Fall 9-1-2000

PT 563.01: Pathophysiology of Exercise

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PT 563 - Fall 2000
Pathophysiology of Exercise

Course Coordinator:
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Office Hours: by appointment (individual or groups)

- Credits: PT 563 (3 units)
- Lecture Times: Monday and Wednesday - 10:10 AM to 12:00 PM
- Laboratory Times: - TBA

Required Textbooks:
American College of Sports Medicine, *ACSM's Exercise Management for Persons with Chronic Disease and Disabilities*. Human Kinetics, 1997


Supplemental Readings:
Selected readings will either be available in required text from another course, a master copy will be placed in a binder in the student area, or online at Network Neighborhood/Skaggs-03/PTherapy/Pt2/PT 563.

Unit Description:
This course is designed to assist you in synthesizing your knowledge and practical experiences in designing and implementing exercise programs as a physical therapist. It is the next logical step in the path you have followed from basic physiology to exercise physiology, through pathology and therapeutic exercise. Now that you have had a structured clinical experience you are ready to put all of this information and experience together and fine tune your skills. During this course we will review basic adaptations to an exercise stimulus, review, explore, and practice the principles of exercise prescription and assessment, be exposed to a health promotion model for people with physical limitations, and ultimately help you develop a model of practice - critical pathway. The course will cover cardiac rehabilitation, which will use as an example to work through the process of assessment, planning, implementation, reassessment, plan modification, and evaluation. In addition we will take the opportunity to identify the basic principles of motor learning and apply them to practice. This is a new course full of new ideas and concepts. It will require your full participation, patience, and feedback to be successful.

Unit Objectives:
To be handed out separately.

Unit Evaluation:

- Exercise Evaluation Lab Report 25 points
- Motor Learning Lab Report 25 points
- Group Presentation 100 points
- Final Exam 100 points

Proposed Unit Schedule:

W-Sep 6  Course Introduction, Discussion of Clinical Examples
M-Sep 11  Adaptations to Exercise Review
<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
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<tr>
<td>W-Sep 13</td>
<td>Adaptations to Exercise Review</td>
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<tr>
<td>M-Sep 18</td>
<td>A Health Promotion Model for People with Physical Limitations - &quot;The House of Living Well&quot; Dr. Craig Ravesloot, RTC, New Directions</td>
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<tr>
<td>W-Sep 20</td>
<td>A Health Promotion Model for People with Physical Limitations (continued) - Dr. Craig Ravesloot, RTC, New Directions</td>
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<td>M-Sep 25</td>
<td>Adaptations to Exercise Review</td>
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<td>W-Sep 27</td>
<td>Functional Exercise Testing - Lecture</td>
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<td>M-Oct 2</td>
<td>Functional Exercise Testing - Lab (½)</td>
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<td>W-Oct 4</td>
<td>Functional Exercise Testing - Lab (½)</td>
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<td>M-Oct 9</td>
<td>Functional Exercise Testing - Lab (all)</td>
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<tr>
<td>W-Oct 11</td>
<td>Exercise Prescription Parameters</td>
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<td>M-Oct 16</td>
<td>Special Populations and Exercise</td>
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<td>W-Oct 18</td>
<td>Creation of an Exercise Prescription Model for People with Physical Limitations - A Group Effort</td>
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<td>M-Oct 23</td>
<td>Application of the Model - Lecture</td>
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<td>W-Oct 25</td>
<td>Application of the Model - Practical Lab</td>
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<td>M-Oct 30</td>
<td>Application of the Model - Practical Lab</td>
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<td>W-Nov 1</td>
<td>Application of the Model - Lecture</td>
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<td>M-Nov 6</td>
<td>Motor Learning - Lecture</td>
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W-Nov 8       Motor Learning - Lab
M-Nov 13      Motor Learning - Lecture
W-Nov 15      Cardiac Rehabilitation
M-Nov 20      Cardiac Rehabilitation
W-Nov 22      Thanksgiving Break
M-Nov 27      Cardiac Rehabilitation
W-Nov 29      Cardiac Rehabilitation
M-Dec 4       Groups 1 - 2 Presentations
W-Dec 6       Groups 3 - 4 Presentations
Th-Dec 7*     Groups 5 - 6 Presentations (3-5)
M-Dec 11      Groups 7 - 8 Presentations
W-Dec 13      Groups 9 - 10 Presentations
Th-Dec 14*    Groups 11 - 12 Presentations (3-5)

* or the previous Tuesdays from 8 - 10