Physiology of Exercise Laboratory

Course Syllabus | KINE 3112 | Fall 2020

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T / W 12-1:30 p.m. or by appointment
Appointments also available by phone or Zoom

Course Information

About This Course

The goal of this lab course is to complement KINE 3311 by (a) reinforcing basic exercise physiology concepts via application, (b) increasing awareness of laboratory tests and measurements commonly used in exercise physiology studies of humans, (c) developing selected laboratory skills and (d) practicing collection, evaluation and reporting of data.

Student Learning Outcomes

The student who successfully completes this course will:

- Have selected laboratory skills commonly used in testing responses of humans to exercise;
- Be able to apply exercise physiology concepts to real-world examples;
- Be able to explain selected physical fitness test procedures and results of fitness tests in relation to norms;
- Be able to describe the importance of accurate data and limitations of collection of data from human subjects in research related to problems in exercise physiology

Prerequisites/Corequisites

Prerequisites: Prior credit in Anatomy & Physiology. It is assumed that you have completed both Anatomy & Physiology I & II.

Corequisite: Past or current enrollment in KINE 3311 (lecture)

Materials

- NOT required: Textbook (various readings will be distributed via Canvas)
- Recommended: Bound notebook for taking notes during lab sessions
- Required: Exercise clothing and athletic/running shoes

Course Structure

Course Website

Course content will be delivered through ***Canvas***. You can access Canvas through the UT Tyler Logins link at the top of the UT Tyler main website (you will need your ID and password). Important class resources, including the syllabus, course schedule, announcements, and external links, as well as the learning modules will be accessed here. The **GETTING STARTED** tab on the course Home page will explain the different functions you will use in this class.

Course Format

This class will consist of both online background/demonstration days and lab activity days. On ***Online Days***, the theoretical background for the lab activity and a demonstration of the techniques for data collection will be presented on Canvas. On ***Lab Activity Days***, students will complete the lab and collect data in class with fellow classmates. The students in each section will be divided up into two groups. For Lab Activity days, the first group will meet during the first hour of their class section time and the second group will meet during the second hour of their section time. A sign-up sheet will be provided in Canvas for each section of the course.

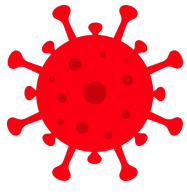
Online Day (Canvas)

- Lecture/Demo/Activity
- Do not come to lab this day
- Online Quiz and/or lab homework (due by 8 a.m. of next week's lab day)

Activity Day (Lab)

- Complete pre-lab module on Canvas
- Complete lab in class at assigned time
- Online Quiz and/or lab homework (due by 8 a.m. of next week's lab day)

COVID-19 Risk Mitigation



Important COVID-19 Information for Classrooms and Laboratories

Students are required to wear face masks covering their nose and mouth, and **follow social distancing guidelines,** at all times in public settings (including classrooms and laboratories), as specified by the Procedures for Fall 2020 Return to Normal Operations. The UT Tyler community of Patriots views adoption of these practices consistent with its Honor Code and a sign of good citizenship and respectful care of fellow classmates, faculty, and staff.

Students who are feeling ill or experiencing symptoms such as sneezing, coughing, or a higher than normal temperature will be excused from class and should stay at home and may join the class remotely. Students who have difficulty adhering to the COVID-19 safety policies for health reasons are also encouraged to join the class remotely. Students needing additional accommodations may contact the Office of Student Accessibility and Resources at University Center 3150, or call (903) 566-7079 or email saroffice@uttyler.edu.

Information on the UT Tyler procedures for the Fall 2020 return to normal operations can be found at https://www.uttyler.edu/reboot/.

Course Communication

Email

Instructors are required to use your Patriots account e-mail address for e-mail correspondence. Therefore, any e-mail message originating from me will be sent to your Patriots account. You can send me email from either your Patriots account or through Canvas.

Emails should include

- ✓ First and last name
- ✓ **KINE 3112** and **section #**
- ✓ Proper punctuation

I will

- ✓ Check email regularly on weekdays
- ✓ Try to respond within 24-48 hours
- ✓ Respond only to your Patriots email

I will not

- ✓ Respond immediately to emails, especially on the weekends
- ✓ Send grades through email

Canvas

All course material, assignments, announcements, and reminders will be posted in the **Canvas** course page. It is your responsibility to check the course page. Announcements can be accessed by clicking on the Announcements tab in the navigation window on the left side of the page. An email of each announcement will also be sent out to your Patriots email account.

