Issues related to the appropriation of health interventions (specific physical activity and/or exercise programs) for special populations, including, but not limited to: older adults, children, obesity, diabetes, CVD, cancer, anxiety, depression, osteoporosis, multiple sclerosis, COPD, HIV, organ transplant, PAD, arthritis and musculoskeletal injuries. Evidence-based, advanced programming methods and population-specific considerations will be discussed. ACSM’s Exercise is Medicine initiative will be a focal point for this course.

Prerequisites:
- Community Health & Wellness CMWL and PHED 4603

Corequisites:

Contact Information

Lecturer: Chrissy Knoll M.S.

Email: cknoll@westga.edu

Office Hours
- In-Person
  Coliseum 2039
  Tuesday 2:00-3:00 p.m.
  Wednesday 12:00-3:00 p.m.
- Virtual/Online
  By appointment via Google Meet
  Monday and Thursday 10:00 a.m. - 1:00 p.m.

Meeting Times

Course Den Online

Materials

Exercise for Special Populations

Author: Peggie Williamson
Publisher: Lippincott, Williams, & Wilkins
Edition: 1st
Required Instructional Resource: TK20 Subscription

This instructional resource is required for students admitted into a major in the College of Education.

All students admitted to an undergraduate or graduate program in the College of Education are required to purchase a Tk20 account. Tk20 is not required for CMWL minors and other COE minors.

TK20 will be used to submit the final project in this course. Failure to have a TK20 account will result in a zero grade on the final project.

Please select the link to access a pdf guide on how to purchase your account.

If you have purchased a subscription previously, DO NOT re-subscribe. A Tk20 subscription is valid for 10 years. For assistance, email tk20@westga.edu.

You will receive account activation confirmation from Watermark Support. As soon as your account has been activated, please select the link to access a pdf guide on how to log into your Tk20 account. Note: activation may take 2-3 business days after purchase.

For additional information about this resource, and to access the “How to” guides, visit the Tk20 webpage.

If you mistakenly purchased a Tk20 account directly from Watermark, then a refund can be processed within 30 days of purchase. Please email tk20@westga.edu for more information.

**Outcomes**

Students will:
1. describe the Exercise is Medicine initiative and evidence-based guidelines (ACSM, 2009);
2. evaluate institutionalizing physical activity assessments and prescription into global healthcare systems (Kohl & Murray, 2012);
3. develop exercise programs for numerous acute and chronic conditions including, but not limited to hypertension, diabetes, anxiety and depression, asthma, respiratory issues and cancer (ACSM, 2009; Ratey, 2008);
4. explain how to work collaboratively with healthcare providers and allied health professionals on client referrals and exercise prescription (ACSM, 2009);
5. determine appropriate exercise test for numerous acute and chronic conditions (ACSM, 2014; Nieman, 2010);
6. identify various ways to track client data and how to report that data back to the healthcare provider (ACSM, 2009; Kohl & Murray, 2012);
7. examine how the Exercise is Medicine initiative can meet the demand for engagement in interventions created by the Population Health Management (PHM) care model and Patient- Centered Medical Home (PCMH) approach to coordinated care (ACSM, 2009).

**Evaluation**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Range</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quizzes and Homeworks</td>
<td>200 points</td>
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</tbody>
</table>
Assignments

Quizzes
Quizzes are designed to test students’ comprehension and recall of the subject matter. (Course Objectives 1, 3, 4, 5, & 6)

- Quizzes are open for a designated time period (check Course Den calendar).
- Quiz attempts will have a time cap.
- Quiz questions will come from a randomized question bank and will be presented one at a time. Once the answer is submitted, the student cannot move backwards within the quiz or change answers.
- Quizzes will not be re-opened once the window has closed. Students are expected to complete the quiz with a reliable computer and internet connection to ensure successful submission.

Assignments
Assignments are designed for students to apply concepts or conduct research that relates to practical settings, case studies, and current issues. (Course Objectives 1-7)

Final Project
*TK20 Subscription is REQUIRED to submit the project

The culminating class project will require students to apply exercise programming concepts and guidelines to a special population group through a systematic process. (Course Objectives 1, 3, 4, 5, & 6)

1. Students will identify a volunteer participant with a chronic condition or who is in a life-stage.

2. Students will conduct an assessment interview, which includes history of the condition, severity of the condition, exertional symptoms to exercise, behavior stage of change, barriers, motivational factors, goals, exercise vital sign, Par-Q, and physical function capabilities.

3. Students will identify appropriate physical assessments, identify need for referral, and determine method of monitoring intensity and adherence to the exercise program.

4. Students will develop an exercise program appropriate for the participant based on the information gathered.

5. Students will relate exercise programming choices to content learned in class regarding the specific chronic condition of the participant.

