

**Southern Illinois University Carbondale**  
**College of Education and Human Services**  
**Department of Kinesiology**  
**KIN 402 – Exercise Programming for Cancer Survivors and Caregivers**  
*aka:*  
*(The Strong Survivors Staff Training Class)*

**LECTURE INSTRUCTOR INFORMATION:**

**NAME:** Dr. Phil Anton  
**OFFICE:** Davies 109  
**MAILBOX:** Davies 107  
**PHONE:** 453-3116  
**E-MAIL:** panton@siu.edu  
**OFFICE HOURS:** M/W: 10:15 – 11:45 AM; T/R: 2 – 3:30 PM  
(All other times by appointment)

**PREREQUISITES:** Successful completion of Kinesiology 201- Physical Fitness.

**COURSE TEXTS:** 1) ACSM's Guide to Exercise and Cancer Survivorship (2012), Irwin, Human Kinetics  
ISBN-13: 978-0736095648  
2) Strong Survivors Student Cancer Exercise Specialist's Guide (on D2L aka Saluki Online)

**COURSE DESCRIPTION:** The primary goal of KIN 402 is to give students the necessary tools to successfully prescribe safe and effective exercise programs for cancer survivors and caregivers as a staff member for the Strong Survivors Exercise and Nutrition Program for Cancer Survivors and Caregivers.

**COURSE OBJECTIVES AND OUTCOMES:**

At the completion of the course each student will be able to demonstrate knowledge regarding:

1. different cancer types and cancer treatment related effects.
2. the impact of cancer/cancer treatment on physical, cognitive, emotional, and psycho-social wellness.
3. the impact of cancer/cancer treatment on physical performance.
4. the potential impact of exercise training in the amelioration of the negative impact of cancer/cancer treatment
5. specific concerns associated with exercising cancer survivors and caregivers.
6. accurate exercise testing for cancer survivors and caregivers
7. safe and effective exercise programming for cancer survivors and caregivers

**NOTE:** Students will have the opportunity to shadow experienced exercise test technicians and trainers from the Strong Survivors program. This shadowing experience will include hands-on work with Strong Survivors program participants under the supervision of the experienced test technician/trainer.

**COURSE POLICIES:**

*Exams:*

There will be 2 examinations worth 40% of the overall grade. Exam questions will be based on material covered in lecture and any textbook chapters assigned. Material from lecture includes any information printed on any lecture slides distributed as well as any additional information given verbally. While they serve as an excellent supplement and study tool, the book chapters alone are not sufficient for successful exam performance. It will be crucial for you to take good notes or copy them from someone who does. Study guides for each exam will be provided. Exam format will include MC, T/F, and matching questions as well as short answer/essay questions.

Only under highly exceptional circumstances will students be allowed to reschedule or make-up missed exams without penalty. The instructor reserves the right to request documentation to substantiate these circumstances. If you do not contact the instructor prior to the exam or in a reasonable amount of time following the exam in emergency situations (24-36 hours), you will not be allowed to make it up without penalty.

*Exercise session practical:*

Students will lead a “client” through an exercise training session. The student will be given a case study on the client prior to the exercise session and will design and administer the prescription based on the client’s profile.

*Assessment practical:*

Students will lead a “client” through a battery of exercise tests designed to evaluate activities of daily living. The student will be given a case study on the client prior to the assessment and this profile may require the student to make adjustments to the exercise tests to accommodate any issues presented.

*Attendance/Participation:*

Class attendance for all class sessions is **mandatory**. Each student is given one “free” unexcused absence for the term (an excuse is not necessary – the freebie absence will be “used up” regardless of the circumstance the first time you are absent)

NOTE: Freebie absence may not be used on exam days. Each unexcused absence beyond the 1<sup>st</sup> freebie will reduce the overall attendance grade by 20 percentage points (you start the semester with a grade of 100). *Example:* Attendance/Participation Grade = 100, but freebie has been used. An unexcused absence occurs. Unexcused absence = -20 → 100 -20 = 80 (new Attendance/Participation grade).

Excused absences are those that are approved prior to the class meeting period or in a reasonable amount of time after the missed class (24-36 hours). In some cases, excused absences may require documentation in order to be approved. Leaving class early or any other lack of participation, unless otherwise excused, will be considered an unexcused absence.

