

<p>Course Name: KNPE 436 /3.0 Advanced Placement in Disability and Physical Activity</p>	<p>DIPA Director: Dr. Amy Latimer-Cheung</p> <p>Revved Up/DIPA 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 the Kingston Revved Up program. There is a mandatory in-gym training day scheduled before the term begins (hours are included as part of the 84 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> <p>A minimum of B on the practical assessments of KNPE 336/3.0, level 4 or above. Registration in the Certificate of Disability and Physical Activity (DIPA). Permission of the Course Coordinator and Undergraduate Chair in the School of Kinesiology and Health Studies. Valid First Aid, CPR and CPIC required.</p>
		<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: Readings and resources will help you prepare for seminars, complete assignments, and prepare for conducting exercise program reassessments and group exercise. Required readings are available on Queen's Library ereserve system (https://library.queensu.ca/search/course-reserves). There is also a direct link from the "Readings and Resources" module under "Content" in onQ. Login to the e-reserve system using your Queen's ID and password and click on "KNPE436". Readings are tagged with the case study/seminar session that corresponds to the course schedule in the syllabus.</p>	

<p>Learning Outcomes:</p> <ul style="list-style-type: none"> • Demonstrate appropriate behaviour and communication skills when interacting with persons with a disability in an exercise setting • Refine skills to conduct appropriate exercise programming and reassessments for persons with a disability in an exercise program. 	<p>Course Evaluation:</p> <table> <tr> <td>Internship Hours (80 total)</td> <td style="text-align: right;">40%</td> </tr> <tr> <td>Seminar + Revved Up Rounds</td> <td></td> </tr> <tr> <td>Participation</td> <td style="text-align: right;">10%</td> </tr> <tr> <td>Course Reflections</td> <td style="text-align: right;">6%</td> </tr> <tr> <td>Practical TRAINING Assessment</td> <td style="text-align: right;">10%</td> </tr> <tr> <td>Exercise Prescription Case Studies</td> <td style="text-align: right;">20%</td> </tr> <tr> <td>Final Reflection Paper</td> <td style="text-align: right;">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 Reflection Paper	14%
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Course Outline – Seminar Schedule

Intake assessments	Exercise readiness
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	