

**Course Syllabus**  
**Dakota State University**

**Course Prefix, Number, Title & Credit Hours:**  
**EXS 492 Fitness for Special Populations, 3 credits**

**Academic Term, Year:**  
 Spring, 2008

**Course Meeting Time and Location:**  
 Monday-Wednesday: 9:00 – 9:50 am **Room:** KC 120  
 Friday internet

**Instructors Contact Information:**  
 Dr. Larry W. McDaniel  
**Office:** Kennedy Center **Room 147**  
**Office Hours:**

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
8:00-9:00					
9:30-10:45	EXS 492 Fitn. for Spc. Pop	EXS 350 EXS PHYS	EXS 492 Fitn for Spc. Pop	EXS 350 EXS PHYS	Intern/Pract EXS 492- Internet
10:00	office	office	office	office	Intern/Pract
11:00-11:50	PE 451 Test Measurem ent	office	PE 451 Test Measureme nt	office	Internet/Pra ct
Noon	GS-100	office	office	office	Intern/Pract
1:00-2:15	office	office	office	office	Intern/Pract
2:00					Intern/Pract

**EXS 422 Internet course Fall Semester**  
**“Additional Office Hours by discovery or appointment.”**

**Office Phone:** 256-5164  
 E-mail: [larry.mcdaniel@dsu.edu](mailto:larry.mcdaniel@dsu.edu)  
 Additional Office Hours by discovery or appointment.

**Course Description:**  
 EXS 401 A study of health and fitness programs and adapted physical activities for special populations including but not limited to elderly, obese, diabetics, asthmatics, and cardio rehabilitation patients.

**Course Prerequisite:**

EXS-PE 350

**Technology Skills:**

All assignments are to be prepared making full use of the library and computer facilities/software available on this campus.

EXS 401 is a Hybrid Course online **course enhanced by face-face meetings.**

\*The daily schedule will use the following format.

**Face to Face followed by a Teaching and Learning Lab experience.**

**\*Methods of Instruction [Face to Face Meetings]**

These methods include but are not limited to; lecture, questioning, small groups, class discussion, class participation, student presentations on student projects, teacher presentations, student research [library & online] D2L assignments, & weekly quizzes,

**Methods of Instruction [Online D2L]**

Students will take all chapter test, unit, midterm, & final test online.

Students will complete Discussions and reply to two other student forums online.

Students will post presentations on **D2L**.

Students will be able to locate and read documents and syllabi on **D2L**.

Students will be able to send and receive email with or without attachments & be able to open attachments.

Students will be able to perform online searches for information and articles related to Health Aspects of Special Populations. Then write reports on the information.

**WMCI Statement:** This class requires the use of pen-based, tablet PC technology. For example, all in-class assignments must be completed using the tablet PC. Because tablet technology is an integral part of this course, it is the student's responsibility to ensure that her/his tablet PC is operational prior to the beginning of each class period. Students who are not participating in the tablet PC leasing program will need to rent a tablet PC from the library. The current fee structure for tablet PC rental from the library is \$10 for a 2-hour period.

**Description of Instructional Methods:**

Lecture, class demonstrations and discussions, out-of-class assignments (projects related to computer research, research design and data analysis). Use of the Internet and professional software for some out-of-class assignments.

Health 453 is a Hybrid Course online **course enhanced by face-face meetings.**

\*The daily schedule will use the following format.

**Face to Face followed by a Teaching and Learning Lab experience.**

**\*Methods of Instruction [Face to Face Meetings]**

These methods include but are not limited to; lecture, questioning, small groups, class discussion, class participation, student presentations on student projects, teacher presentations, student research [library & online] & weekly quizzes,

## **Methods of Instruction [Online D2L]**

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Students will be able to locate and read documents and syllabi on D2L.

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Students will be able to perform online searches for information and articles related to Health Aspects of Special Populations. Then write reports on the information.

**Revised August 22, 2008**

### **Course Requirements:**

#### **Required Textbook(s) and Other Materials**

No book will be required students will be responsible for researching, and presenting scientific articles related to selected topics in Exercise Physiology related to Fitness in Special Populations.

#### **Supplementary materials:**

## **POLICIES AND PROCEDURES:**

### **Class attendance Policy:**

Regular class attendance is strongly encouraged. It is expected that you will attend class and complete assignments on time.

Projects/assignments that are handed in late will not receive full credit.

Students will receive some credit for late projects/assignments; so all work should be handed in for evaluation. Class and group participation will affect your final grade. **\*\* A seating chart will be implemented. Roll will be taken daily and 10 points will be deducted for each unexcused absence.**

### **Cheating & plagiarism policy**

Academic dishonesty includes giving, receiving or using unauthorized aid on any academic work. The definition of academic dishonesty and the procedure for handling it are described in detail in the current version of the student handbook. You should read and understand this material.

