

KINE 439

Exercise Evaluation & Prescription



Instructor:



John S. Green, Ed.D., Ph.D., FACSM

Clinical Professor

Introductions

Instructor: J.S. Green, Ed.D., Ph.D., FACSM

- Former high school football, basketball coach - Math teacher
- **Ed.D.** - Okla. State, 1984: Health and Physical Education
 - GA: rock climbing, life guarding, weight lifting
- Rose State College, 1985-88, Aquatics administrator / instructor
 - trained SCUBA instructors, taught SCUBA, lifeguarding, personal health
- Texas A&M, 1989 Exercise physiologist, *FITLIFE* program coordinator
 - Assistant lecturer - taught clinical & applied exercise physiology
- **Ph.D.** - Texas A&M, 1996 - Physiology / Statistics & Research Design
 - Visiting assistant Professor r 8 years later r Full Clinical Professor
 - Teach graduate and undergraduate clinical & applied exercise physiology
 - Teach Graduate statistics & research design
 - **Research:** 1. Exercise & HRT effects in women 2. Perception of CAD risk

Students: Name & Hometown

- Why are you are getting a degree in Applied Exercise Physiology ?
- What career or education path do you hope to pursue when you graduate ?
- What do you want to accomplish in life before you die? (optional)

What we are going to study and why?

Specific Study Topics

- **Cardiovascular terms, concepts, definitions**
 - learn to speak “cardiovascularese”
- **Pressure-flow-resistance relationships in the cardiorespiratory system**
 - fluid hemodynamics and how they relate to human cardiac function
- **The atherosclerotic disease process – what almost half of us die from**
 - In 483 we will study non-atherosclerotic heart disease
- **Acute responses and chronic adaptations to endurance exercise**
- **ECG interpretation (knowledge level better than GP physician)**
- **Estimation of metabolism and how it relates to weight loss**
- **Exercise testing & interpretations standards promoted by ACSM & AHA**
- **Exercise prescription for both health and rehabilitation**