



TEXAS A&M UNIVERSITY
SAN ANTONIO

College of Education & Human Development Department of Counseling, Health, & Kinesiology

**EDKN 4324 Exercise in Chronic Disease/Disabilities
Spring 2025**

Instructor	Alexis Ortiz, PT, PhD, SCS, CSCS, FACSM Office Hours: Tuesdays & Thursdays; 3:30 pm - 6:30 pm. E-mail: aorti0164@tamusa.edu
Class Time	Tuesday: 7:00 pm – 8:15 pm (Face to Face) Thursdays: 7:00 pm – 8:15 pm (Face to Face)
Class Location	279 Science & Technology Building
Required Text	Liguori G, American College of Sports Medicine. ACSM's Guidelines for Exercise Testing and Prescription. Lippincott Williams & Wilkins; 2020. ISBN: 9781975150181.
Catalog Description	Special exercise testing and exercise program design/implementation considerations for individuals with commonly seen chronic diseases and disabilities. Basic pathophysiology will be presented.
Course Objective	To provide a pathophysiological overview of cardiovascular, pulmonary, metabolic, immunological/hematological, orthopedic, neuromuscular, cognitive, emotional, and sensory disorders. A significant portion of the course deals with exercise management in people with these diseases/disabilities, particularly instruction on special exercise testing and prescription considerations for these populations.

Student Learner Outcomes: Upon completion of this course, each student will be able to:

1. Demonstrate how disease and disabilities of various body systems vary from normal/healthy function.
2. Prescribe appropriate exercise/training programming for major diseases/disabilities that are common in the Western world (e.g., cardiovascular disease, diabetes, fatty liver disease, obesity, to name a few).
3. Develop and understand how these common diseases can be prevented (if possible) AND treated (if possible) with exercise/training programming.
4. List whole-body and mind improvements associated with Quality of Life in these common diseases brought on by appropriate exercise/training programming.
5. Related to #4 above, how can appropriate use of exercise/training programming delay loss of independence and increase longevity?

Outcomes are also based on, but not limited to, the expected Knowledge, Skills, and Abilities (KSA's) for kinesiology/exercise science majors set forth by the American College of Sports Medicine. Upon completing this course, each student will be able to demonstrate the following competencies required for the Health/Fitness Specialist exam (listed below).

- CORE COMPETENCY 6.2: Understand health promotion and disease prevention.
- KSA 6.2.1: Knowledge of the effects of physical activity on promoting general health
- KSA 6.2.2: Knowledge of the effects of physical activity on primary and secondary prevention of chronic diseases (heart disease, stroke, diabetes mellitus, cancer, arthritis, asthma, osteoporosis, obesity)
- KSA 6.2.3: Knowledge of the effects of physical activity on reducing chronic disease risk factors (hypertension, dyslipidemia, triglycerides, insulin sensitivity, body fatness)
- KSA 6.2.4: Knowledge of the effects of physical activity on treating chronic diseases (heart disease, stroke, diabetes mellitus, cancer, arthritis, asthma, osteoporosis, obesity)
- CORE COMPETENCY 6.4: Understand physical activity recommendations and programming. KSA 6.4.1: Knowledge of and ability to describe physical activity recommendations required for health benefits and fitness development
- KSA 6.4.2: Knowledge of and ability to describe the four domains of physical activity: activities of daily living, active transportation, recreation or leisure activities, and occupational activities
- KSA 6.4.3: Knowledge of benefits and considerations associated with physical activity across the lifespan for apparently healthy people, people with controlled chronic disease (e.g., heart disease, diabetes mellitus, obesity, hypertension), musculoskeletal limitations (including fatigue), pregnancy and/or postpartum, and exercise-induced asthma
- KSA 6.4.4: Ability to select or modify physical activity programs that are appropriate to meet the needs of a specific community or population
- KSA 6.4.5: Knowledge of and ability to describe the benefits, limitations, and safety precautions of various physical activity equipment such as treadmills, stair climbers, elliptical trainers, bicycles, inline skates, stability balls, and hand weights
- CORE COMPETENCY 6.5: Understand caloric balance and weight management related to physical activity.
- KSA 6.5.1: Knowledge of the role of carbohydrates, fats, proteins, and alcohol in weight management and the number of kilocalories in one gram of carbohydrate, fat, protein, and alcohol
- KSA 6.5.2: Knowledge of the following terms: obesity, overweight, percent body fat, body mass index (BMI), waist-to-hip ratio, lean body mass, metabolic syndrome and body fat distribution
- KSA 6.5.3: Knowledge of the relationship between body composition and health at the various BMI classifications
- KSA 6.5.4: Knowledge of the relationship between diet, physical activity, and behavior modification as methods for modifying body composition
- KSA 6.5.5: Knowledge of the national nutrition recommendations such as the USDA Food Guide Pyramid and the U.S. Dietary Guidelines
- KSA 6.5.6: Knowledge of the myths and consequences associated with inappropriate weight loss methods (e.g. fad diets, dietary supplements, excessive physical activity, starvation diets)

