

Syllabus for EXSC 2400 – Exercise and Special Populations
DEPARTMENT of EXERCISE SCIENCE
SALT LAKE COMMUNITY COLLEGE

Instructor:

Term:

Office Location:

Consultation hours: by appointment

E-Mail Address:

Class Location & Time:

COURSE DESCRIPTION: This course will examine the pathophysiology and the benefits of providing exercise prescriptions to people dealing with chronic diseases such as: obesity, diabetes, high cholesterol, heart disease, etc., and the elderly as a preventative measure utilizing the American College of Sports Medicine (ACSM) and Exercise is Medicine (EIM) guidelines.

Prerequisites: EXSC 2500

Credit Hours: 3

Required Text: ACSM's Guidelines for Exercise Testing and Prescription; 11th Edition (2021). Wolters Kluwer ISBN: 9781975150181.

Optional Textbook: Williamson, Peggie L. (2019). Exercise for Special Populations; 2nd Edition. Wolters Kluwer Health. ISBN: 978-1496389015



Office Hours: Set up appointment by email, or after class.

OBJECTIVES/OUTCOMES:

Students Will:

- Students will utilize kinesiology, exercise physiology, exercise assessment, and program design principles in the development of exercise prescriptions for individuals with chronic diseases.
- Students will learn and demonstrate understanding of how best to design exercise interventions for individuals in special populations such as: pregnant women, aging

individuals, overweight or obese, and those diagnosed with disease such as: cardiovascular disease, Type II Diabetes, and other metabolic syndromes.

- By the end of the semester, students will learn to utilize tools such as the Senior Fitness Test to evaluate fitness levels in an aging population.
- By the end of the semester, students will examine how exercise affects psychological and physiological health factors and demonstrate an understanding of the role of exercise in maintaining a healthy lifestyle.
- Students will have the opportunity to orally present information they have researched through analysis of peer reviewed literature on a chronic disease.

SLCC is committed to fostering and assessing the following College-wide student learning outcomes across the curriculum:

- Acquire substantive knowledge in the field of each student's choice
- Communicate effectively
- Develop quantitative literacy
- Think critically and creatively
- Be a community engaged learner and scholar
- Develop skills to work with others in a professional manner
- Develop computer and information literacy

The Core Themes of SLCC's Mission to provide quality Higher Education to the Broader Community are:

- Access and Success
- Transfer Education
- Workforce Education
- Community Engagement

COURSE REQUIREMENTS:

1. Complete and turn in all assignments, quizzes, and lab worksheets in Canvas.
2. Attend class.
3. Present 2 in-class presentations.
4. Complete 3 exams. Two exams will be in-person, during class time, and one comprehensive final exam during finals week.
5. Come prepared to participate in class.
6. Practice mutual respect and cooperation.

*Make-up for absences will not be allowed. If you choose not to attend, you accept the responsibility for what occurs during your absence.

*No late work will be accepted- 0 points will be given.

POLICY STATEMENT:

1. Exams: No makeups will be arranged unless dire circumstances are present.
2. Quizzes: No makeups will be allowed.
3. Extra Credit: There will be no extra credit unless assigned by the instructor.
4. All work must be turned in on time. If you need a due date extension, please talk to me in advance or as soon as possible.

MEDICAL CONSIDERATIONS:

If you have any doubts about your health in relation to this course, consult with the instructor.

GRADING: The final grade for this course will be computed as follows:

Requirements	Points Possible
Case Study Assignments & Labs	110
Interview Assignment & Presentation	50
Special Population Final Presentation	50
Quizzes (3)	90
Exams (2)	200
Final Exam	100
Total	600

POINTS:

A	=	558-600	C	=	438-461
A-	=	540-557	C-	=	420-437
B+	=	522-539	D+	=	402-419
B	=	498-521	D	=	378-401
B-	=	480-497	D-	=	360-377
C+	=	462-479	E	=	Below 360

INCOMPLETES: An incomplete is a conditional grade given only in extraordinary cases where a student has completed a major portion of the class but is unable to complete course work due to circumstances beyond their control such as a major illness/injury or a death in the family. Written documentation from your physician will be required.

MAJOR ASSIGNMENT DESCRIPTIONS

Interview and Presentation:

You will be interviewing a person who has been diagnosed with a chronic disease or condition such as: heart disease, hypertension, diabetes, obesity, multiple sclerosis, Parkinson's disease, chronic fatigue syndrome, hypothyroidism, etc. and presenting information to the class about this disease/condition and this person's personal experience.

Create a list of questions, conduct an interview, and then present information to the class - summarizing the information you gathered, and what you learned from the interview.