IT Support

If you experience technical problems with this course or Canvas, you can obtain assistance by contacting the **UT Tyler 24/7 Canvas Support**. This can be accessed by clicking **Help** at the bottom of the Global Navigation Menu on the far left side of the browser window in Canvas.

If you are experiencing login/password problems or need support for other technical issues, contact Campus Computing Services in the Business Building [BUS 101], by phone at 903-565-5555, or by email at **itsupport@uttyler.edu**.

Copyright

All handouts used in this course, including those delivered via Canvas, are copyrighted. The term "handouts" refers to all materials generated for this class, which include but are not limited to syllabi, quizzes, exams, assignment sheets, recorded lectures, outlines, lab problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy the handouts, unless I expressly grant permission.

Course Grading

▸ Lab Questions

A set of questions associated with each lab will be provided. Students will type up their answers to those questions and submit the assignment via Canvas. These are due by 8 a.m. on the day of the next lab (i.e., you have one week to complete them).

▸ Quizzes

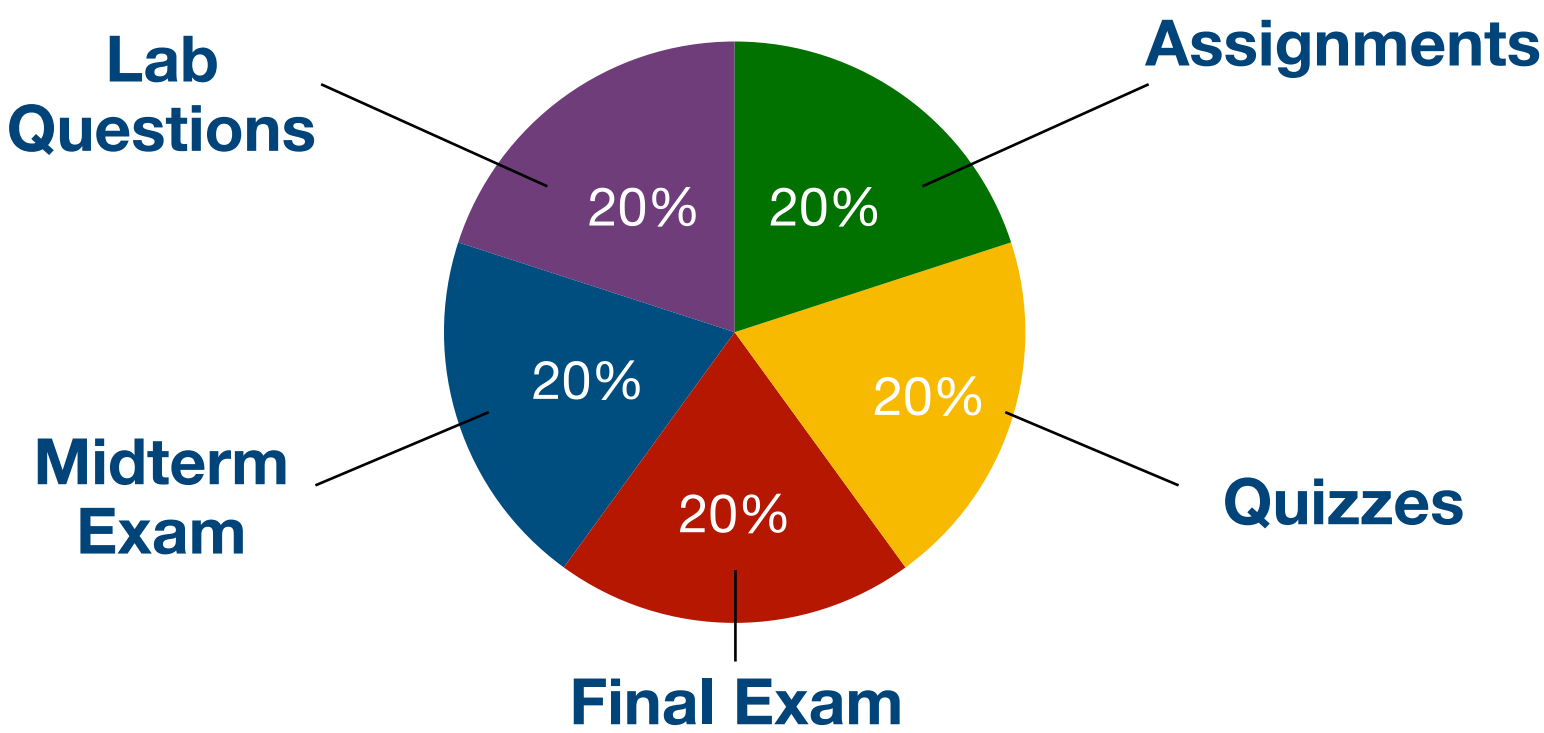
Each lab module will have an online quiz associate with it. These must completed by 8 a.m. on the day of the next lab (i.e., you have one week to complete them).