**\*\*Online quizzes will be taken individually. Students are not allowed to work in groups while taking online test. Working together while taking online tests will be considered cheating.**

### **Make-up policy:**

All forms of academic dishonesty will result in an F for the course and notification of the Academic Integrity Board. Academic dishonesty includes (but is not limited to) plagiarism, copying answers or work done by another student (either on an exam or on out-of-class assignments), allowing another student to copy from you, and using unauthorized

materials during an exam. **\*\*All course assignments not handed in on time will receive reduced credit or zero points.**

### **Other Policies:**

#### **University Deadlines:**

**Add/Drop Deadline:** Sept.

11 (Thurs) CENSUS DAY

Last day to register for any fall class to determine financial aid eligibility

Last day to add a **full semester** class

Last day to drop a **full semester** class and receive 100% refund

**Withdraw Deadline:** Nov. 17 (Mon) LAST DAY TO WITHDRAW

Last day to withdraw from a **full semester course or school** and receive a grade of "W"

#### **DSU Student Information/Help Links:**

##### **Student Handbook:**

[http://www.departments.dsu.edu/student\\_services/handbook](http://www.departments.dsu.edu/student_services/handbook)

**DSU Catalogs:** <http://www.departments.dsu.edu/registrar/catalog/>

**Computing Services Support:** <http://www.support.dsu.edu/>

***GOAL #1: Students will write effectively and responsibly and will understand and interpret the written expression of others.***

**Student Learning Outcomes:** As a result of taking courses meeting this goal, students will:

1. Write using standard American English, including correct punctuation, grammar, and sentence structure;
2. Write logically;
3. Write persuasively, with a variety of rhetorical strategies (e.g., expository, argumentative, descriptive);
4. Incorporate formal research and documentation into their writing, including research obtained through modern, technology-based research tools.

Each course meeting this goal includes the following student learning outcomes:

Required: #1, #2, #3, and #4

***GOAL #2: Students will communicate effectively and responsibly through listening and speaking.***

**Student Learning Outcomes:** As a result of taking courses meeting this goal, students will:

1. Prepare and deliver speeches for a variety of audiences and settings;
2. Demonstrate speaking competencies including choice and use of topic, supporting materials, organizational pattern, language usage, presentational aids, and delivery;

3. Demonstrate listening competencies by summarizing, analyzing and paraphrasing ideas, perspectives and emotional content.

Each course meeting this goal includes the following student learning outcomes:

Required: #1, #2, and #3

**GOAL #6: *Students will understand the fundamental principles of the natural sciences and apply scientific methods of inquiry to investigate the natural world.***

Student Learning Outcomes: As a result of taking courses meeting this goal, students will:

1. Demonstrate the scientific method in a laboratory experience;
2. Gather and critically evaluate data using the scientific method;
3. Identify and explain the basic concepts, terminology and theories of the selected natural sciences;
4. Apply selected natural science concepts and theories to contemporary issues.

Each course meeting this goal includes the following student learning outcomes:

Required: #1, #2, #3, and #4

**GOAL #7: *Students will recognize when information is needed and have the ability to locate, organize, critically evaluate, and effectively use information from a variety of sources with intellectual integrity.***

**Student Learning Outcomes:** Students will:

1. Determine the extent of information needed;
2. Access the needed information effectively and efficiently;
3. Evaluate information and its sources critically;
4. Use information effectively to accomplish a specific purpose;
5. Use information in an ethical and legal manner.

Assessment: Students fulfill this requirement by demonstrating competency through an assessment designated by the university.

### **Student Learning Outcome 1:**

Students will be able to identify verbally or in written context 70% or more of the acute and chronic physiological adaptation of the major anatomical systems of the body to training by various segments of our population.

#### **Assessment:**

Student's assessment will include but not limited to face to face quizzes, online test, essay assignments, class presentations and demonstrations during lecture, labs, or on D2L.

### **Student Learning Outcome 2:**

Students will be able to identify verbally or in written context 70% or more of the physiological affects of aerobic, anaerobic and resistance training on the major anatomical systems of the body to training in various segments of our population.

**Assessment:**

Student's assessment will include but not limited to face to face essay assignments, class presentations and demonstrations during lecture, labs, or on D2L.

**Student Learning Outcome 3:**

Students will be able to explain verbally or in written form 70% or more of the specificity of exercise program design based upon individuality, population, and goals as they relate to various segments of our population.

**Assessment:**

Student's assessment will include but not limited to face to face essay assignments, class presentations and demonstrations during lecture, labs, or on D2L.

**Student Learning Outcome 4:**

Students will be able to demonstrate the ability to independently read, comprehend, apply, analyze, synthesize, and evaluate research articles at a level that is equal to or exceeds 70%.