Grading Policy & Course Requirements: To achieve the course objectives, the class will involve: Lectures, Individual assignments, Discussion Boards, quizzes, and a final project.

Course Evaluation:

Exams (4 @ 12.5% ea.)	50%
Quizzes (9 @ 1.86%; ea.)	16.7%
Final Project	33.3%
Total	100%

Criteria:

90-100	A
80-89.99	B
70-79.99	C
60-69.99	D
0 - 59.99	F

On-line tests, although during class schedule, will be taken using Respondus Lockdown Browser or through Blackboard and are intended for you to work INDIVIDUALLY. You will be reprimanded if you collaborate with others during on-line testing. Use of electronic equipment during exams will result in a score of 0% for the test and may result in further discipline.

A grade of “C” or better must be earned in this course to satisfy Kinesiology requirements. Majors who do not earn a grade of “C” or better will be required to repeat the course. I do not round up or round down your grade.

No changes to your final grade will occur once class has ended unless I have made a mistake. You are given the opportunity to follow your grade throughout the semester; thus, you should not be surprised with the grade you earn. There are no exceptions (eligibility, financial aid, etc.).

Exams: There will be four exams throughout the semester. The exams will consist of multiple-choice questions, true or false, matching, and possibly diagram and labeling questions. Exams will cover material from the preceding lectures. I WILL LIMIT THE EXAM QUESTIONS TO THE MAIN POINTS OF EACH CHAPTER. TO UNDERSTAND THE “MAIN POINTS” YOU WILL NEED TO HAVE A GOOD GRASP OF THE SUBSECTIONS’ MAIN POINTS THROUGHOUT THE CHAPTER. SO, PLEASE KEEP UP WITH THE CHAPTER READINGS IN A VERY TIMELY FASHION. Electronic equipment or any perceived cheating during exams will result in a score of 0 points for the test and may result in further discipline by the department and university. Exams will be taken during regular class hours and will be timed, and questions may be compounded (taking a topic from one chapter and combining it with a topic from another chapter in the same question).

Quizzes: Weekly quizzes will be given to assess your knowledge after completing a weekly content. You will be required to complete 15 module quizzes, each worth 10 points each. Online quizzes will be taken on Blackboard with the intention of you working as an INDIVIDUAL. You will be reprimanded if you collaborate with others during online testing. Quizzes will be timed, and questions may be compounded (taking a topic from one section of the chapter combined with a topic from a previous section). I WILL LIMIT THE QUIZ QUESTIONS TO THE “MAIN POINTS” OF EACH CHAPTER. TO UNDERSTAND THE “TAKE-HOME MESSAGES,” YOU WILL NEED TO HAVE A GOOD GRASP OF THE SUBSECTIONS’ MAIN POINTS FROM THROUGHOUT THE CHAPTER. SO, PLEASE KEEP UP WITH THE CHAPTER READINGS IN A VERY TIMELY FASHION.