You will be called on to provide discussion so please be prepared for each class period. NOTE: “I don’t know” is never an acceptable answer. Even if you really don’t know, you need to be at least creative enough/put in enough effort to come up with a reasonable guess. Sleeping, disruptiveness, etc. will not be tolerated. As a part of training to be a good professional, you should also consider your facial expressions, posture/body language, etc. when you are in class. The university is populated by many “lumps” – don’t be a lump. If you do not adhere to these policies, this may result in you be asked to leave class. In this situation, an unexcused absence will be incurred.

You must be on time for class (be present by the time attendance has been taken). Each student is given two “free” unexcused tardies for the term. The first 2 tardies will count as the “freebies” regardless of the reason for your lateness. Each late arrival after the 1<sup>st</sup> two will be counted as an unexcused absence unless otherwise excused. NOTE: this tardy-related absence may count as your “freebie” absence if it has not been used. Also, if your freebie absence has been used, this tardy-related absence will affect your Attendance/Participation grade in the same way as described in the paragraph above. Please be as unobtrusive as possible if you need to arrive late. The same is true if you have to leave class early for any reason (early departure needs to be approved by the instructor or it may result in an unexcused absence). Seats at the back of class may be reserved for potentially tardy students. NOTE: If you come in late, it is your responsibility to inform the instructor that you were in attendance that day.

*Grade breakdown:*

Exam 1	20%
Exam 2	20%
Ex. session practical	15%
Assessment practical	15%
<u>Attendance/Participation</u>	<u>30%</u>
TOTAL:	100%

All portions of your overall grade will be given an individual grade between 0-100. All of these individual grades will be multiplied by the indicated percentage and then added together to give you an overall grade between 0-100.

Example:

<u>Assignment</u>	<u>Grade</u>		<u>%</u>	<u>Calculated Points</u>
Exam 1	80	x	.20	16.0
Exam 2	81	x	.20	16.2
Ex. session practical	85	x	.15	12.75
Assessment practical	90	x	.15	13.5
<u>Attendance/Participation</u>	<u>70</u>	<u>x</u>	<u>.30</u>	<u>21.0</u>
				<b>GRADE: 79.45</b>

<i>Evaluation:</i>	≥ 89.5	A
	79.5-89.49	B
	69.5-79.49	C
	59.5-69.49	D
	<59.49	F

#### *Extra credit:*

There will be a few extra credit opportunities throughout the term. They will be given at random during lecture periods and cannot be “made-up”. Extra-credit opportunities may require “out-of-class” time. It is your responsibility to track your extra credit points.

#### *Assigning a Grade of Incomplete* (taken from SIUC student catalog)

An *INC* is assigned when, for reasons beyond their control, students *engaged in passing work* are unable to complete all class assignments. An *INC* must be changed to a completed grade within a time period designated by the instructor but not to exceed one semester from the close of the term in which the course was taken, *or graduation*, whichever occurs first. Should the student fail to complete the course within the time period designated, not to exceed one semester, or graduation, whichever comes first, the incomplete will be converted to a grade of *F* and the grade will be computed in the student's grade point average. Students should not re-register for courses in which an *INC* has been assigned with the intent of changing the *INC* grade. Re-registration will not prevent the *INC* from being changed to an *F*.

#### *Cell phones and headphones:*

Cell phones should be in the “off” or “silent” mode at the start of each class period and should be in your pocket or book bag. If your cell phone rings during class or if you have your phone out for any reason, you will be given one warning. If there is a 2<sup>nd</sup> infraction at any time point the rest of the semester, you will be asked to leave the class that day and your overall course grade will be reduced by 3% for that infraction and for any infraction thereafter. If you have an emergency situation that requires you to have your cell phone turned on, that is acceptable, but you must inform the instructor of this situation prior to that class period. Headphones must be removed at the start of each class period.

#### *Disability Issues:*

Students with physical and/or mental and/or social and/or emotional disabilities who believe that they need accommodations in this class/program should contact the instructors immediately to ensure that appropriate accommodations are implemented in a timely fashion.

With the cooperation of SIUC’s Disability Support Services (DSS), each student who qualifies for reasonable supplementary assistance has the right to receive it. DSS offers various support services and can help you with special accommodations. You may wish to contact DSS at 453-5738 or <http://disabilityservices.siu.edu/> or go to Room B-150 at Woody Hall to verify your eligibility and options for accommodations related to your special need(s) or disability. Students requesting supplementary assistance must first register with DSS.

