| **Course Name:**  
KNPE 336/3.0  
Community Field Placement in Exercise, Disability and Aging | **Faculty Supervisor:**  
Dr. Jennifer Tomasone | **Contact Hours:**  
- 12 seminar hours (one hour per week over the term)  
- Students will acquire 76 practicum hours over the term with Kingston Revved Up. There is a mandatory in-gym training day scheduled before the term begins (hours are included as part of the 76 internship hours).  
- Students will use private study hours to complete course assignments, including online modules prior to the in-gym training day |
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| **Internship Coordinator:**  
Michelle McCalpin | **Revved Up Coordinator:**  
Chris Hall | **Prerequisite:**  
Level 3 or above in a PHED, KINE or HLTH Major or Medial Plan. GPA of 2.70. Application submitted in March prior to enrolling in KNPE336. Permission of the Internship Coordinator and the Department Manager and Undergraduate Chair. Valid First Aid, CPR and CPIC required. |
| **Course Description:**  
This course has been designed for third year undergraduate students who want to explore community-based exercise programming for persons with disabilities and older adults. Through a combination of theoretical and experiential learning opportunities, this course offers an introduction to working with a variety of special populations in a community-based setting. Online modules and quizzes, in-gym training sessions, weekly seminars, group presentations and hosting special events will help students learn principles of adapted exercise program design, and develop skills for planning and implementing exercise and recreational opportunities for Revved Up members. | **Corequisite/Prerequisite:**  
HLTH 332/3.0 | **Exclusion:**  
None |
| **Learning Outcomes:**  
By the end of this course, successful students will be able to:  
1. Demonstrate appropriate behaviour and communications skills when interacting with Revved Up members.  
2. Apply knowledge of disability groups and knowledge of | **Course Text:**  
Readings and resources as assigned and posted on onQ. |
| **Course Evaluation:**  
Internship hours (76 total) 40%  
Group presentation 15%  
Presentation feedback (other groups) 5%  
Reassessment practical test 15%  
5 online quizzes 10% |
exercise programming when promoting exercise and recreational opportunities for Revved Up members.
3. Develop skills to conduct exercise program reassessments for Revved Up members (e.g., clinical exercise prescription).

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<thead>
<tr>
<th>Course Outline – Seminar Schedule</th>
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<tbody>
<tr>
<td>In-gym training day</td>
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<tr>
<td>Basic strength and conditioning principles: Exercise prescription and progression</td>
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<tr>
<td>Program design and structure, contraindications for exercise</td>
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<td>Exercise programming for persons with disabilities/chronic diseases</td>
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<td>Exercise readiness</td>
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