**Assessment:**

Student's assessment will include but not limited to face to face essay assignments, class presentations and demonstrations during lecture, labs, or on D2L.

**Evaluation Procedures:**

Final grades will be assigned on this scale.  
Relative absolute percentages will be used.

**A = 90 - 100%**

**B = 80 - 89%**

**C = 70 - 79%**

**D = 60 - 69%**

**F = Below 60%**

However, I reserve the right to adjust the final grades.

**ADA Statement:**

If you have a documented disability and/or anticipate needing accommodations (e.g., non-standard note taking, test modifications) in this course, please arrange to meet with the instructor. Also, please contact Dakota State University's ADA coordinator, Keith Bundy in the Student Development Office located in the Trojan Center Underground or at 256-5121, as soon as possible. The DSU website containing additional information, along with the form to request accommodations is [http://www.departments.dsu.edu/disability\\_services/](http://www.departments.dsu.edu/disability_services/). You will need to provide documentation of your disability. The ADA coordinator must confirm the need for accommodations before officially authorizing them.

**Academic Honesty (Sample Statement):** Cheating and other forms of academic dishonesty run contrary to the purpose of higher education and will not be tolerated in this course. All forms of academic dishonesty will result in a grade of zero for that assignment. Please be advised that, when the instructor suspects plagiarism, the Internet and other standard means of plagiarism detection will be used to resolve the instructor's concerns. DSU's policy on academic integrity (DSU Policy 03-22-00) is available online at [\(URL for 03-22-00--policy under review\)](#).

**Freedom in Learning Statement:** Students are responsible for learning the content of any course of study in which they are enrolled. Under Board of Regents and University policy, student academic performance shall be evaluated solely on an academic basis and students should be free to take reasoned exception to the data or views offered in any course of study. It has always been the policy of Dakota State University to allow students to appeal the decisions of faculty, administrative, and staff members and the decisions of institutional committees. Students who believe that an academic evaluation is unrelated to academic standards but is related instead to judgment of their personal opinion or conduct should contact the dean of the college which offers the class to initiate a review of the evaluation.

**University Policy Regarding the Use of Tablets in the Classroom:** The Tablet PC platform has been adopted across the DSU campus for all students and faculty, and tablet usage has been integrated into all DSU classes to enhance the learning environment. Tablet usage for course-related activities, note taking, and research is allowed and encouraged by DSU instructors. However, inappropriate and distracting use will not be tolerated in the classroom. Instructors set policy for individual classes and are responsible for informing students of class-specific expectations relative to Tablet PC usage. Failure to follow the instructor's guidelines will hinder academic performance and may lead to disciplinary actions. Continued abuse may lead to increased tablet restrictions for the entire class.

Because tablet technology is an integral part of this course, it is the student's responsibility to ensure that his/her Tablet PC is operational prior to the beginning of each class period.

**For Internet Courses, only:**

**Course Delivery:** Students proceed through a course of study as directed and assisted by computer technology. Mastery is based on achieving competencies and benchmarks.

**COURSE OUTLINE (See Assignments in EXS Fitness for Special Populations D2I Home Page)**

## TENTATIVE SCHEDULE

<u>DATE</u>	<u>TOPIC</u>	<u>ASSIGNMENT</u>
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Week I	Introduction	topics for research
Week II	Review "Physiological adaptations to Training"	presentations
Week III	Review "Physiological adaptations to Training"	presentations
Week IV	Review "Physiological adaptations to Training"	presentations
Week V	Review "Physiological adaptations to Training"	presentations
Week VI	Elderly	discussion groups presentations
Week VII	Obese	discussion groups Presentations
Week VIII	Diabetics	discussion groups presentations
Week IX	Asthmatics	discussion groups presentations
Week X	Race & Ethnicity	discussion groups presentations
Week XI	Gender	discussion groups presentations
Week XII	Youth	discussion groups Presentations
Week XIII	Teens	discussion groups presentations
Week XIV	Adults	discussion groups presentations

Week XV Elderly

discussion groups  
presentations

Week XVI Rural & Urban areas

discussion groups  
presentations

***Exercise Science Related Journals***

*Acta Medica Scandinavica*

*Acta Physiologica Scandinavica*

*American Journal of Cardiology*

*Annals of Internal Medicine*

*Circulation Research*

*Human Performance*

*Human Movement Science*

*International Journal of Sports Medicine*

*Journal of Applied Physiology*

*Journal of Gerontology*

*Journal of Human Movement Studies*

*Journal of Sports Medicine and Physical Fitness*

*Journal of Strength and Conditioning Research*

*Medicine and Science in Sport and Exercise*

*New England Journal of Medicine*

*Research Quarterly for Exercise and Sport*

*Respiration Physiology*

*Sports Medicine*