Final Project: For the final project, you must find a person/patient/client diagnosed with any pathology discussed during the course. You will present this case study and present orally to the class the exercise/physical activity prescription to improve this person's health. This presentation must be brief, and it will be during the final exam schedule assigned by TAMUSA. The presentation will be graded using the following rubric.

Class Attendance

A vital part of every student's education is regular attendance at class meetings. Absences tend to lower the quality of a student's work in a course, and frequent or persistent absences may preclude a passing grade or cause a student to be dropped from one or more courses upon the request of a faculty member to the Provost and Vice President for Academic Affairs. Students must attend all classes and participate in all activities/projects.

The instructor's policy for this course includes:

1. Your presence is expected in class daily except for emergencies. Students assume responsibility for any material missed in class. Arrange to pick up handouts as soon as possible. It is YOUR responsibility to make up missed work.
2. Requests to be absent from class for official University business (athletics, field trips, student government, etc.) shall be made before the anticipated absence. Arrangements for missed work will be made at that time.
3. If you miss an exam or quiz or do not show up on the day of a presentation or when an assignment is due without prior arrangement with the instructor, no make-up will be allowed unless there is a documented emergency. If there is an emergency (hospital, funeral, etc.) please contact me the day of the problem or the day you missed class.

Excused absences: The general policy outlined by the University will be followed:

<http://www.tamusa.tamus.edu/studenthandbook.html>.

A. If you need to be away for a given time (e.g. funerals, hospital stays, family emergencies, military duty, etc.), contact Student Life and Wellness (210784-1331; studentlife@tamusa.tamus.edu). If you miss more than a week of classes (whether continuous or not), inform them of the situation, and they can send a notice to all your instructors rather than you having to explain your circumstances to each of them.

B. Requests to be absent from class for official University business (athletics, field trips, student government, etc.) shall be made before the anticipated absence. Arrangements for missed work will be made at that time.

Academic Dishonesty

Students are expected to do their own course work. Academic dishonesty violates the Student Code of Conduct; therefore, the instructor may report any form of academic dishonesty to the Office of Student

Rights and Responsibilities. Please review the Student Handbook for a complete description of the process.

Forms of academic dishonesty:

1. Cheating - A student can be accused of academic dishonesty if he/she uses, or attempts to use, unauthorized assistance (e.g., asking someone else for an answer during a test, copying answers from another person's paper during a test, etc.), uses unauthorized study aids in examinations or other academic work (i.e., "cheat sheets" or textbooks/notes when the faculty have disallowed that use), or submits the work of another as his/her own.
2. Plagiarism - A student can be accused of academic dishonesty if he/she uses the ideas, data or language of another without specific or proper acknowledgment.
3. Fabrication - A student can be accused of academic dishonesty if he/she submits or attempts to submit material that is contrived or altered (e.g., making up data for an experiment, misrepresenting data, citing nonexistent articles, contriving sources, falsifying design and/or troubleshooting data, or padding estimates with intent to defraud customers, etc.).
4. Multiple submission—A student can be accused of academic dishonesty if he/she submits, without prior permission, any work previously submitted to fulfill another academic requirement (e.g., the unauthorized submission of a preexisting paper or project).
5. Lying - Deliberate falsification with the intent to deceive in written or verbal form as it applies to an academic submission.
6. Bribery - Providing, offering or taking rewards in exchange for a grade, an assignment or the aid of academic dishonesty.
7. Threat - An attempt to intimidate a student, staff, or faculty member to receive an unearned grade or to prevent the reporting of an Honor Code violation.
8. Misrepresentation of academic records - A student may be accused of academic dishonesty if he/she misrepresents, tampers with or attempts to tamper with any portion of a student's transcripts or academic record (e.g., changing one's grade, altering computer records, falsifying academic information on one's resume, etc.).
9. Facilitating Academic Dishonesty - A student may be accused of academic dishonesty if he/she knowingly helps or attempts to help another violate the principles of academic integrity (e.g., working together on a take-home exam without instructor permission, providing another student with a pre-written paper or test, unauthorized collaboration of any kind, including online testing, giving answers to lab projects with the intent to help students take practical exams, etc.).

