

<p><b>Course Name:</b>  <b>KNPE 436 /3.0</b>          Advanced Placement in Disability and Physical Activity</p>	<p><b>DIPA Director:</b>          Dr. Jennifer Tomasone</p> <p><b>Revved Up/DIPA Coordinator:</b>          Stephanie Corras</p>	<p><b>Contact Hours:</b></p> <p>Winter 2021 – Remote Delivery</p> <p>Due to a remote offering of KNPE446, weekly synchronous seminars will be scheduled. You are required to attend these synchronous seminars for participation marks. Sessions will be recorded and available for your review on OnQ.</p> <p>You will also be required to complete 80 hours of online placement working with persons living with disabilities (PWD) over the semester.</p> <hr/> <p><b>Prerequisite:</b></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> <hr/> <p><b>Exclusion:</b>          None</p>
<p><b>Course Description:</b></p> <p>This course has been 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 special 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><b>Required Readings/Resources:</b></p> <p>Readings and resources will help you prepare for seminars, complete assignments, and prepare for conducting exercise program reassessments and group exercise. Required readings and other resources are listed in the Course Schedule below and are available on Queen's Library e-reserve system (<a href="https://library.queensu.ca/search/course-reserves">https://library.queensu.ca/search/course-reserves</a>). 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 below.</p>

You will be required access the following textbook to help you learn and prepare for the online group exercise classes and your assignment at the end of term. The eBook is available for purchase at <https://canada/humankinetics.ca>. Search for the book by ISBN 9781492588412. There is also a direct link in the course onQ page under Content > Readings and Resources. If you need assistance with purchasing or accessing once purchased, please email [info@humankinetics.ca](mailto:info@humankinetics.ca), call 1-800-465-7301, or find Human Kinetics on Facebook and message them for assistance. The book is also available for purchase on Amazon, Google Books and iBookcase.

Yoke, M. K., Armbruster C. K. (2020). *Methods of Group Exercise Instruction*. (4<sup>th</sup> ed). Champaign, IL: Human Kinetics. ISBN 9781492588412

**Intended Student Learning Outcomes:**

By the end of this course, successful students will be able to:

- Demonstrate appropriate behaviour and communication skills when interacting with persons with a disability in an online exercise setting
- Refine skills to conduct appropriate exercise programming and reassessments for persons with a disability in an online exercise program.
- Demonstrate an understanding of group based exercise programming.

**Course Evaluation:**

Internship Hours (80 total)	40%
Reassessment	20%
Seminar/Case Study Participation	5%
Weekly Reflections	10%
Online Group Exercise Class (Outline, Class, Rational)	15%
Final Reflection Paper	10%

**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	