▸ Exams (Midterm & Final)

There will be a midterm and a final exam. The midterm will covers Labs 1-5 and the final exam will cover Lab 6-10. These will be taken on Canvas.

▸ Assignments

Written assignments may include case studies, research article reviews, and/or an end of the semester paper describing the physiological requirements of a particular sport and the physiological tests used in an exercise physiology lab to assess those physiological characteristics.



Modified 10-point Grading Scale

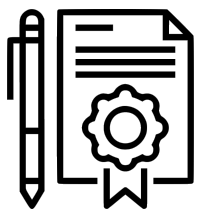
A	B	C	D	F
100 - 89.5 (Excellent)	89.49 - 79.5 (Above average)	79.49 - 69.5 (Average)	69.49 - 59.5 (Below average)	Below 59.5 (Well below avg)

Lab Policies & Expectations

Professionalism

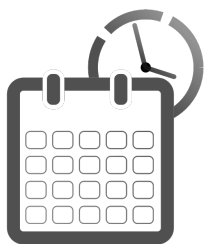
Students are expected to display a professional attitude in all aspects of the course, including online discussions, communication with the instructor and classmates, being attentive during lectures, and being respectful to the instructor and classmates. Please do not participate in any activity in the classroom that may be a distraction to others, including talking, eating, texting, or using your phone or devices for non-class purposes.

Quality of Work



All assignments, including exams, presentations, participation, and projects, will be graded with rigor appropriate for upper-level undergraduate course work. All written assignments should incorporate correct grammar, spelling, and a logical flow of ideas. I have little tolerance for bad grammar and spelling mistakes. Please use the Spelling and Grammar tool in your word processing software. All work submitted is expected to be original and your own. Any act of cheating or plagiarism will NOT be tolerated.

Late Work



Assignment instructions and due dates will be clearly posted and you will be given adequate time to complete your work. No assignments or discussion posts will be accepted past their deadlines.

Makeup Policy

Due to the participation element of this course, attendance is *required*. Making up missed work will be allowed ONLY according to University policies regarding attendance. Please be on time for your lab activity days.

Safety

All safety rules given in class or in Canvas must be followed. Disobeying these rules can lead to serious injury to you or your classmates.

Food and Drinks

No food or drink is allowed in the lab, other than water in a sealable bottle.

Technology

It is expected that each student is familiar with Canvas and proficient in Microsoft Office or Apple iWorks (or similar).

General Rules for Assignments

Study Guides

- Any study guides provided are intended only as a guide to help you study and is not to be viewed as the only source of questions that will be asked on the exam

Online Exams *(for classes with online exams)*

- Follow the provided instructions carefully to set up **ProctorU**
- Find a quiet place with a good high-speed internet connection
- Do not open the exam until you are ready to begin
- Once you begin the exam, you must finish it
- Cheating will not be tolerated. Any incidents reported by ProctorU during your exam will be reviewed and appropriate action will be taken, if necessary.

In Class Exams *(for classes with F2F component)*

- Arrive to class early. If you arrive after the exam has started, take your seat quietly. If you arrive after the first exam has been completed and turned in, you will not be allowed to take the exam.
- Bring pencils and erasers. All other personal items, including books, notes, laptops, cell phones, hats, earphones, Apple watches, etc. should either not be brought to class or left at the front of the room.
- No drinks or food are allowed during the exam
- Once the exam has been handed out, you may not leave the room until you turn in the exam. If you leave the classroom during the exam for anything other than an emergency, your exam will be collected and graded as is.
- Cheating will not be tolerated. Talking to anyone other than the instructor or proctor, using a cell phone (or similar), or having any course-related material out during the exam will be considered cheating and appropriate action will be taken.

