Exercise Testing and Evaluation
(SPMD 636)

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Prerequisites: Admitted to graduate program in Exercise Physiology

Prescription, 4th ed. Philadelphia: Lippincott Williams & Wilkens

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Required Equip: Stethoscope

Class Meetings: Tuesday’s 5:30-8:00

Attendance: Required at all class meetings. Poor attendance could result in a lower
grade.

Grading: 400 Total points

<table>
<thead>
<tr>
<th></th>
<th>Midterm Exam</th>
<th>Practical Exam</th>
<th>Presentation</th>
<th>Lab’s</th>
<th>Final Exam</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>100 points</td>
<td>100</td>
<td>50</td>
<td>50</td>
<td>100</td>
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Final grade will be based on a direct percentage of the above total points
and the grading scale below:

Grading Scale:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Low Grade</th>
<th>Medium Grade</th>
<th>High Grade</th>
<th>Mid Grade</th>
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</thead>
<tbody>
<tr>
<td>A</td>
<td>475-500</td>
<td>B- 375-399</td>
<td>D+ 275-299</td>
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<tr>
<td>A-</td>
<td>450-474</td>
<td>C+ 350-374</td>
<td>D</td>
<td>250-274</td>
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<tr>
<td>B+</td>
<td>425-449</td>
<td>C 325-349</td>
<td>D- 225-249</td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>400-424</td>
<td>C- 300-324</td>
<td>E</td>
<td>&lt; 225</td>
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Objectives:
1. Students will learn about pharmacological agents and their effect on exercise and exercise testing.
2. Students will learn the differences between pharmacological stress tests and exercise stress tests.
3. Students will learn obtain skills in performing exercise stress tests.
4. Students will gain a better understanding as to indications and contraindications to exercise testing.
5. Students will gain a better understanding as to termination criteria of a stress test.
6. Students will gain a better understanding of the differences in testing healthy vs. special populations.
7. Students will learn standard emergency responses to abnormal responses on stress tests.
8. Students will learn submaximal testing procedures for clinical populations.
Tentative Course Outline

1/6/04  Class Introduction
        Review Cardiac Anatomy & Physiology/Cardiovascular Measures

1/13/04  EKG preparation/Equipment Calibration/BP measurement

1/20/04  Informed consent/Health History/Risk Factor Analysis
        Indications and Contraindications for Exercise Testing
        Termination Criteria

1/27/04  Anaerobic Tests

2/3/04  Submaximal Bicycle Tests

2/10/04  Submaximal Treadmill and Field Tests

2/17/04  Midterm

2/24/04  No Class – Winter Break

3/2/04  Maximal Exercise Test Protocols

3/9/04  Maximal Exercise Test Protocols

3/16/04  Strength and Flexibility Testing

3/23/04  Pharmacology for Exercise Testing
        Pharmacological and Radionuclide Exercise Testing
        Other Invasive and Non-Invasive Cardiovascular Procedures

3/30/04  Emergency Responses and ACLS Alorhithms
        Submaximal & Maximal Exercise Testing for Clinical Populations

4/6/04  Practical Examination

4/13/04  Final Exam

4/20/04  Presentations and Dinner