Instructor: John Harrell, PhD
Office: Charles House 306
CGS LL 05
Email: jharrell@carrollu.edu
Phone: (262) 951 – 3031
Office Hours: By appointment

Credits Hours: 3
Meeting Location & Time: CGS LL17
T & Th 10.00 – 11.20 AM

Prerequisite. EXP 510

Course Description. This course is designed to provide a comprehensive overview of disease pathophysiology, disease management, recommendations for exercise testing and prescription, and the benefits of exercise training, emphasizing the role of exercise in both prevention and rehabilitation. This course will emphasize a case-study approach.

Required Text. In addition to the textbooks listed below, Dr. Harrell will draw from additional resources and make them available on eLearning.

Course Objectives. Upon successful completion of this course, a student should be able to:
1. Demonstrate a fundamental understanding of the disease process and treatment strategies for a variety of chronic diseases and disabilities.
2. Demonstrate knowledge of lab tests and normal values for common physiological measures.
3. Demonstrate the ability to integrate knowledge of exercise physiology, pathophysiology, and pharmacology in selecting appropriate exercise tests and constructing exercise prescriptions for clinical populations.
4. Demonstrate knowledge of current exercise recommendations and evidence-based guidelines for exercise testing and exercise programming for individuals with known cardiovascular, pulmonary, metabolic, musculoskeletal, neuromuscular, and immunologic diseases.
5. Demonstrate the ability to identify special considerations/needs as they relate to specific health and fitness related outcomes.
6. Utilize scientific evidence to support the basis for physical activity and exercise in the prevention, treatment and management of chronic disease and disabilities.
7. Demonstrate the ability to appropriately select and modify exercises based on the physiological, behavioral, and mental status of the client to include appropriate exercise progression and goal setting.
8. Demonstrate an understanding of the role of patient education in a comprehensive rehabilitation setting.
**Student Assessment & Requirements.** Student performance will be assessed by completion of following assignments and evaluations.

- *Exams* (60%). There will be 3 in-class written exams, each worth 20% of your final grade. Exams will utilize a variety of question formats (short answer, multiple choice, etc.).
- *Quizzes* (24%). There will be 6 quizzes, each worth 4% of your final grade. Quizzes will be taken through eLearning during class time. You may take the quizzes independently, or you can take it while consulting with a classmate; however, each student must complete their own quiz. Quizzes are also open resource (textbook, class notes, lecture slides, etc.). Quiz questions will be multiple choice.
- *Case Study* (16%). You will complete 1 case study to evaluate a “patient” and prescribe appropriate exercises. More details will be provided later in the semester.

**Grading.** The table below illustrates the point value for each assignment.

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points (%)</th>
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</thead>
<tbody>
<tr>
<td>Exam 1</td>
<td>50 (20%)</td>
</tr>
<tr>
<td>Exam 2</td>
<td>50 (20%)</td>
</tr>
<tr>
<td>Exam 3</td>
<td>50 (20%)</td>
</tr>
<tr>
<td>6 Quizzes (10 pts.)</td>
<td>60 (24%)</td>
</tr>
<tr>
<td>Case Study</td>
<td>40 (16%)</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>250 (100%)</strong></td>
</tr>
</tbody>
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**Grading Scale.** Final grades will be determined by the percentage of total points earned in this course during the semester. Final grades will be rounded to two decimal points and assigned as listed below. This scale is firm.

- **A:** 90.00% or greater
- **B:** 80.00 – 89.99%
- **C:** 70.00 – 79.99%
- **D:** 60.00 – 69.99%
- **F:** 59.99% or lower

**Academic Honesty and Due Notification.** The Carroll University Academic Integrity Policy is located in your student handbook (pages 21 – 26). I encourage you to familiarize yourself with it. If a student violates this policy in any way, I reserve the right to impose a sanction of failure on the assignment/assessment and/or failure in the course. If you have questions about appropriate citation, when group collaboration is appropriate, or other related issues, please ask.

**Statement of the right to modify course content.** The instructor reserves the right to modify, amend, or change the syllabus (course requirements, grading policy, etc.) or course outline as the curriculum and/or program require(s).

**Accommodation of Special Needs.** Students with documented disabilities who need accommodations or any student considering obtaining documentation should make an appointment with the Walter Young Center [(262) 524 – 7621] no later than the first week of class.
**Communication Policy.** During the work week, the instructor will make every effort to respond to course-related emails within 24 hours of receipt.