

Fall 2015

EDHP 4225

Marc Bonis
University of New Orleans

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EDHP 4225
Syllabus
Exercise for the Prevention and Rehabilitation of Cardiorespiratory Diseases
University of New Orleans

Fall 2015 Semester

Instructor: Marc Bonis, Ph.D.

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Class: Mondays and Wednesdays 2:00pm – 3:15pm

Office hours: Tuesday or Wednesday 12:30pm-2:00pm; or by appointment

Course Description:

Course prerequisites: EDHP 3201 or 6220. This course focuses on exercise principles and practices that have application for professionals that work for the prevention of cardio-respiratory diseases or for the rehabilitation of persons so affected. The conceptual model, theory practice interaction, will be utilized as the method for sequential evaluation of individual course objectives.

Objectives:

Upon completion of the course the student will

- * Understand various cardiac and pulmonary conditions
- * Be familiar with the standardized, acceptable exercise prescription for the condition, if allowed.
- * Be familiar with the conditions that contraindicate exercise prescription
- * Be able to apply theories taught in class to field teaching.
- * Be familiar with a 12-lead ECG harness
- * Recognize a standard ECG pattern
- * Perform an ECG using the Parvo Metabolic Unit

<u>Undergrad Grading</u>	<u>Course Structure</u>	<u>.</u>
A: 100 - 90	Mid-Term Exam:	25%
B: 89 - 80	Final Exam:	25%
C: 79 - 70	Presentation	10%
D: 69 - 60	Quizzes & Labs:	30%
F: ≤ 59	Participation:	<u>10%</u>
		100%

Required Text:

Textbook: ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities. Human Kinetics ISBN: 9780740000000

Fall 2015 Course Schedule

	DATE	TOPIC
Week 1:	8/17-19	Introduction
Week 2:	8/24-26	Framework
Week 3:	8/31-9/2	ECG Study Guide
Week 4:	9/7-9	Labor Day , Myocardial Infarction (Chapter 3)
Week 5:	9/14-16	Revascularization & Angina & Silent Ischemia (Chap 4&5)
Week 6:	9/21-23	Pacemakers (Chapter 6)
Week 7:	9/28-30	Valvular Heart Disease (Chapter 7)
Week 8:	10/5-7	Mid-Term Exam
Week 9:	10/12-14	Congestive Heart Failure (Chapter 8)
Week 10:	10/19-21	Cardiac Transplant (Chapter 9)
Week 11:	10/26-28	Hypertension (Chapter 10)
Week 12:	11/2-4	Peripheral Heart Disease (Chapter 11)
Week 13:	11/9-11	Aneurysms & Marfan Syndrome (Chapter 12)
Week 14:	11/16-18	Pulmonary Disease (Chapter 13)
Week 15:	11/23-25	Presentations
Week 16:	11/30-12/2	Presentations
Week 17:	12/7	Final Exam

Moodle will be used for assignments, labs, and notes

Labs

Students will be required to conduct a ECG (electrocardiogram) on another student using the metabolic unit in the exercise physiology lab at the HPC. They will also be responsible to place the leads, and answer the lab questions regarding the ECG. Lab dates will be determined at the beginning of the semester.

Presentation

- Topics will be Chapters 14 – 42. Topics and presentation dates will be selected by lot.
- The presentation will be done individually.
- Presentation dates will begin on 11/23/15.
- The presentation will consist of the following format: pathophysiology overview, effects on the exercise response and training, management & medication, recommendations for exercise testing & programming, and special considerations.

- The presentation will be no longer than 15 minutes.
- Powerpoint is NOT required. Handouts, posters, and other props can be used.
- The presentation is worth 20% of the final grade.

COURSE POLICIES

Attendance/Participation.

Attendance at every class is expected of each student. It is expected that you come to every class having completed the assigned reading. *Your participation in class discussions is of paramount importance*, and it is a component of your course grade.

Academic Integrity

Academic integrity is fundamental to the process of learning and evaluating academic performance. Academic dishonesty will not be tolerated. Academic dishonesty includes, but is not limited to, the following: cheating, plagiarism, tampering with academic records and examinations, falsifying identity, and being an accessory to acts of academic dishonesty. Refer to the Student Code of Conduct for further information. The Code is available online at <http://www.studentaffairs.uno.edu>.

Accommodations

It is University policy to provide, on a flexible and individualized basis, reasonable accommodations to students who have disabilities that may affect their ability to participate in course activities or to meet course requirements. Students with disabilities should contact the Office of Disability Services as well as their instructors to discuss their individual needs for accommodations. For more information, please go to <http://www.ods.uno.edu>.