6. Students will compile the information gathered and summarize in a portfolio.
**Final Exam**

Students will take on cumulative final exam that covers all assigned readings, modules, teacher and student presentations, and discussions. (Course Objectives 1, 3, 4, 5, & 6)

- Final Exam window will be open for one day only (check Course Den calendar).
- Final Exam attempt will have a time cap.
- Final Exam questions will come from a randomized question bank and will be presented one at a time. Once the answer is submitted, the student cannot move backwards within the quiz or change answers.
- Final Exam will not be re-opened once the window has closed. Students are expected to complete the exam with a reliable computer and internet connection to ensure successful submission.

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**Schedule**

Schedule is subject to change. Any updates will be communicated through Course Den.

<table>
<thead>
<tr>
<th>When</th>
<th>Topic</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>August 11-15</td>
<td>Orientation</td>
<td>Obtain Book</td>
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<tr>
<td></td>
<td></td>
<td>Syllabus Quiz</td>
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<tr>
<td>August 16-22</td>
<td>Exercise is Medicine</td>
<td>EIM Exploration</td>
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<td>*Drop/Add ends August 17</td>
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<tr>
<td>August 23-29</td>
<td>Module 1: Foundations of Exercise for Special Populations</td>
<td>Chapters 1-2</td>
</tr>
<tr>
<td>August 30 - September 5</td>
<td>Module 2: Life Stages - Youth and Pregnancy</td>
<td>Chapters 3-4</td>
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<td></td>
<td>Youth Exercise Program Research</td>
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<tr>
<td>September 6-12</td>
<td>Module 2: Life Stages - Senior Adults</td>
<td>Chapter 5</td>
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<tr>
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<td>Senior Adult Program</td>
</tr>
<tr>
<td>September 13-19</td>
<td>Module 3: Common Chronic Conditions - Overweight/Obesity</td>
<td>Chapter 6</td>
</tr>
<tr>
<td>September 20-26</td>
<td>Module 3: Common Chronic Conditions - Diabetes</td>
<td>Chapter 9</td>
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<td>DPP Exploration</td>
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<tr>
<td>September 27 - October 3</td>
<td>Quiz 1</td>
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<tr>
<td>October 4-10</td>
<td>Module 4: Cardiovascular Diseases - Blood Pressure</td>
<td>Chapter 7</td>
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<td>*Oct 6: Last Day to Withdraw</td>
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<tr>
<td>October 11-17</td>
<td>Module 4: Cardiovascular Diseases - Cholesterol and other CVD</td>
<td>Medication Case Study</td>
</tr>
<tr>
<td>When</td>
<td>Topic</td>
<td>Notes</td>
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<tr>
<td>October 18-24</td>
<td>Module 5: Pulmonary Diseases</td>
<td>Chapter 11</td>
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<td></td>
<td>Asthma Exercise Programming</td>
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<tr>
<td>October 25-31</td>
<td>Module 6: Skeletal Conditions</td>
<td>Chapter 8</td>
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<tr>
<td></td>
<td></td>
<td>Injury Case Study</td>
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<tr>
<td>November 1-7</td>
<td>Quiz 2</td>
<td></td>
</tr>
<tr>
<td>November 8-14</td>
<td>Module 7: Mental Conditions</td>
<td>Discussion Post</td>
</tr>
<tr>
<td>November 15 - December 1</td>
<td>Final Project: Due December 1st</td>
<td>Submit through TK20 and Course Den</td>
</tr>
<tr>
<td>December 3</td>
<td>Final Exam</td>
<td></td>
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</tbody>
</table>

**Course Policies and Resources**

**Attendance**

Due to the online nature of this course, students are expected to log on to the class Course Den site daily to check for updates, assignments, and course work. The student is responsible for all information and changes in the course content that may occur during any extended absence from the online course environment.

**Roster Verification**

Roster Verification is required by the instructor and the University Registrar’s Office. Students must check-in to Course Den and complete specific assignments by the due date specified. Failure to do so will result in the student being dropped from the course.

**Late Work**

Quizzes/exams cannot be made-up after the close date or retaken unless otherwise noted on Course Den. Late submissions of assignments will be accepted with a 10% deduction for each day late, up to 3 days after the due date. Submissions turned in more than 3 days late will be an automatic zero.

**Technology Requirements**

As a student in an online class, it is your responsibility to have a reliable computer and internet connection to access and submit course material and assignments. Computer issues do not justify extension of deadlines or makeups of assignments. Contact UWG Online (not the instructor) for assistance with computer settings or Course Den accessibility issues.