Written Assignments

- Be sure to follow the instructions carefully for written assignments
- All work handed in is to be your own original work; cheating and plagiarism will not be tolerated.
- All assignments must be submitted by the stated due dates

Policy on Academic Dishonesty

At The University of Texas at Tyler, students and faculty are responsible for maintaining an environment that encourages academic integrity. Students and faculty members are required to report an observed or suspected case of academic dishonesty immediately to the faculty member in charge of an examination, classroom, or laboratory research project, or other academic exercise.

Since the value of an academic degree depends on the absolute integrity of the work done by the student for the degree, it is imperative that students maintain a high standard of individual honor in scholastic work. Scholastic dishonesty includes but is not limited to cheating, plagiarism, and collusion.

This class will be conducted in full compliance with the UT Tyler "no tolerance" policies concerning documented cases of plagiarism and/or academic dishonesty. Any act of **cheating** or **plagiarized work** submitted will result in a grade of zero for that assignment and further disciplinary action may be taken. Extreme cases or repeated violations may result in an F in the course and/or expulsion from the university. Please make use of the UT Tyler Writing Center if you have concerns about plagiarism.

Course Schedule

Note: The following schedule is tentative. It may be adjusted, as needed, during the semester to better serve the educational needs of those enrolled in the class.

For all In-Lab activities, each lab section will be divided into 2 groups:
Group A will attend from (10:00 - 10:50 a.m.) and Group B will attend from (11:00 - 11:50 a.m.)
Sign-up sheets will be provided in Canvas

Module	Date	Lab Topic	Will you exercise?
1	Sect 001: 8/25 Sect 002: 8/26 Sect 003: 8/27	**Introduction to the course; syllabus (Canvas)** **Complete Module in Canvas*	✖
2	Sect 001: 9/1 Sect 002: 9/2 Sect 003: 9/3	**Lab 1 - Lab Concepts & Pretest Screening (Canvas)** **Complete Module in Canvas* ***Quiz due before next week's lab (8 a.m.)*	✖
3	Sect 001: 9/8 Sect 002: 9/9 Sect 003: 9/10	**Lab 2 - Types of Muscle Contraction (In Lab)** **Complete Module **before** class* ***Quiz & HW due before next week's lab (8 a.m.)*	✅ (Very light)
4	Sect 001: 9/15 Sect 002: 9/16 Sect 003: 9/17	**Lab 3 - EMG Activity with Muscle Contractions (In Lab)** **Complete Module **before** class* ***Quiz & HW due before next week's lab (8 a.m.)*	Technically, yes, but nothing strenuous
5	Sect 001: 9/22 Sect 002: 9/23 Sect 003: 9/24	**Lab 4 - Neuromuscular Fitness Testing (On your own)** **Complete Module in Canvas* ***Quiz & HW due before next week's lab (8 a.m.)*	✅ (Moderate)
6	Sect 001: 9/29 Sect 002: 9/30 Sect 003: 10/1	**Lab 5 - Work/Power/Energy (Canvas)** **Complete Module in Canvas* ***Quiz & HW due before next week's lab (8 a.m.)*	✖
7	Sect 001: 10/6 Sect 002: 10/7 Sect 003: 10/8	***Midterm Exam (Canvas)***	
8	Sect 001: 10/13 Sect 002: 10/14 Sect 003: 10/15	**Lab 6 - VO_2 response to exercise (Canvas)** **Complete Module in Canvas* ***Quiz & HW due before next week's lab (8 a.m.)*	✖
9	Sect 001: 10/20 Sect 002: 10/21 Sect 003: 10/22	**Lab 7 - Aerobic Power Field Tests (In Lab)** **Complete Module **before** class* ***Quiz & HW due before next week's lab (8 a.m.)*	✅ (Intense)
10	Sect 001: 10/27 Sect 002: 10/28 Sect 003: 10/29	**Lab 8 - Anaerobic Power Tests (In Lab)** **Complete Module **before** class* ***Quiz & HW due before next week's lab (8 a.m.)*	✅ (Intense)
11	Sect 001: 11/3 Sect 002: 11/4 Sect 003: 11/5	**Lab 9 - Blood Lactate Response to Exercise (TBD)** **Complete Module **before** class* ***Quiz & HW due before next week's lab (8 a.m.)*	**TBD**
12	Sect 001: 11/10 Sect 002: 11/11 Sect 003: 11/12	**Lab 10 - Heart Rate Response to Exercise (In Lab)** **Complete Module **before** class* ***Quiz & HW due before next week's lab (8 a.m.)*	✅ (Moderate)
13	Sect 001: 11/17 Sect 002: 11/18 Sect 003: 11/19	***Final Exam (Canvas)***	
	11/23 - 11/27	***THANKSGIVING BREAK***	
14	Sect 001: 12/1 Sect 002: 12/2 Sect 003: 12/3	**Final Assignment due (Canvas)**	
15	***12/7***	***Finals Week (No labs)***	