Final Project Rubric

Criteria	Points				
	1	2	3	4	5
1. Presents information regarding demographics, pathophysiology, etiology, risk factors, and clinical manifestations.					
2. Present the most pertinent information regarding subjective and objective findings.					
3. Mention additional tests and measures that could be performed on the patient.					
4. Determine the exercise specialist's role within the healthcare team to treat this patient. This includes integrating other healthcare providers who could help manage the patient.					
5. Establish assessment, goals, and prognosis for the patient.					
6. Perform a detailed exercise prescription.					
7. Presentation is completed within the time limit (20 minutes).					
8. Organization (aforementioned order).					
9. Uses at least 3 references to justify assessment, goals, prognosis, and exercise prescription.					
10. Even participation of group members.					
SUBTOTAL					
11. A group member(s) ask a question to another presenting group that either cannot be answered, is answered incorrectly, or has difficulty answering. (BONUS)					
TOTAL	/50				

Late Penalties: All assigned work is due on the assigned date and time; work received later than the due date **WILL NOT BE GRADED.**

- I do not offer extra credit.
- I do not offer Independent Studies.

Blackboard: All assignments will be turned in, and all notes, announcements, etc., will be posted on [Blackboard](#) (except for those that require signatures). Please check that your account is working otherwise you will fall behind. If you have problems accessing Blackboard, contact the [Help Desk](#). Assignment Dropbox (course content folder) in Blackboard will be used to turn in electronic assignments. Click on the Assignment Dropbox and attach your document.

To access Blackboard, go to the [A&M-SA homepage](#).

If you need to access an assignment, notes, etc., my suggestion is to save the file to your computer or disk and then open it.

If you have a question, comment, etc., about an assignment or any other matter, please contact me first by email (aorti0164@tamusa.edu), then by work phone (voicemail 210-868-4558), but **NOT Blackboard Messaging.**

Tentative Schedule: This is a tentative schedule. The course schedule will change as the course's demands dictate. All work (quizzes) is due by 11:59 p.m. on due days.

Semester Schedule				
Month	Days	Chapters	Topic	Due Dates
January	21	Chapter 1	Benefits of Physical Activity	
	23	Chapter 2	<ul style="list-style-type: none"> • Pre-exercise Evaluation <ul style="list-style-type: none"> ○ Preparticipation Screen ○ Pre-exercise Evaluation ○ Medical History 	Quiz #1 Monday January 27th @ 11:59 pm
	28	Chapter 3	<ul style="list-style-type: none"> • Fitness Testing & Interpretation <ul style="list-style-type: none"> ○ Basic Principles ○ Body Composition ○ Cardiorespiratory Fitness ○ Muscular Fitness ○ Flexibility ○ Balance 	
	30	Chapter 4	<ul style="list-style-type: none"> • Clinical Exercise Testing <ul style="list-style-type: none"> ○ Testing & Interpretation 	Quiz #2 Monday February 3rd @ 11:59 pm
February	4	Chapter 5	<ul style="list-style-type: none"> • Principles of Exercise Prescription <ul style="list-style-type: none"> ○ Cardiorespiratory Fitness ○ Resistance Training ○ Flexibility 	
	6	Chapter 6	<ul style="list-style-type: none"> • Exercise Prescription for Healthy Populations <ul style="list-style-type: none"> ○ Pediatrics ○ Low Back Pain ○ Aging ○ Pregnancy 	Quiz #3 Monday February 10th @ 11:59 pm
	11	Chaps. 1-6	Exam 1	
	13	PPT Lecture	<ul style="list-style-type: none"> • Cardiopulmonary Pathologies 	
	18	Chapter 8	<ul style="list-style-type: none"> • Cardiovascular Diseases <ul style="list-style-type: none"> ○ Cardiac Rehab ○ Heart Failure ○ Heart Surgery ○ Implantable Devices ○ Cardiac Transplants 	
	20	Chapter 8	<ul style="list-style-type: none"> • Cardiovascular Diseases <ul style="list-style-type: none"> ○ Peripheral Vascular Disease ○ Stroke • Pulmonary Diseases 	Quiz #4 Monday February 24th @ 11:59 pm

