

KSS 3730 - Exercise Prescription

Fall 2026 Syllabus, Section 01, CRN 40809,

Credit hours: 4

Instructor

Cody Dulaney

Email: csdulaney@ysu.edu

Public Instructor Information

Instructor Title: Cody Dulaney, PhD, CSCS, EP

Instructor Professional Qualifications:

Hartwell Fellow, Cole Eye Clinic, Cleveland Clinic;

Phd Exercise Physiology, Kent State University;

MS Adapted Physical Activity, Slippery Rock University

BS Exercise Science, Slippery Rock University

Instructor Office Location: Beeghley Center 307E

Instructor Office Phone: 330-941-1900

Course Description

3730. Exercise Prescription. Theory and practice of exercise prescription based on metabolic calculations for apparently healthy populations, older adults, children/adolescents, pregnant women, and those with obesity, dyslipidemia, and hypertension. Includes approximately 18 hours of field experience. Content based on American College of Sports Medicine objectives. Prereq.: KSS 3700. 4 s.h.

Course Readings

Group	Title	Author	ISBN
Required	ACSM's Guidelines for Exercise Testing and Prescription, 12th Edition		9781975219215

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

Schedule of Topics and Assignments

Week of	Reading(s)	Proposed Topic	Due/To Prepare for Class
8/24	GETP Ch 2 GETP Appendix D	-Intros/Syllabus Review -Risk Factors/ Clearance Review	
8/31	GETP Chp 2 and Appendix D	-Review case studies -The physiology of hunger, metabolism, and metabolic equations	Screening Case Studies
9/7		-Ris Factor/Clearance and Metabolic Quiz	Metabolic Equations
9/14	GETP Chp 5	General Principles of ExRx Environmental Factors	
9/21	GETP Ch 6	Exam 1 ExRx Children/Adolescents	
9/28	GETP Ch 6	Children/Adolescents Case Study and Blood Pressure Practice	



10/5	GETP Ch 6	ExRx Older Adults and case study Senior Fitness Battery Testing, discuss lab report expectations	
10/12	GETP Ch 6	Senior Fitness Battery Testing	Senior Fitness Battery Lab Report
10/19	GETP Ch 10	Exam II ExRx Arthritis and Case Study	
10/26	GETP Ch 10	ExRx Osteoporosis Case Study Multiple Sclerosis/Parkinson Cases Study	
11/2	GETP Ch 9	ExRx Metabolic Syndrome/Dyslipidemia Case Study Quiz	
11/9		Blood Pressure Lab Practical	
11/16	GETP Ch 9	Overweight/Obesity Case Study Hypertension Case Study and Cardiac Pharmacology	
11/23		Exam III	
11/30		Wrap up all Field Experience and class discussion	All field shadowing hours to be completed
12/7		Final Review Final Exam	

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.