

<p>Course Name: KNPE 336-KNPE 386/3.0 Community Field Placement in Disability and Physical Activity</p>	<p>Disability and Physical Activity (DIPA) Certificate Director: Dr. Amy Latimer / Dr. Jennifer Tomasone</p> <p>Revved Up/DIPA Certificate Coordinator: Amanda Cunningham</p>	<p>Contact Hours:</p> <ul style="list-style-type: none"> • 18 seminar hours (1.5 hours per week over the term) • Students will acquire 84 practicum hours over the term with Kingston Revved Up. There is a mandatory in-gym training day scheduled at the start of the term. • Students will use private study hours to complete course assignments, including online modules prior to the in-gym training day.
		<p>Prerequisite:</p> <p>(Level 3 or above and registration in the DIPA Certificate and HLTH 200/3.0) or (Level 3 or above and registration in a KINE Plan and registration in the DIPA Certificate).</p> <p>Students must hold valid First Aid/CPR certification and CPIC.</p> <p>Corequisite: HLTH 332/3.0</p>
		<p>Exclusion(s):</p>
<p>Course Description:</p> <p>This course has been carefully designed for 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 and online platform. Online modules and quizzes, online training sessions, and weekly seminars will help students learn principles of adapted exercise program design and develop skills for planning and implementing exercise and recreational opportunities for persons living with disability.</p>	<p>Course Text:</p> <p>Readings and resources as assigned and posted on onQ.</p> <p>Required readings and other resources will be on Queen's Library e-reserve system.</p> <p>Students are required to purchase a CSEP-PATH manual. The CSEP-CATH can be purchased online in either print or digital download format: https://store.csep.ca/products/cseppath_resource_manual_third_edition_english.</p>	

<p>Learning Outcomes:</p> <p>By the end of this course, successful students will be able to:</p> <ul style="list-style-type: none"> • Demonstrate appropriate behaviour and communications when interacting with persons with disabilities in an exercise setting. • Apply knowledge of disability groups and knowledge of exercise programming when promoting exercise and recreational opportunities for persons with disabilities. • Develop skills needed to conduct exercise assessments and prescribe exercise for persons with disabilities. 	<p>Course Evaluation:</p> <table border="0"> <tr> <td>Midterm</td> <td>10%</td> </tr> <tr> <td>Internship Hours</td> <td>25%</td> </tr> <tr> <td>Transition Meetings</td> <td>5%</td> </tr> <tr> <td>Online Quizzes</td> <td>10%</td> </tr> <tr> <td>Seminar/Case Study Participation</td> <td>5%</td> </tr> <tr> <td>Video Review of Revved Up @ Home</td> <td>5%</td> </tr> <tr> <td>Practical 'ASK' Assessment</td> <td>10%</td> </tr> <tr> <td>Practical Training Assessment</td> <td>10%</td> </tr> <tr> <td>Final reflexive interview</td> <td>20%</td> </tr> </table>	Midterm	10%	Internship Hours	25%	Transition Meetings	5%	Online Quizzes	10%	Seminar/Case Study Participation	5%	Video Review of Revved Up @ Home	5%	Practical 'ASK' Assessment	10%	Practical Training Assessment	10%	Final reflexive interview	20%
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<p>Course Outline – Seminar Schedule</p>																			
<p>In-gym training day</p>	<p>Exercise readiness</p>																		
<p>Basic strength and conditioning principles: Exercise prescription and progression</p>	<p>Continuity of care</p>																		
<p>Program design and structure, contraindications for exercise</p>	<p>Intake assessments and reassessments</p>																		
<p>Exercise programming for persons with disabilities/chronic diseases</p>	<p>Case studies (group problem solving)</p>																		
<p>Exercise program modifications, changing programs and challenging programs</p>																			