Steps to complete the assignment:

- Create a set of 8-10 questions based on information from scientific resources that you, the student, feels will enable an understanding of your participant and his/her disease state.
- Schedule an interview with participant. Plan on 60-90 min. Be sure to record the conversation.
- Submit a written report about the interview including questions and responses (a separate Canvas assignment submission).
- Create a (15-20 min) oral presentation and report what you found out about living and dealing with a chronic disease/condition.

Final Presentation:

You may choose a special populations topic we have covered in class or one that we have not covered, that you would like to know more about. Please prepare an in-class presentation lasting about 10-15 min. Remember to cite sources of information and include a slide with a list of references at the end of your presentation. Submit presentation slides in Canvas (can be a pdf. file).

Items to include (worth 5 points each = 50 points total):

- Background information: An introduction/description of the topic, disease or chronic condition you have chosen.
- Tell us why you chose the topic.
- What is the prevalence of the problem? (How common is it? How many people are affected?, etc.)

- Include statistics, a graph, and/or visual chart that helps illustrate prevalence.
- Discuss any societal issues, treatments, and strategies for coping with the condition or problem.
- What role does exercise play in treatment?
- FITT principles for recommended exercise prescription within this special population.
- Special considerations to remember when prescribing exercise.
- Conclusion: key points about what you learned.
- References listed correctly in MLA or APA format.

Important Information for Students

The Disability Resource Center

SLCC values inclusive learning environments and strives to make all aspects of the College accessible to our students. If you have a disability and believe you need accommodations to improve access to learning materials or the learning environment, please contact the Disability Resource Center: (phone) 801-957-4659; (email) drc@slcc.edu; (website) www.slcc.edu/drclinks to an external site..

The Student Code of Conduct

All students are expected to follow the [SLCC Student Code of Conduct](#)Links to an external site..

Title IX Statement

Title IX of the Educational Amendments of 1972 prohibits discrimination based on sex in any educational institution that receives federal funding. Salt Lake Community College does not tolerate sex discrimination of any kind including: sexual misconduct; sexual harassment; relationship/sexual violence and stalking. These incidents may interfere with or limit an individual's ability to benefit from or participate in the College's educational programs or activities. If you have questions or concerns regarding your rights or responsibilities, or if you would like to file a Title IX complaint please contact:

Kenneth Stonebrook, J.D.
 Title IX Coordinator
 Salt Lake Community College
 Taylorsville Redwood Campus – STC 276A
 (801) 957-5027
ken.stonebrook@slcc.edu

Online Reporting Form: <http://www.slcc.edu/title-ix/complaint.aspx>Links to an external site.

Students may also report incidents to an SLCC faculty or staff member, who are required by law to notify the Title IX Coordinator. If a student wishes to keep the information confidential, the student may speak with staff members of the Center for Health and Counseling, (801) 957-

4268. For more information about Title IX, go to: <http://www.slcc.edu/title-ix/index.aspx>[Links to an external site.](#)

General Education

Regardless of your major, [General Education](#)[Links to an external site.](#) courses build a foundation of broad knowledge and skills that help you in your further career and life.

Learning Support and Tutoring Services

General Learning Support & Tutoring Services provide support for SLCC students enrolled in any class at the College. All resources are provided free-of-charge. Ask your instructor about discipline-specific learning support and tutoring services.

- [Tutoring](#)[Links to an external site.](#): index of all tutoring resources.
- [STEM Learning Centers](#)[Links to an external site.](#): provide free assistance in Math, Science, Accounting, CSIS and Allied Health Classes at 6 campus locations.
- [Student Writing Center](#)[Links to an external site.](#): provides in-person and online feedback on all writing assignments.
- [Academic Literacy Center](#)[Links to an external site.](#): provides tutoring in reading and conversation.
- [Library Services](#)[Links to an external site.](#): provides research help, print and online resources, computers and study space.
- [ePortfolio Lab](#)[Links to an external site.](#): provides drop-in assistance for all ePortfolio questions.
- [eLearning Support](#): provides support for navigating online and hybrid classes.
- [Business Resource and Innovation Center](#)[Links to an external site.](#): provides tutors and a study space for students in Business and CSIS courses. Located in BB 226 on Taylorsville-Redwood Campus.

Advising and Counseling Support Services

Advising and Counseling Support Services provide support for students enrolled in any class at the college.

- [Center for Health and Counseling](#)[Links to an external site.](#): provides health care, mental health counseling, massage therapy services and healthy lifestyle programs.
- [Veterans' Services](#)[Links to an external site.](#): assists hundreds of students in using their VA education benefits each semester.
- [Academic and Career Advising](#)[Links to an external site.](#): helps students plan, explore, make decisions, access resources and evaluate their academic and career goals.
- [Academic Achievement Center](#)[Links to an external site.](#): helps students achieve GPA requirements for graduation.