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PT 563.01: Pathophysiology of Exercise

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PT 563 - Fall 2000

Pathophysiology of Exercise

Course Coordinator:

James Laskin, M.S., P.T., Ph.D. (candidate)

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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

American College of Sports Medicine, *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 3rd edition*. Lippincott Williams and Wilkins, 1998.

O'Sullivan, S. B. & Schmitz, T. J. (1994). *Physical Rehabilitation: Assessment and treatment* (3rd ed.). Philadelphia, PA: F. A. Davis, Co.

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

W-Sep 13	Adaptations to Exercise Review
M-Sep 18	A Health Promotion Model for People with Physical Limitations - "The House of Living Well" Dr. Craig Ravesloot, RTC, New Directions
W-Sep 20	A Health Promotion Model for People with Physical Limitations (continued) - Dr. Craig Ravesloot, RTC, New Directions
M-Sep 25	Adaptations to Exercise Review
W-Sep 27	Functional Exercise Testing - Lecture
M-Oct 2	Functional Exercise Testing - Lab ($\frac{1}{2}$)
W-Oct 4	Functional Exercise Testing - Lab ($\frac{1}{2}$)
M-Oct 9	Functional Exercise Testing - Lab (all)
W-Oct 11	Exercise Prescription Parameters
M-Oct 16	Special Populations and Exercise
W-Oct 18	Creation of an Exercise Prescription Model for People with Physical Limitations - A Group Effort
M-Oct 23	Application of the Model - Lecture
W-Oct 25	Application of the Model - Practical Lab
M-Oct 30	Application of the Model - Practical Lab
W-Nov 1	Application of the Model - Lecture
M-Nov 6	Motor Learning - Lecture

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