

<p>Course Name: KNPE 436-KNPE 486/3.0 Advanced Placement in Disability and Physical Activity</p>	<p>Disability and Physical Activity (DIPA) Certificate Directors: 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 80 practicum hours over the term with the Kingston Revved Up program. There is a mandatory in-gym training day scheduled at the start of the term (hours are included as part of the internship hours). • Students will use private study hours to complete course assignments, including online modules prior to the in-gym training day. <p>Prerequisite:</p> <ul style="list-style-type: none"> • A minimum of B on the practical assessments of KNPE 336/3.0 • Level 4 or above • Registration in the DIPA Certificate • Permission of the Course Coordinator and Undergraduate Chair in the School of Kinesiology and Health Studies. • Valid First Aid, CPR and CPIC required. <p>Exclusion: None</p>
<p>Course Description: This course has been strategically designed for undergraduate students who want to gain further experience in community-based exercise programming for persons with disabilities. Through a combination of theoretical and experiential learning opportunities, this course helps students further develop and refine their skills for working with a variety of marginalized populations and being a leader in a community-based exercise setting. Students will have the unique learning opportunity to deliver online exercise coaching and programming to persons with disabilities. Online readings, training sessions, weekly seminars with discussion, and meetings with peers will help students learn principles of adapted exercise program design, and develop skills for developing and implementing exercise opportunities for persons with a disability.</p>		<p>Required Readings/Resources: Required readings are available on Queen's Library ereserve system (https://library.queensu.ca/search/course-reserves).</p>
<p>Learning Outcomes:</p>	<p>Course Evaluation:</p>	

<ul style="list-style-type: none"> • Conduct appropriate exercise programming and reassessments for persons with a disability in an online and/or community-based exercise program. • Demonstrate appropriate behaviour and communication skills when interacting with persons with a disability in an online exercise setting and/or a community-based gym setting. • Display appropriate leadership and communication skills when providing informational and tangible support to peers and persons living with a disability. 	<table> <tr> <td>Internship Hours (80 total)</td> <td>40%</td> </tr> <tr> <td>Seminar + Revved Up Rounds Participation</td> <td>10%</td> </tr> <tr> <td>Course Reflections</td> <td>6%</td> </tr> <tr> <td>Practical Training Assessment</td> <td>10%</td> </tr> <tr> <td>Exercise Prescription Case Studies</td> <td>20%</td> </tr> <tr> <td>Final Reflexive Interview</td> <td>14%</td> </tr> </table>	Internship Hours (80 total)	40%	Seminar + Revved Up Rounds Participation	10%	Course Reflections	6%	Practical Training Assessment	10%	Exercise Prescription Case Studies	20%	Final Reflexive Interview	14%
Internship Hours (80 total)	40%												
Seminar + Revved Up Rounds Participation	10%												
Course Reflections	6%												
Practical Training Assessment	10%												
Exercise Prescription Case Studies	20%												
Final Reflexive Interview	14%												

Course Outline – Seminar Schedule

In-person training	Quality participation in community-based exercise programs
Emergency preparedness	Professional career paths
Effective leadership	Revved Up Rounds
Online training considerations	
Clinical exercise prescription for cardiovascular conditions, neural conditions, chronic pain, cancer and bone conditions	