			<ul style="list-style-type: none"> ○ Asthma ○ COPD 	
	25	PPT Lecture	<ul style="list-style-type: none"> ● Cardiometabolic Pathologies 	
	27	Chapter 9	<ul style="list-style-type: none"> ● Cardiometabolic Diseases <ul style="list-style-type: none"> ○ Diabetes ○ Dyslipidemia ○ Hypertension 	
March	4	Chapter 9 (ONLINE)	<ul style="list-style-type: none"> ● Cardiometabolic Diseases <ul style="list-style-type: none"> ○ Kidney Disease ○ Metabolic Syndrome ○ Obesity 	Quiz #5 Sunday March 9th @ 11:59 pm
	6	NO CLASS TRAVEL DPT PROGRAM		
	11	SPRING BREAK		
	13			
	18	PPT & Chap. 8-9	Exam 2	
	20	PPT Lecture	<ul style="list-style-type: none"> ● Musculoskeletal Pathologies 	
	25	Chapter 10	<ul style="list-style-type: none"> ● Musculoskeletal Diseases <ul style="list-style-type: none"> ○ Arthritis ○ Fibromyalgia ○ Osteoporosis 	Quiz #6 Monday March 31st @ 11:59 pm
27	PPT Lecture	<ul style="list-style-type: none"> ● Neurological Pathologies 		
April	1	Chapters 10-11	<ul style="list-style-type: none"> ● Neurological Diseases <ul style="list-style-type: none"> ○ Multiple Sclerosis ○ Spinal Cord Injury ○ Alzheimer's ○ Parkinson's 	
	3	Chapter 11	<ul style="list-style-type: none"> ● Neurological Diseases <ul style="list-style-type: none"> ○ Cerebral Palsy ○ Intellectual Disability/Down Syndrome 	Quiz #7 Monday April 7th @ 11:59 pm
	8	PPT Lecture	<ul style="list-style-type: none"> ● Neurobehavioral Pathologies 	
	10	Chapter 11	<ul style="list-style-type: none"> ● Neurobehavioral Diseases <ul style="list-style-type: none"> ○ ADHD ○ Anxiety & Depression ○ Autism 	Quiz #8 Monday April 14th @ 11:59 pm
	15	PPT & Chaps. 10-11	Exam 3	
	17	PPT Lecture	<ul style="list-style-type: none"> ● Immune Pathologies <ul style="list-style-type: none"> ○ Cancer ○ HIV 	
	22	Chapter 10	<ul style="list-style-type: none"> ● Immune Diseases 	Quiz #9

			<ul style="list-style-type: none"> ○ Cancer ○ HIV 	Monday April 28th @ 11:59 pm
	24	PPT & Chaps. 10, 12	Exam 4	
	29	NO CLASS TRAVEL TO DPT PROGRAM WORK ON FINAL PROJECT		
May	1	NO CLASS TRAVEL TO DPT PROGRAM WORK ON FINAL PROJECT		
		Final Project		

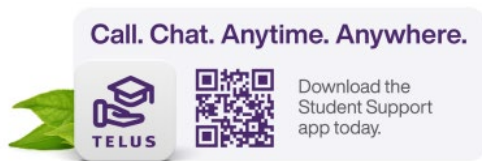
IMPORTANT POLICIES AND RESOURCES

Academic Accommodations for Individuals with Disabilities: Texas A&M University-San Antonio is committed to providing all students with reasonable access to learning opportunities and accommodations in accordance with The Americans with Disabilities Act, as amended, and Section 504 of the Rehabilitation Act. If you experience barriers to your education due to a disability or think you may have a disability, Disability Support Services is located in the Central Academic Building, Suite 210. You can also contact us via phone at (210) 784-1335, visit us <https://www.tamusa.edu/Disability-Support-Services/index.html> or email us at dss@tamusa.edu. Disabilities may include, but are not limited to, attentional, learning, mental health, sensory, physical, or chronic health conditions. All students are encouraged to discuss their disability-related needs with Disability Support Services and their instructors as soon as possible.