D2L UWG Online Help (8 AM – 5 PM) Call: 678-839-6248 or 1-855-933-8946 or email: online@westga.edu

24/7/365 D2L Help Center Call 1-855-772-0423

UWG offers several computer labs on campus for students to use free of charge. CourseDen and any other distance education supplemental software that a specific instructor may wish to use is provided freely to all students at the UWG SITS center on front campus drive.
All assignments in this course will be submitted in an approved format (.doc, .xls, .pdf, .jpeg, .png) that is compatible with CourseDen. CourseDen does not support Apple word processing programs including Pages, Keynote, and Numbers. Any assignments submitted in an unsupported format will earn 0 points.

The University of West Georgia, in coordination with Microsoft, is now offering Office 365 to all Faculty, Staff, and currently enrolled full-time students.

You can find more information at Information Technology Services (https://www.westga.edu/its/sits/index.php).

Guidelines for Professional Communication via Written Correspondence

Emails should be constructed in the following way. Failure to include all of the suggested information below will delay the response you receive back from the instructor and/or the efficiency of communication.

1. Include a greeting and the instructor’s/person’s name. Always use the correct title of the person you are contacting. Research beforehand if necessary. For example,
   1. Hello, Mrs. Knoll
   2. Good morning, Dr. Biber
   3. Dear, Dean X

2. Include a subject that reflects the reason for the email in 5 words or less. For example,
   1. Final project guidelines
   2. Midterm exam
   3. Internship opportunities in CMWL

3. State the name of the course that you are currently taking. For example,
   1. CMWL 4000-Special Populations
   2. PHED 4603-Personal Training

4. If referencing an assignment, include the specific name of the assignment. For example,
   1. Assignment #1-F.I.T.T. Principle
   2. Syllabus quiz

5. Include an appropriate closing and signature. For example,
   1. Sincerely, First name Last name, 917
   2. Thank you, First name Last name, 917

Professional Conduct

Students are expected to conduct themselves in a professional manner. Professionalism includes, but is not limited to, the following:

- Articulate self through written, verbal, and non-verbal communication. Use appropriate grammar and language. Communicate proactively with the instructor.
- Respectful and sensitive towards others, non-judgmental, open to new ideas and collaboration.
- Seek to gather feedback and constructive criticism. Have a strong desire to improve and adjust performance accordingly.
- Participate in class, positively impact the class environment.
- Turning in assignments and completing course work (quizzes, exams, discussion boards) on time.
- Completing all course modules.
- Seek multiple opportunities for professional growth.

Expected Response Times

Students can expect a response from the instructor within 24 hours if emails are sent Monday through Friday from 8:00 a.m. – 5:00 p.m. If a student emails after 5:00 p.m. on a Friday, a response may not be received until Monday morning.

Assignments will be graded and feedback posted in a timely manner, usually during the week following the due date. However, depending on the extent of feedback necessary for more detailed assignments, this timeline may need to be extended.

Students are expected to review posted feedback to enhance learning and to take advantage of opportunities to edit or revise assignment submissions. Students are also expected to respond to instructor emails in a timely manner (within 48 hours).
College/School Policies

College of Education Vision

The College of Education at the University of West Georgia will be recognized for *Innovation in Teaching, Leadership, and Wellness* with programs designed to transform lives and contribute to the betterment of society.

College of Education Mission

Locally connected and globally relevant, the Mission of the College of Education is to prepare graduates for professional careers in diverse settings within three dynamic areas of focus: *Teaching, Leadership, and Wellness*. With programs that range from undergraduate through doctoral study, the College of Education is committed to excellence in pedagogy, professional service, engaged partnerships, and applied research.

Diversity and Inclusion Statement for the College of Education

The College of Education (COE) embraces diversity across dimensions, including, but not limited to, age, religion, creed, education, ethnicity, gender expression, national origin, physical and cognitive ability, race, sex, sexual orientation, socioeconomic class, and veteran status. Building on these identities, we support empathy, social and environmental justice, and an ethical framework for our actions. In accordance with the University of West Georgia and all of our departments, the COE denounces institutional and systemic racism and other forms of biases and is committed to taking actionable steps toward dismantling these systems and working toward equity and inclusion. The full COE Diversity and Inclusion Statement may be viewed on the website homepage of the College of Education.

Institutional Policies

Honor Code

At the University of West Georgia, we believe that academic and personal integrity are based upon honesty, trust, fairness, respect, and responsibility. Students at West Georgia assume responsibility for upholding the honor code. West Georgia students pledge to refrain from engaging in acts that do not maintain academic and personal integrity. These include, but are not limited to, plagiarism, cheating, fabrication, aid of academic dishonesty, lying, bribery or threats, and stealing.

