

KSS 4810 - Clinical Exercise Testing and Prescription

Fall 2026 Syllabus, Section 01, CRN 40811,

Credit hours: 4

Instructor

Matthew O'Dell

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Public Instructor Information

Instructor Title: Assistant professor

Instructor Professional Qualifications: MBA, YSU; MS, University of Pittsburgh; BS Exercise Science, YSU; ACSM-CEP

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Course Description

4810. Clinical Exercise Testing and Prescription . Theory and practice of clinical exercise testing, including electrocardiography, and prescription, for those with cardiovascular disease, pulmonary disease, diabetes, kidney disease, diabetes, and cancer. Includes approximately 36 hours of field experience. Content based on American College of Sports Medicine objectives. Prereq.: KSS 3730. 4 s.h.

Course Readings

Group	Title	Author	ISBN
Required	- ACSM's Clinical Exercise Physiology 2nd Ed		
Required	- ACSM's Guidelines for Exercise Testing and Prescription 12th Ed.		

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	Proposed Topic	Due/To Prepare for Class
8/24	Cancer	6 Minute Walk Test on BB Pp. 312 - 324 in G Chapter 13 Clinical Ex Phys
8/31	Cancer	Pp. 312 - 324 in G Chapter 13 Clinical Ex Phys
9/7	Diabetes	Pp 387-391 Clinical Ch 10
9/14	Diabetes	Pp 387-391 Clinical Ch 10
9/21	ESRD	Pp. 276 - 285 in G Pp. 336-341 in G
9/28	COPD	How to Interpret Spirometry on BB; Pp58-61 in G Clinical Ch 8
10/5	CF	Pp 255-260 in G
10/12	Asthma	Pp 251-255 in G
10/19	Pulmonary Rehab	
10/26	ECG	Appendix B Pp. 226-243 in G Clinical Ch 5
11/2	ECG	Appendix B Pp. 226-243 in G Clinical Ch 5
11/9	MI/IHD	Clinical Ch 6
11/16	Atherosclerosis	Clinical Ch 6
11/23	PAD/Heart Failure	Clinical Ch 6

11/30	Cardiac Rehab
12/7	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.