#### *Student Services*

Supplemental Instruction/Tutoring: Please see the instructor for more information

Saluki Cares: The purpose of Saluki Cares is to develop, facilitate and coordinate a university-wide program of care and support for students in distress. By working closely with faculty, staff, students and their families, SIUC will continue to display a culture of care and demonstrate to our students and their families that they are an important part of the community.  
Phone: 618-453-5714 Web: <http://salukicare.siu.edu>

Writing Center: The Writing Center offers free tutoring services to all SIUC undergraduate and graduate students and faculty. Come on in for a Writing Center session and improve your writing skills

Phone: 618-453-1231 Web: <http://write.siu.edu/>

*Emergency procedures:*

Southern Illinois University Carbondale is committed to providing a safe and healthy environment for study and work. Because some health and safety circumstances are beyond our control, we ask that you become familiar with the SIUC Emergency Response Plan and Building Emergency Response Team (BERT) program. Emergency response information is available on posters in buildings on campus, available on BERT's website at [www.bert.siu.edu](http://www.bert.siu.edu), Department of Safety's website [www.dps.siu.edu](http://www.dps.siu.edu) (disaster drop down) and in Emergency Response Guidelines pamphlet. Know how to respond to each type of emergency.

Instructors will provide guidance and direction to students in the classroom in the event of an emergency affecting your location. It is important that you follow these instructions and stay with your instructor during an evacuation or sheltering emergency. The Building Emergency Response Team will provide assistance to your instructor in evacuating the building or sheltering within the facility.

*University Policy on Accommodating Religious Students*

SIUC 2015-16 Undergraduate Catalog (p. 539)

*Academic dishonesty:*

The penalty for academic dishonesty (cheating, allowing another student to cheat off of you, and/or plagiarism) on any assignment or examination will result in an automatic score of zero for that assignment/exam and may result in a failing grade for the course.

*Instructor responsibilities:*

- Present the material as clearly and completely as possible.
- Make lectures/activities as interesting/practical as possible.
- Help the student to gain the maximum knowledge possible.

*Student responsibilities*

- Be resourceful.
- Treat your fellow students with respect.
- Be straightforward and "upfront" in your dealings with the instructor.
- Treat the instructor with respect and the instructor will do the same for you (turn off cell phones, don't talk when the instructor is talking, etc.)
- If you come in for extra help, you need to be prepared properly. Do not expect the instructor to re-lecture the information to you.
- Learn and have fun.

*Syllabus Contract:*

Each student will be required to sign a form that indicates that he/she understands and will abide by the course guidelines outlined in the syllabus. This form will be distributed on the first day of class.

**TENTATIVE OUTLINE** (students will be notified of deviations in the outline via class announcements and e-mail):

Aug. 24	Syllabus review; History and introduction to Strong Survivors; Survivor videos; Begin covering Lecture Notes	
	Basic concepts of cancer and cancer treatment	
	A. What is cancer?	B. Types of cancer
	C. Cancer treatments	D. Physiological alterations and symptoms
Aug. 26 & 31	Continue basic concepts of cancer	
	Fatigue	
	A. What is cancer treatment-related fatigue?	B. Effects of exercise on fatigue symptoms
	Benefits of exercise for cancer survivors and caregivers	
	A. Exercise during treatment and recovery	B. Cardiovascular activities
	C. Muscular strength and endurance activities	D. Flexibility and range of motion activities
	E. Balance activities	F. Case studies
Sept. 1 & 3	Finish basic concepts of cancer; Begin assessment and exercise prescription	
Sept. 7	<b>LABOR DAY HOLIDAY – NO CLASS</b>	
Sept. 9 & 14	Assessment and exercise prescription	
	A. Assessment of the cancer patient	B. Information used for the prescription
	C. Contents of the exercise prescription	D. Exercise prescription analysis
	E. Case studies	
	Cancer rehabilitation exercise programs	
	A. Types of programs	B. Designing an exercise program
	C. Modifying the exercise program	D. Follow-up and reassessments
	E. Managing the patient data	F. Safety procedures
	G. Equipment modifications	H. Legal issues
	I. The Logan Class	J. Activities in the Cancer Rehab Lab
	K. Home-based exercise sessions	L. Survivors Forever
Sept. 16	Continue cancer rehab exercise programs and review for Exam 1	
Sept. 21	Exam 1	
Sept. 23	Practice exercise session supervision	
Sept. 28	Begin exercise session practicals	
Sept. 30	Continue exercise session practicals	
Oct. 5	Practice assessments	
Oct. 7	Begin assessment practicals	
Oct. 12	<b>FALL BREAK – NO CLASS</b>	
Oct. 14	Continue assessment practicals	
Oct. 19	Exam 2	