## Queen's University School of Kinesiology and Health Studies



Course Name: KNPE 356/3.0 Exercise Prescription	Course Instructor:	Contact Hours:
	Not Offered – 2023-2024	Lectures: 1 x 1 hrs/wk / 12 weeks One- hour lecture plus a two-hour lab per week.
		Prerequisite:  KNPE 355/3.0  Restricted to students level 3 or above in a KINE Plan.
Course Description:  Students will apply their foundational knowledge of human and exercise physiology to develop skills in patient/client interactions, exercise assessments, and exercise prescriptions. Topics include communication skills, documentation, health screening and assessments, clinical exercise testing, and exercise prescription for healthy adults and specific patient populations. Through an experiential learning, case-based approach, by the end of this course, students will be able to conduct physical assessments and interpret clinical findings to create patient/client-centred exercise interventions aimed at improving health and well-being.		Exclusion: None
		Course Texts:
Learning Outcomes:		Course Evaluation:
TBD		TBD
Course Outline		