

# STOCKTON UNIVERSITY | SCHOOL OF HEALTH SCIENCES

Exercise for Special Populations  
Friday, December 13, 2019  
8:00am-5:00pm  
Stockton University Galloway Campus

## Course Schedule / Agenda:

<b>8:00 – 8:20</b>	Participant, instructor and course introductions Introduction to therapeutic exercise for special populations <i>Lecture and large group discussion</i>
<b>9:20 – 10:00</b>	Cardiovascular disease <i>Lecture, demonstration and participation</i>
<b>10:00 – 10:10</b>	<b>Break</b>
<b>10:10– 10:40</b>	Hypertension <i>Lecture, demonstration and participation</i>
<b>10:40 – 11:10</b>	Chronic obstructive pulmonary disease <i>Lecture, demonstration and participation</i>
<b>11:10 – 11:40</b>	Asthma <i>Lecture, demonstration and participation</i>
<b>11:40 – 12:10</b>	Hyperlipidemia <i>Lecture and demonstration</i>
<b>12:10 – 12:40</b>	<b>Lunch</b>
<b>12:40 – 1:10</b>	Diabetes <i>Lecture, demonstration and participation</i>
<b>1:10 – 1:50</b>	Obesity <i>Lecture, demonstration and participation</i> Case Studies -B
<b>1:50-2:20</b>	Cancer <i>Lecture, demonstration and participation</i>

# STOCKTON UNIVERSITY | SCHOOL OF HEALTH SCIENCES

Exercise for Special Populations  
Friday, December 13, 2019  
8:00am-5:00pm  
Stockton University Galloway Campus

## Agenda (Continued)

<b>2:20 – 2:30</b>	<b>Break</b>
<b>2:30 – 2:50</b>	Chronic Fatigue Syndrome and Fibromyalgia, <i>Lecture, demonstration and participation</i>
<b>2:50– 3:20</b>	Arthritis and osteoporosis <i>Lecture, demonstration and participation</i>
<b>3:20-3:50</b>	Multiple Sclerosis <i>Lecture, demonstration and participation</i>
	Polio and post polio syndrome <i>Lecture, demonstration and participation</i>
	Parkinson's disease <i>Lecture, demonstration and participation</i>
<b>3:50-4:40</b>	Case studies <i>Small group discussion, report out and large group discussion</i>
<b>4:40– 5:00</b>	Wrap up, Q&A, additional hand-out distribution, course evaluations

Total Contact Hours= 9 hours/540 min

Breaks, Non Instructional= 1 hour/60 min

Instructional time=8 hours/480 min

# STOCKTON UNIVERSITY | SCHOOL OF HEALTH SCIENCES

Exercise for Special Populations  
Friday, December 13, 2019  
8:00am-5:00pm  
Stockton University Galloway Campus