The University of West Georgia maintains and monitors a confidential Academic Dishonesty Tracking System. This database collects and reports patterns of repeated student violations across all the Colleges, the Ingram Library, and the School of Nursing. Each incidence of academic dishonesty is subject to review and consideration by the instructor, and is subject to a range of academic penalties including, but not limited to, failing the assignment and/or failing the course. Student conduct sanctions range from verbal warning to suspension or expulsion depending on the magnitude of the offense and/or number of offenses. The incident becomes part of the student’s conduct record at UWG.

Additionally, the student is responsible for safeguarding his/her computer account. The student’s account and network connection are for his/her individual use. A computer account is to be used only by the person to whom it has been issued. The student is responsible for all actions originating through his/her account or network connection. Students must not impersonate others or misrepresent or conceal their identities in electronic messages and actions. For more information on the University of West Georgia Honor Code, please visit the [Office of Community Standards](https://www.westga.edu/administration/vpsa/ocs/index.php) site.

Academic Support

Accessibility Services: Students with a documented disability may work with UWG Accessibility Services to receive essential services specific to their disability. All entitlements to accommodations are based on documentation and USG Board of Regents standards. If a student needs course adaptations or accommodations because of a disability or chronic illness, or if he/she needs to make special arrangements in case the building must be evacuated, the student should notify his/her instructor in writing and provide a copy of his/her Student Accommodations Report (SAR), which is available only from Accessibility Services. Faculty cannot offer accommodations without timely receipt of the SAR; further, no retroactive accommodations will be given. For more information, please contact Accessibility Services [here](https://www.westga.edu/student-services/counseling/accessibility-services.php).
Center for Academic Success: The Center for Academic Success (http://www.westga.edu/cas/) provides services, programs, and opportunities to help all undergraduate students succeed academically. For more information, contact them: 678-839-6280 or cas@westga.edu.

University Writing Center: The University Writing Center (https://www.westga.edu/writing/) assists students with all areas of the writing process. For more information, contact them: 678-839-6513 or writing@westga.edu.

Online Courses

UWG takes students’ privacy concerns seriously: technology-enhanced and partially and fully online courses use sites and entities beyond UWG and students have the right to know the privacy policies of these entities. For more information on privacy and accessibility for the most commonly used sites, as well as technology requirements visit the UWG Online (https://uwgonline.westga.edu/) site.

Students enrolled in online courses can find answers to many of their questions in the Online/Off-Campus Student Guide (http://uwgonline.westga.edu/online-student-guide.php).

If a student is experiencing distress and needs help, please see the resources available at the UWG Cares (http://www.westga.edu/UWGCares/) site. Online counseling (https://www.westga.edu/student-services/counseling/index.php) is also available for online students.

UWG Email Policy

University of West Georgia students are provided a MyUWG e-mail account. The University considers this account to be an official means of communication between the University and the student. The purpose of the official use of the student e-mail account is to provide an effective means of communicating important university related information to UWG students in a timely manner. It is the student’s responsibility to check his or her email.

Credit Hour Policy

The University of West Georgia grants one semester hour of credit for work equivalent to a minimum of one hour (50 minutes) of in-class or other direct faculty instruction AND two hours of student work outside of class per week for approximately fifteen weeks. For each course, the course syllabus will document the amount of in-class (or other direct faculty instruction) and out-of-class work required to earn the credit hour(s) assigned to the course. Out-of-class work will include all forms of credit-bearing activity, including but not limited to assignments, readings, observations, and musical practice. Where available, the university grants academic credit for students who verify via competency-based testing, that they have accomplished the learning outcomes associated with a course that would normally meet the requirements outlined above (e.g. AP credit, CLEP, and departmental exams).

HB 280 (Campus Carry)

UWG follows University System of Georgia (USG) guidance: http://www.usg.edu/hb280/additional_information# (http://www.usg.edu/hb280/additional_information)

You may also visit our website for help with USG Guidance: https://www.westga.edu/police/campus-carry.php (https://www.westga.edu/police/campus-carry.php)

Mental Health Support

If you or another student find that you are experiencing a mental health issue, free confidential services are available on campus in the Counseling Center. Students who have experienced sexual or domestic violence may receive confidential medical and advocacy services with the Patient Advocates in Health Services. To report a concern anonymously, please go to UWGcares.

ELL Resources

If you are a student having difficulty with English language skills, and / or U.S. culture is not your home culture, specialized resources are available to help you succeed. Please visit the E.L.L. resource page for more information.

COVID-19
The health and safety of our students, faculty, and staff remain the University of West Georgia's top priority.

For the most recent information on coronavirus disease (COVID-19) visit:

- Georgia Department of Public Health [https://dph.georgia.gov/](https://dph.georgia.gov/)