

Western University  
Faculty of Health Sciences  
**School of Kinesiology**

**KIN 3412B Exercise for Specific Populations: Chronic Disease  
Winter 2022**

<p><b>Instructor:</b> Dr. Marc Mitchell <b>Office:</b> AHB 3R11</p>	
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**NOTE:** All course information including grades, assignment outlines, deadlines, etc. are available via OWL. Check the website regularly for course announcements.

**Calendar Course Description (including prerequisites/anti-requisites):**

Students will learn the role of exercise in the management of chronic disease. Chronic diseases include: metabolic, cardiovascular and pulmonary diseases, cancer. The implications of performing safe/effective exercise prescription and evaluation will be considered. Physical activity guidelines will be examined within the context of Professional Kinesiology and clinical practice.

**Prerequisite(s):** [Kinesiology 3402A/B](#) or the former Kinesiology 3421A/B;

**Extra Information:** 3 lecture hours.

*You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course.*

*Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.*

**NOTE: If you wish to enrol in this course without the stated pre**

-risk sub-populations, including physiologic, psychological, clinical, behavioural, and social factors. The main course objective will be to arm students with a logical step-by-step approach to exercise prescription in clinical settings. The course will be lecture based with a focus on real world scenarios. Case-tests, group discussion, clinical case presentation opportunities will facilitate clinical skill development.

## **Learning Outcomes/Schedule:**

Upon completion of this course, students will be able to:

1. **Identify and delineate** theoretical terms and concepts with regards to clinical exercise testing and prescription. (Knowledge)
2. **Compare and contrast** theoretical and practical approaches for exercise prescription in clinical settings including special considerations for specific populations as well as unique social and behavioral contexts. (Analysis)
3. **Synthesize** research and practical knowledge about exercise assessment and intervention for various populations. (Comprehension)
4. Begin to **Develop** skills in professional and clinical decision making as they pertain to exercise prescriptions designed by Registered Kinesiologists. (Application)
5. **Further develop** abilities to *critically reflect* upon own learning and relate to the topics discussed in class. (Reflection)



situation, their medical illness and its complexities, and several other factors (e.g., orthopedic, risk

most essential facts. The listener needs to be given all of the relevant information **without extraneous details** and should be able to construct his/her own care plan as the story unfolds. Consider yourself an advocate who is attempting to persuade an informed, interested judge the merits of your argument, without distorting any of the facts. The same patient will be presented very differently depending on the audience (e.g., cardiologist, social worker, family members). Prepare your presentation as if it is being given to the medical director of the chronic disease rehabilitation program where you work.

Specific instructions:

- 1) The presentation is NOT a simple recitation of the write-up. It is a concise, edited presentation of the most essential information. *It has as much to do with style than substance. Be smooth and succinct.*
- 2) It should be no more than 2 minutes long. Marks will be lost if you go over 2 minutes so practice, practice, practice and time yourself when you do.
- 3) The basic structure should include:
  - a. *Mr. Bradey is a pleasant 67 year old man who was diagnosed with type 2 diabetes 10 years ago. ).*
  - b. Most important aspects from medical history
  - c. Fitness test results (or if none, recommendation for tests to be completed in near future)
  - d. Special considerations (items that must be considered in prescribing exercise for this person)
  - e. Care plan items with very brief rationale for exercise prescription and other items too IF time allows and IF you deem particularly relevant (Lead this concluding part of presentation with: *such and such a goal* ).







7. **Grades:** Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the assignment to approach the instructor or TA. In doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculations errors (which do occur!) should be brought to my attention immediately.

Generally, students can expect some form of feedback on their performance in a course before the drop date.

November 12th, 2020 (for first term half-courses)  
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