

## Master Syllabus

### ENS 2418 - Exercise Prescription for Special Populations

**Division:** Health Sciences

**Department:** Exercise Science

**Credit Hour Total:** 3.0

**Lecture Hrs:** 3.0

**Prerequisite(s):** ENS 2318

**Date Revised:** December 2015

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#### Course Description:

Integration of risk stratification, fitness assessments, exercise testing, interpretation and exercise prescription skills. Application of knowledge and skills for special populations and medical conditions through case studies and simulations.

#### General Education Outcomes:

- Oral Communication Competency
- Critical Thinking/Problem Solving Competency
- Information Literacy Competency

#### Course Outcomes:

##### Interpret Results

Utilize metabolic calculations and normative standards and interpret results.

**Assessment Method:** Locally developed exams  
**Performance Criteria:**

Correctly answer 70% of exam questions.

**Assessment Method:** Simulations  
**Performance Criteria:**

Student scores 70% or higher on rubric.

##### Fitness Assessments and Exercise Testing

Prepare, explain, and conduct fitness assessments and exercise testing.

**Assessment Method:** Performance appraisals  
**Performance Criteria:**

Student scores 70% or higher on rubric.

##### Medical Conditions and Special Populations

Analyze complications and classifications of medical conditions and special populations and integrate into assessments and exercise prescriptions.

**Assessment Method:** Locally developed exams  
**Performance Criteria:**

Correctly answer 70% of exam questions.

**Assessment Method:** Simulations  
**Performance Criteria:**

Student scores 70% or higher on rubric.

##### Individualized Exercise Prescription

Evaluate results of fitness assessment, integrate medical conditions, and design individualized exercise prescription.

**Assessment Method:** Locally developed exams  
**Performance Criteria:**

Correctly answer 70% of exam questions.

**Assessment Method:** Performance appraisals  
**Performance Criteria:**

Student scores 70% or higher on competencies.

#### Outline:

Cardiorespiratory exercise testing and program design

Muscular strength and endurance fitness assessment and program design

Flexibility fitness assessment and program design

Body composition fitness assessment and program design

Interpretation of fitness assessments and exercise testing

Utilize metabolic calculations

Utilize and interpret normative standards

Interpret exercise prescription for special populations

Exercise programming and youth

Exercise programming and older adults

Exercise programming and medical conditions

Complications and classifications of medical conditions