Assignments.

Written assignments are due in class on the date and time indicated in the syllabus. All written homework assignments should be typed with 12 point font, unless otherwise indicated. A professional-looking appearance is required which includes *proofreading* all of your work.

Readings.

Assigned readings are to be completed prior to the class period on which the reading is listed.

Fall 2015 Semester Information

Important Dates*

Last day to adjust schedule w/out fee 08/18/2015

Semester Classes Begin 08/19/2015

Last day to adjust schedule w/fee,

or withdraw with 100% refund 08/25/2015

Last day to apply for December commencement 09/25/2015

Final day to drop a course or resign 10/14/2015

Mid-semester examinations 10/05-10/09/2015

Final examinations 12/07-12/11/2015

Commencement 12/18/2015

**Note: check Registrar's website for Saturday and A/B sessions, and for items not listed here: <http://www.registrar.uno.edu>*

Fall Semester Holidays

Labor Day 09/07/2015

Mid-semester break 10/15-10/16/2015

Thanksgiving 11/26-11/27/2015

Withdrawal Policy – Undergraduate only

Students are responsible for initiating action to resign from the University (withdraw from all courses) or from a course on or before dates indicated in the current Important dates calendar. Students who fail to resign by the published final date for such action will be retained on the class rolls even though they may be absent for the remainder of the semester and be graded as if they were in attendance. Failure to attend classes does not constitute a resignation. Check the dates on the Registrar's website, <http://www.registrar.uno.edu>. Please consult The Bulletin for charges associated with dropping and adding courses.

Incomplete Policy – Undergraduate only

The grade of I means *incomplete* and is given for work of passing quality but which, because of circumstances beyond the student's control, is not complete. The issuance of the grade of I is at the discretion of the faculty member teaching the course. For all graduate and undergraduate students, a grade of I becomes a grade of F if it is not converted before the deadline for adding courses for credit (as printed in the Important Dates Calendar) of the next regular semester including summer semester.

Repeat Policy

When a student is permitted to repeat a course for credit, the last grade earned shall be the one which determines course acceptability for degree credit. A student who has earned a C or better in a course may not repeat that course unless, (1) the catalog description indicates that the course may be repeated for credit, or (2) the student's Dean gives prior approval for documented extenuating circumstances.

Academic Dishonesty Policy

<http://www.uno.edu/student-affairs-enrollment-management/documents/academic-dishonesty-policy-rev2014.pdf>

Safety Awareness Facts and Education

Title IX makes it clear that violence and harassment based on sex and gender is a Civil Rights offense subject to the same kinds of accountability and the same kinds of support

applied to offenses against other protected categories such as race, national origin, etc. If you or someone you know has been harassed or assaulted, you can find the appropriate resources here: <http://www.uno.edu/student-affairs-enrollment-management/>

UNO Counseling Services and UNO Cares

UNO offers care and support for students in any type of distress. Counseling Services assist students in addressing mental health concerns through assessment, short-term counseling, and career testing and counseling. Find out more at <http://www.uno.edu/counseling-services/>. First-year students often have unique concerns, and UNO Cares is designed to address those students succeed. Contact UNO Cares through <http://www.uno.edu/fye/uno-cares.aspx>.

Emergency Procedures

Sign up for emergency notifications via text and/or email at E2Campus Notification: <http://www.uno.edu/ehso/emergency-communications/index.aspx>. All emergency and safety procedures are explained at the Emergency Health and Safety Office: <http://www.uno.edu/ehso/>.

Diversity at UNO

As the most diverse public university in the state, UNO maintains a Diversity Affairs division to support the university's efforts towards creating an environment of healthy respect, tolerance, and appreciation for the people from all walks of life, and the expression of intellectual point of view and personal lifestyle. The Office of Diversity Affairs promotes these values through a wide range of programming and activities. <http://diversity.uno.edu/index.cfm>

Learning and Support Services

Help is within reach in the form of learning support services, including tutoring in writing and math and other supplemental instruction. Visit the Learning Resource Center in LA 334, or learn more at <http://www.uno.edu/lrc/>.

Affirmative Action and Equal Opportunity

UNO is an equal opportunity employer. The Human Resource Management department has more information on UNO's compliance with federal and state regulations regarding EEOC in its Policies and Resources website: <http://www.uno.edu/human-resource-management/policies.aspx>