

<p>Course Name: KNPE 336/3.0 Community Field Placement in Disability and Physical Activity</p>	<p>DIPA Director: Dr. Amy Latimer-Cheung</p> <p>Revved Up Coordinator: Amanda Cunningham</p>	<p>Contact Hours:</p> <ul style="list-style-type: none"> • 12 seminar hours (one hour 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 before the term begins. • 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 (HLTH 200/3.0 or KNPE 255/3.0) or registration in the Certificate in Disability and Physical Activity.</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> <ul style="list-style-type: none"> • Demonstrate appropriate behaviour and communications skills when interacting with persons living with a disability in an exercise program • Apply knowledge of disability groups and knowledge of exercise programming when promoting exercise and recreational opportunities for persons living with a disability. • Develop skills to conduct exercise program reassessments for persons living with a disability (e.g., clinical exercise prescription). 	<p>Course Evaluation:</p> <table> <tr> <td>Internship Hours (80 hours total)</td> <td>40%</td> </tr> <tr> <td>Practical 'ASK' Assessment</td> <td>10%</td> </tr> <tr> <td>5 online quizzes</td> <td>10%</td> </tr> <tr> <td>Course Reflections</td> <td>6%</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 Training Assessment</td> <td>10%</td> </tr> <tr> <td>Final reflection paper</td> <td>14%</td> </tr> </table>	Internship Hours (80 hours total)	40%	Practical 'ASK' Assessment	10%	5 online quizzes	10%	Course Reflections	6%	Seminar/Case Study Participation	5%	Video Review of Revved Up @ Home	5%	Practical Training Assessment	10%	Final reflection paper	14%
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Course Outline – Seminar Schedule	
In-gym training day	Intake assessments
Basic strength and conditioning principles: Exercise prescription and progression	Reassessments
Program design and structure, contraindications for exercise	Case studies (group problem solving)
Exercise programming for persons with disabilities/chronic diseases	Group presentations
Exercise readiness	