

UNIVERSITY OF WISCONSIN – STEVENS POINT – HS 499 – EXERCISE PRESCRIPTION FOR HEALTHCARE
PROFESSIONALS
SCHOOL OF HEALTH CARE PROFESSIONS

Course Title: Exercise Prescription for Healthcare Professionals	Term: Spring 2019	Credits: 1
Instructor: Danelle Smith Phone: 346-4922 Email: dasmith@uwsp.edu		
Time and Place: Hybrid – In person sessions Friday 12-2pm 3/29, 4/19, 5/3, 5/10	Office hours: TBD; Available by appointment	

Required Textbook(s): None

Course Description: This course is an introductory study into the fundamental principles of exercise and their application to prescription for healthcare professionals. Emphasis is on the training of the body's energy systems, exercise prescription decision making, and fundamental movement training.

Enduring Understanding:

Students will understand that...

- Exercise prescription is related to the specifics of body tissue function, energy system usage, and goals.

Essential Questions:

- What adaptations occur in the body related to cardiovascular and resistance training?
- What are the fundamental principles of exercise and their application in healthcare?

Knowledge (Know):

Students will be able to/can...

- Describe and define terms related to training such as strength, power, endurance, etc.
- Describe the energy systems utilized by the body during exercise.
- Understand fundamental principles for exercise prescription.

Skills (Able to do):

Students will be able to/can...

- Determine the adaptations of the body to resistance and cardiovascular training.
- Develop a plan for exercise related to goals of rehabilitation or performance.

Dispositions (Value/appreciate):

Students will be able to/can...

- Understand the importance of proper exercise prescription for health and fitness.
- Appreciate the different methods of exercise available for healthcare.

COURSE POLICY and OTHER CONSIDERATIONS

Attendance and Participation

The News tool in D2L or individual UWSP E-mail will be used as a means of communication. Please check both on a regular basis to keep current. Any changes or need for additional information affecting the course as a whole will be communicated through D2L or e-mail. The syllabus, schedule and assignments are all subject to change.

Please use my campus e-mail dasmith@uwsp.edu for any individual communication needed. You may e-mail me with any questions or concerns you may have. I will make every effort to address your concerns within a reasonable time.

Communication:

Assignments/quizzes/exam grades will be available to you in the Grades Tool of D2L.

Any necessary communication regarding assignments placed in the drop box will be posted through drop box feedback.

Legitimate emergencies do occur and may prevent the completion of course work by the designated time. Please inform me as soon as possible when emergency situations occur, and indicate your plans for completing the work. Extension of the completion time will be considered on an individual basis. If you decide to drop the course, it is your responsibility to contact the appropriate individuals and within the appropriate time frame.

Course Requirements:

Students will complete quizzes related to content specified in the course calendar. Each quiz will be timed and you only have one chance to complete each quiz. Quizzes will be available on D2L and it is the student’s responsibility to complete all quizzes during the designated time frame or the result will be a zero grade for that quiz.

Other assignments will be graded as completed and include written assignments, oral assignments, and reviews as designated on the course calendar. Students will provide 2 research articles and summaries related to concepts from the course and will complete one final program based on a client given by the instructor.

ADDITIONAL INFORMATION

Academic Honesty: Academic honesty is a core principle of learning and scholarship. When you violate this principle, you cheat yourself of the confidence that comes from knowing you have mastered the targeted skills and knowledge. All members of the learning community share an interest in protecting the value, integrity, and credibility of the outcomes of this learning experience. We also have the responsibility to censor behaviors that interfere with this effort. The following behaviors will be subject to disciplinary action:

Plagiarism - presenting someone else's words, ideas, or data as your own work.

Fabrication - using invented information or the falsifying research or other findings.

Cheating - misleading others to believe you have mastered competencies or other learning outcomes that you have not mastered.

Academic Misconduct: This includes academically dishonest acts such as tampering with grades, taking part in obtaining or distributing any part of an assessment, or selling or buying products such as papers, research, projects or other artifacts that document achievement of learning outcomes.

Academic dishonesty is NOT ACCEPTABLE. UWSP subscribes to the definitions of academic dishonesty provided by the National Association of Student Personnel Administrators. Academic misconduct in the University of Wisconsin System is defined by UWS Chapter 14. The complete text of the chapter is available to you from the Dean of Students or you can visit http://www.uwsp.edu/accreditation/docs/SA_PU_250.04.pdf for more information.

UWSP Policies

Learners with questions regarding affirmative action, equal opportunity, harassment, or information about any other college policies may refer to the current UWSP Course Catalog or Student Handbook.

ADA Statement

In compliance with the Americans with Disabilities Act, students are encouraged to register with UWSP Disability Services for assistance with accommodations. It is the student's responsibility to voluntarily and confidentially disclose information regarding the nature and extent of a disability. The college cannot assume responsibility for providing accommodations or services to students who have not identified themselves as having a qualifying disability. Disabilities Services is located on campus at 103 Student Services Center, 1108 Fremont Street, UW-Stevens Point, Stevens Point, WI 54481.

Grading scale: The grades for your performance in this course will be awarded as follows:

A: 94-100%	B: 83-86%	C: 73-76%	D: 60-64%
A-: 90-93%	B-: 80-82%	C-: 70-72%	F: 59% or below
B+: 87-89%	C+: 77-79%	D+: 65-69%	

Course Evaluation ---	Assignments	20 points each
	Article Abstracts	20 points each
	Written quizzes	50-70 points each
	Program	75 points

Tenative Course Outline

Week 1		Introduction to class, review syllabus, Energy for Movement
Week 2		Anatomy, Movement and Function Quiz 1 Due
Week 3		Cardiorespiratory Function and performance
Week 4		Training fundamentals Quiz 2 Due
Week 5		Adaptions in training
Week 6		Influences on Performance
Week 7		Exercise and special populations Quiz 3 Due
Week 8		Exercise Prescription
Week 9		Final Program Due