Academic Learning Center: The Academic Learning Center provides free course-based tutoring to all currently enrolled students at Texas A&M University-San Antonio. Students wishing to work with a tutor can make appointments through the Brainfuse online tutoring platform. Brainfuse can be accessed in the Tools section of Blackboard. You can contact the Academic Learning Center by emailing tutoring@tamusa.edu, calling (210) 784-1307, or visiting the Central Academic Building, room 202.

Counseling/Mental Health Resources: As a college student, there may be times when personal stressors interfere with your academic performance and negatively impact your daily functioning. If you are experiencing emotional difficulties or mental health concerns, support is available to you through the Student Counseling Center (SCC). To schedule an appointment, call 210-784-1331 or visit Madla 120. All mental health services provided by the SCC are free and confidential (as the law allows). The Student Counseling Center provides brief individual and group therapy, crisis intervention, consultation, case management, and prevention services. For more information on SCC services visit tamusa.edu/studentcounseling

Crisis support is available 24/7 by calling the SCC at 210-784-1331 (after-hours select option '2'). Additionally, the TELUS Student Support App provides a variety of mental health resources to including support for in the moment distress, an anonymous peer to peer support network, mental health screenings, podcasts, and articles to improve your mental wellbeing.



Emergency Preparedness: JagE Alert is Texas A&M University-San Antonio's mass notification. In the event of an emergency, such as inclement weather, students, staff and faculty, who are registered, will have the option to receive a text message, email with instructions and updates. To register or update your information visit: <https://tamusa.bbcportal.com/>.

More information about Emergency Operations Plan and the Emergency Action Plan can be found here: <https://www.tamusa.edu/about-us/emergency-management/>.

Download the SafeZone App (<https://safezoneapp.com/>) for emergencies or call (210) 784-1911. Non-Emergency (210) 784-1900.

Financial Aid and Verification of Attendance: According to the following federal regulation, 34 CFR 668.21: U.S. Department of Education (DoE) Title IV regulation, a student can only receive Title IV funds based on Title IV eligibility criteria which include class attendance. If Title IV funds are disbursed to ineligible students (including students who fail to begin attendance), the institution must return these funds to the U.S. DoE within 30 days of becoming aware that the student will not or has not begun attendance. Faculty will provide the Office of Financial Aid with an electronic notification if a student has not attended the first week of class. Any student receiving federal financial aid who does not attend the first week of class will have their aid terminated and returned to the DoE. Please note that any student who stops attending at any time during the semester may also need to return a portion of their federal aid.

Writing, Language, and Digital Composing Center: The Writing, Language, and Digital Composing Center supports graduate and undergraduate students in all three colleges as well as faculty and staff. Tutors work with students to develop reading skills, prepare oral presentations, and plan, draft, and revise their written assignments. Our language tutors support students enrolled in Spanish courses and students composing in Spanish for any assignment. Our digital studio tutors support students working on digital projects such as eportfolios, class presentations, or other digital multimedia projects. Students can schedule appointments through JagWire under the Student Services tab. Click on "Writing, Language, and Digital Composing Center" to make your appointment. The Center offers face-to-face, synchronous online, and asynchronous digital appointments. More information about what services we offer, how to make an appointment, and how to access your appointment can be found on our website at <https://www.tamusa.edu/academics/>.

Meeting Basic Needs: Any student who has difficulty affording groceries or accessing sufficient food to eat every day or who lacks a safe and stable place to live, and believes this may affect their performance in the course, is urged to submit a CARE referral (<https://www.tamusa.edu/university-policies/Student-Rights-and-Responsibilities/file-a-report.html>) for support. Furthermore, please notify the professor if you are comfortable in doing so. This will enable them to direct you to available resources.

