Midwestern State University  
EXPH 4953-4963 Clinical Assessment - Exercise Physiology  
STUDY ABROAD: Preventative Health Care with Exercise and Sport Performance

Class Title: *Comparative Clinical Exercise Physiology - An examination of Practices*

**Syllabus**

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Clinical Assessment I & II: Summer, 2016

**EXPH 4953/4963**

**Purpose**

To develop an appreciation of and the practical skills required for completion of and professional practice. This course will allow students to investigate preventative health care through exercise programming in the United Kingdom. Healthcare professionals in both the UK and the US are urged to prescribe “Exercise Medicine”. Thus, Exercise Physiologists are primed to play a key role in the development of exercise prescriptions for the prevention and treatment of chronic disease as well as general fitness and sport performance. Students will determine the level of exercise physiological adaptation as a medical treatment for prevention and treatment of chronic diseases.

**Rationale**

By utilizing the expert resources in proximity to students in the achievement of professional competencies, the student can develop those competencies in locations not affiliated with a university for a broader perspective.

EXPH 4953 Clinical Exercise Physiology I

**Objectives/ Purposes (UG=undergraduate student; G=graduate student)**

1. **UG:** To investigate venues of Strength and Conditioning for athletes in the United Kingdom and note the scientific, physiological adaptations associated with these programs.  
   **G:** in addition to the above objective for undergraduates, graduate students will compare and contrast programs of Strength & Conditioning between the UK and US.

2. **UG:** To investigate preventative health care through exercise programming in the United Kingdom and determine the level of exercise physiological adaptation as a medical treatment for prevention and treatment of chronic diseases.  
   **G:** in addition to the above objectives, graduate students will provide exercise prescriptions for chronic diseases based on known physiological adaptations to those exercises.

3. **UG:** The third purpose will be to connect the first two purposes through the common thread of Exercise Physiology and Prescription/Programming. Students will show where preventative health care Exercise Prescriptions are strongly associated with Strength and Conditioning Programs established for athletic performance.  
   **G:** in addition to the above objectives, graduate students will provide peer-reviewed research papers supporting the connection between physiological adaptations through preventative health care exercise programs and physiological adaptations associated with Strength and Conditioning. A total of ten (10) references will be summarized.

**Study Abroad: Topics for Exercise Physiology**

1. Preventative Health Care in the United Kingdom (UK) utilizing exercise as a prescription modality

2. Strength & Conditioning venues at various levels of competition: collegiate, club, professional.
3. Societal differences in activities of daily living (ADL: i.e., walking, cycling, commuting, etc) and city structures that facilitate movement in the UK vs cities in the USA.

4. Nutritional aspects of society in the UK vs USA. Common foods and offerings within the UK and how those compare in nutritional-health components to the USA.

5. Strength & Conditioning and the health related concepts associated with these practices. This would include how training and dietary considerations for athletes could be incorporated into clinical practices for preventative health care.

EXPH 4963 Clinical Exercise Physiology II: Continuation of EXPH 4953

Objectives/ Purposes (UG=undergraduate student; G=graduate student)

Develop a Project Paper

a. All written assignments must be typed and organized that must be submitted for the Objectives of EXPH 4963

b. The Project Paper will be associated with the Study Abroad Objectives noted above and arranged according to the following outline:
   - Title Page with Student Name
   - Table of contents
   - Introduction to the Topic Area of Study: See Purpose(s) Above
   - Research Paper Review summarizing the work established in EXPH 4953* with supportive peer-reviewed research references.
   - Conclusion
   - UG: References (minimum 10): G: References (minimum 20)

*NOTE: Students should read and collect research/professional articles of interest to them during this course. They will serve as a resource for the student during preparation of the documents required for EXPH 4963

Material in the aforementioned section are primary criteria from which students will be graded

Text Book
None

Student Evaluation
Students will be scored on their submitted assignments, learning, and participation.

<table>
<thead>
<tr>
<th>Student Product</th>
<th>% of Total Score</th>
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<tbody>
<tr>
<td><strong>EXPH 4953</strong></td>
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<tr>
<td>Attendance/Involvement in Topics</td>
<td>60%</td>
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<tr>
<td>Completion of Assignments noted in Objectives/Purposes</td>
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<tr>
<td><strong>EXPH 4963</strong></td>
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<tr>
<td>Project Paper as noted above</td>
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Grading: 90-100%=A, 80-89%=B, 70-79%=C, 60-69%=D, <60%=F

Faculty Expectations
Students are expected to be motivated and independent learners who utilize site lecturers and faculty as learning resources and facilitators. A great deal of student learning at this level is self-driven, as students should be committed to the quest for advanced knowledge and achievement. The presence of the various student products in this course are not end products, they are included based on the need to assess student progress towards mastery.