a logical manner.

3) Each Chapter should include the following:

- **Lecture Assignments.** The original copy of each homework assignment must be in the notebook and listed by **the name of the assignment**.
- Related labs listed by lab number and name. For example, Lab #1 should be listed as: **"Lab #1 - Assessment of HR and BP During Rest and Submaximal Exercise"**
- **Class Handouts.**
- **Class Notes** (original notes, NOT photocopies).
- **Electronic Reserve Articles** that were discussed in class. List these by article title, such as: **"Physical Activity and Public Health: A recommendation from the centers for disease control and prevention and the American College of Sports Medicine"**.
- Extra materials? Sure, why not! Feel free to include appropriate materials in other books, the Internet, etc. that you come across. This is NOT a required component of the notebook.
- **Your signature (or initials), IN BLUE INK, should be on the first page (lower right corner) of each homework assignment, class handout, lab assignment, etc...**
- **Be sure to list EACH of these items within the Table of Contents.**

► **Format Guidelines:**

- Use a large 3-ring binder for turning in your materials.
- Use some sort of dividers, tabs, or similar system to divide the topics/chapters. The dividers should follow the same organization pattern specified by the Table of Contents.

NOTE #1: Major tabs for chapters are very appropriate, but tabs for every single listing in the Table of Contents is NOT appropriate. Limit tabs in your notebook to those for chapters...

NOTE #2: DO NOT USE PLASTIC SLEEVES FOR HOLDING MATERIALS IN THE NOTEBOOK. THESE SLEEVES LOOK NICE, BUT THEY COST A LOT AND ARE NOT USER FRIENDLY AT ALL!!!

► **General Grading Guidelines.**

- Full credit will be given to those Notebooks that not only include ALL of the materials described above, but also demonstrate the following:
 - **Quality**, NOT quantity of material.
 - **Neatness** and **organization**.
 - The Notebook should be “**user friendly**”.
- Late notebooks will NOT receive credit.
- Credit for notebooks will be given one of the following: 0% (no credit), 50% (half credit), or 100% (full credit).