Military Affairs: Veterans and active-duty military personnel are welcome and encouraged to visit the Office of Military Affairs for any questions about federal or state VA Education Benefits. Visit the Patriots'

Casa building, room 202, or contact the Office of Military Affairs with any questions at military.va@tamusa.edu or (210)784-1397.

Religious Observances: Texas A&M University-San Antonio recognizes the diversity of faiths represented among the campus community and protects the rights of students, faculty, and staff to observe religious holidays according to their traditions. Under the policy, students can make up any examination, study, or coursework requirements that may be missed due to religious observance, provided they notify their instructors before the end of the second week of classes for regular session classes.

The Six-Drop Rule: Students are subject to the requirements of Senate Bill (SB) 1231 passed by the Texas Legislature in 2007. SB 1231 limits students to a maximum of six (6) non-punitive course drops (i.e., courses a student chooses to drop) during their undergraduate careers. A non-punitive drop does not affect the student's GPA. However, course drops that exceed the maximum allowed by SB 1231 will be treated as "F" grades and will impact the student's GPA.

Statement of Harassment and Discrimination: Texas A&M University-San Antonio is committed to the fundamental principles of academic freedom, equal opportunity, and human dignity. To fulfill its multiple missions as an institution of higher learning, A&M-San Antonio encourages a climate that values and nurtures collegiality and the uniqueness of the individual within our state, nation, and world. All decisions and actions involving students and employees should be based on applicable law and individual merit. Texas A&M University-San Antonio, in accordance with applicable federal and state law, prohibits discrimination, including harassment, on the basis of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation, gender identity, gender expression, or pregnancy/parenting status. Individuals who believe they have experienced harassment or discrimination prohibited by this statement are encouraged to contact the appropriate offices within their respective units. Texas A&M University-San Antonio faculty are committed to providing a safe learning environment for all students and for the university as a whole. If you have experienced any form of sex- or gender-based discrimination or harassment, including sexual assault, sexual harassment, domestic or dating violence, or stalking, know that help and support are available. A&M-San Antonio's Title IX Coordinator can support those impacted by such conduct in navigating campus life, accessing health and counseling services, providing academic and housing accommodations, and more. The university strongly encourages all students to report any such incidents to the Title IX Coordinator. Please be aware that all A&M-San Antonio employees (other than those designated as confidential resources such as counselors and trained victim advocates) are required to report information about such discrimination and harassment to the university. This means that if you tell a faculty member about a situation of sexual harassment, sexual violence, or other related misconduct, the faculty member must share that information with the university's Title IX Coordinator (titleix@tamusa.edu, 210-784-2061, CAB 439K). If you wish to speak to a confidential employee who does not have this reporting requirement, you can contact the Student Counseling Center at (210) 784-1331 or visit them in Madla 120.

Pregnant/Parenting Students: Texas A&M-San Antonio does not require a pregnant or parenting student, solely because of that status or issues related to that status, to (1) take a leave of absence or withdraw from their degree or certificate program; (2) limit the student's studies; (3) participate in an alternative program; (4) change the student's major, degree, or certificate program; or (5) refrain from joining or cease

participating in any course, activity, or program at the University. The university will provide such reasonable accommodations to pregnant students as would be provided to a student with a temporary medical condition that are related to the health and safety of the student and the student's unborn child. These could include maintaining a safe distance from substances, areas, and activities known to be hazardous to pregnant individuals and their unborn child; excused absences because of illness or medical appointments; modified due dates for assignments; rescheduled tests/exams; taking a leave of absence; and being provided access to instructional materials and video recordings of lectures for excused absences, if these would be provided to any other student with an excused absence. Pregnant/parenting students are encouraged to contact the Title IX Coordinator with any questions or concerns related to their status (titleix@tamusa.edu; 210-784-2061; CAB 439K).

Texas A&M-San Antonio has also designated the Title IX Coordinator as the liaison officer for current or incoming students who are the parent or guardian of a child younger than 18 years of age. The Title IX Coordinator can provide students with information regarding support services and other resources.

Students' Rights and Responsibilities: The following statement of students' rights and responsibilities is intended to reflect the philosophical base upon which University Student Rules are built. This philosophy acknowledges the existence of both rights and responsibilities, which is inherent to an individual not only as a student at Texas A&M University-San Antonio but also as a citizen of this country.

Students' Rights

- A student shall have the right to participate in a free exchange of ideas, and there shall be no University rule or administrative rule that in any way abridges the rights of freedom of speech, expression, petition and peaceful assembly as set forth in the U.S. Constitution.
- Each student shall have the right to participate in all areas and activities of the University, free from any form of discrimination, including harassment, on the basis of race, color, national or ethnic origin, religion, sex, disability, age, sexual orientation, gender identity, gender expression, and pregnancy/parenting or veteran status in accordance with applicable federal and state laws.
- A student has the right to personal privacy except as otherwise provided by law, and this will be observed by students and University authorities alike.
- Each student subject to disciplinary action arising from violations of university student rules shall be assured a fundamentally fair process.

Students' Responsibilities

- A student has the responsibility to respect the rights and property of others, including other students, the faculty, and administration.
- A student has the responsibility to be fully acquainted with the published University Student Rules found in the Student Handbook, [Student Code of Conduct](#), on our website, and University Catalog, and to comply with them, as well as with federal, state, and local laws.
- A student has the responsibility to recognize that student actions reflect upon the individuals involved and upon the entire University community.
- A student has the responsibility to recognize the University's obligation to provide a safe environment for learning.

- A student has the responsibility to check their university email for any updates or official university notifications.
- We expect that students will behave in a manner that is dignified, respectful, and courteous to all people, regardless of sex, ethnic/racial origin, religious background, sexual orientation, or disability. Conduct that infringes on the rights of another individual will not be tolerated.
- Students are expected to exhibit a high level of honesty and integrity in their pursuit of higher education. Students engaging in an act that violates the standards of academic integrity will find themselves facing academic and/or disciplinary sanctions. Academic misconduct is any act, or attempt, which gives an unfair advantage to the student. Additionally, any behavior specifically prohibited by a faculty member in the course syllabus or class discussion may be considered as academic misconduct. For more information on academic misconduct policies and procedures please review the Student Code of Conduct (<https://www.tamusa.edu/university-policies/student-rights-and-responsibilities/documents/Student-Handbook-2022-23.pdf>) or visit the resources available in the OSRR website (<https://www.tamusa.edu/university-policies/student-rights-and-responsibilities/academic-integrity.html>).

NO USE OF GENERATIVE AI PERMITTED

This class assumes that all work submitted by students will be generated by the students, working individually or in groups. Students should not have another person/entity write any portion of an assignment for them, which includes hiring a person or a company to write assignments and/or using artificial intelligence (AI) tools like ChatGPT. Use of any AI-generated content in this course qualifies as academic dishonesty and violates Texas A&M-San Antonio's standards of academic integrity.

IMPORTANT DATES

Spring 2025 Regular 16-Week Session		
October 21	Monday	Registration opens
December 23-January 1	Monday-Wednesday	Winter Break
January 14	Tuesday	Tuition & fee payment deadline
January 16	Thursday	Drop for non-payment
January 17	Friday	Last day for students withdrawing to receive 100% refund (0% responsibility) for tuition
January 20	Monday	Martin Luther King, Jr. Day - No classes
January 21	Tuesday	First class day
January 28	Tuesday	Last day to register
February 5	Wednesday	Census Date
February 6	Thursday	Drop for non-payment
February 24-March 7	Monday-Friday	Midterm grading period
March 10-March 15	Monday-Saturday	Spring Break
April 18	Friday	Study day - No classes
April 21	Monday	Last day to drop with an automatic grade of "W"
April 28	Monday	Last day to withdraw from the university
May 5	Monday	Last day of scheduled classes for weekday classes
May 6	Tuesday	Study day - No classes
May 7-May 13	Wednesday-Tuesday	Final examinations
May 13	Tuesday	End of term
May 16	Friday	All grades due by noon
May 19	Monday	Grades available in JagWire
May 20	Tuesday	Commencement