Important Dates

ACADEMIC CALENDAR 2020-2021
Fall Semester 2020 – 15-Week Session

AUGUST

AUGUST 2020						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	**17**	18	19	20	**21**	22
23	**24**	25	26	27	28	29
30	31					

17 First Day for Faculty
21 Opening Convocation
New Student Convocation
Payment Deadline, 5:00PM CST
24 Classes begin for 15-Week session

SEPTEMBER

SEPTEMBER 2020						
S	M	T	W	T	F	S
		1	2	3	**4**	5
6	**7**	8	9	10	11	12
13	**14**	**15**	16	17	18	19
20	21	22	23	24	25	26
27	**28**	29	30			

4 **Census Date**; deadline for all 15-Week session registrations and schedule changes
7 Labor Day holiday; all offices closed, no classes held
14 Deadline to resolve outstanding items for Summer 2020 graduation
15 First Day to File for Summer 2021 Graduation
28 Mid-Term Grade Rosters Open

OCTOBER

OCTOBER 2020						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	**9**	10
11	12	13	14	15	16	17
18	**19**	20	21	22	23	24
25	26	27	28	29	30	31

1 Final Filing Deadline for Fall 2020 Graduation
9 Textbook orders due from Faculty for Spring 2021
19 Last Day to enter Mid-Term Grades for 15-Week session

NOVEMBER

NOVEMBER 2020						
S	M	T	W	T	F	S
1	**2**	**3**	**4**	**5**	**6**	7
8	9	10	11	12	13	14
15	**16**	17	18	19	**20**	21
22	**23**	**24**	**25**	**26**	**27**	**28**
29	30					

2 Registration for Spring 2021 begins for graduate/senior/Presidential Fellow/Honors/GATE/SI Leader/NCAA students
Last Day to Withdraw from one or more 15-Week courses
3 Registration for Spring 2021 begins for juniors
4 Registration for Spring 2021 begins for sophomores
5 Registration for Spring 2021 begins for freshmen
6 Last day to schedule thesis or dissertation defense for Fall 2020 Graduation
16 Priority Filing Date for Spring 2021 Graduation
20 Last day to submit completed thesis or dissertation for Fall Graduation
23-28 Thanksgiving holidays for faculty and students
26-27 Thanksgiving holidays for staff, all offices closed
30 All classes will occur online

DECEMBER

DECEMBER 2020						
S	M	T	W	T	F	S
		1	**2**	**3**	**4**	**5**
6	**7**	**8**	**9**	**10**	**11**	**12**
13	14	**15**	16	17	18	19
20	21	22	**23**	**24**	**25**	**26**
27	**28**	**29**	**30**	**31**		

1-5 All classes will occur online
7 Study Day
Final exams online for classes meeting only on Monday and Monday/Wednesday classes meeting at 7:00 p.m. and later
8 Final grade rosters open for 15-Week session
8-12 Final exams online for all other 15-Week session classes
11-12 **Fall 2020 Commencement rescheduled to 4/30-5/1/2021**
12 End of 15-Week session
15 Final 15-Week grades due in Faculty Center by 12:00PM CST
23-31 Winter Holidays for staff

University Policies

(From the *Handbook of Operating Procedures* and the UT Tyler Website)

STUDENT RIGHTS AND RESPONSIBILITIES
To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link: http://www.uttyler.edu/wellness/rightsresponsiblities.php

GRADE REPLACEMENT/FORGIVENESS
Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. Grade Replacement Contracts are available in the Enrollment Services Center or at http://www.uttyler.edu/registrar. Each semester's Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar.

Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

The Census Date is the deadline for many forms and enrollment actions that students need to be aware of. These include:

- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
- Receiving 100% refunds for partial withdrawals. (There is no refund for these after the Census Date)
- Schedule adjustments (section changes, adding a new class, dropping without a "W" grade)
- Being reinstated or re-enrolled in classes after being dropped for non-payment
- Completing the process for tuition exemptions or waivers through Financial Aid

STATE-MANDATED COURSE DROP POLICY
Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the census date (See Academic Calendar for the specific date).

Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Enrollment Services Center and must be accompanied by documentation of the extenuating circumstance. Please contact the Enrollment Services Center if you have any questions.

DISABILITY SERVICES
In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University of Tyler at Texas offers accommodations to students with learning, physical and/or psychological disabilities. If you have a disability, including non-visible diagnosis such as a learning disorder, chronic illness, TBI, PTSD, ADHD, or you have a history of modifications or accommodations in a previous educational environment, you are encouraged to visit https://hood.accessiblelearning.com/UTTyler and fill out the New Student application. The **Student Accessibility and Resources** (SAR) office will contact you when your application has been submitted and an appointment with Cynthia Lowery, Assistant Director Student Services/ADA Coordinator. For more information, including filling out an application for services, please visit the SAR webpage at http://www.uttyler.edu/disabilityservices, the SAR office located in the University Center, # 3150 or call 903.566.7079.

STUDENT ABSENCE DUE TO RELIGIOUS OBSERVANCE
Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

STUDENT ABSENCE FOR UNIVERSITY-SPONSORED EVENTS AND ACTIVITIES
If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

SOCIAL SECURITY AND FERPA STATEMENT
It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

EMERGENCY EXITS AND EVACUATION
Everyone is required to exit the building when a fire alarm goes off. Follow your instructor's directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.

UT TYLER HONOR CODE
Every member of the UT Tyler community joins together to embrace: Honor and integrity that will not allow me to lie, cheat, or steal, nor to accept the actions of those who do.

CAMPUS CARRY
We respect the right and privacy of students 21 and over who are duly licensed to carry concealed weapons in this class. License holders are expected to behave responsibly and keep a handgun secure and concealed. More information is available at http://www.uttyler.edu/about/campus-carry/index.php

UT TYLER A TOBACCO-FREE UNIVERSITY
All forms of tobacco will not be permitted on the UT Tyler main campus, branch campuses, and any property owned by UT Tyler. This applies to all members of the University community, including students, faculty, staff, University affiliates, contractors, and visitors.

Forms of tobacco not permitted include cigarettes, cigars, pipes, water pipes (hookah), bidis, kreteks, electronic cigarettes, smokeless tobacco, snuff, chewing tobacco, and all other tobacco products.

There are several cessation programs available to students looking to quit smoking, including counseling, quitlines, and group support. For more information on cessation programs please visit www.uttyler.edu/tobacco-free.

UT TYLER RESOURCES FOR STUDENTS

- UT Tyler Writing Center (903.565.5995), writingcenter@uttyler.edu
- UT Tyler Tutoring Center (903.565.5964), tutoring@uttyler.edu
- The Mathematics Learning Center, RBN 4021, this is the open access computer lab for math students, with tutors on duty to assist students who are enrolled in early-career courses.
- UT Tyler Counseling Center (903.566.7254)

University Policies

(From the *Handbook of Operating Procedures* and the UT Tyler Website)

STUDENT STANDARDS OF ACADEMIC CONDUCT

Disciplinary proceedings may be initiated against any student who engages in scholastic dishonesty, including, but not limited to, cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.

i. "Cheating" includes, but is not limited to:
   - copying from another student's test paper;
   - using, during a test, materials not authorized by the person administering the test;
   - failure to comply with instructions given by the person administering the test;
   - possession during a test of materials which are not authorized by the person giving the test, such as class notes or specifically designed "crib notes". The presence of textbooks constitutes a violation if they have been specifically prohibited by the person administering the test;
   - using, buying, stealing, transporting, or soliciting in whole or part the contents of an unadministered test, test key, homework solution, or computer program
   - collaborating with or seeking aid from another student during a test or other assignment without authority;
   - discussing the contents of an examination with another student who will take the examination;
   - divulging the contents of an examination, for the purpose of presenting questions for use by another, when the instructors has designated that the examination is not to be removed from the examination room or not to be returned or to be kept by the student;
   - substituting for another person, or permitting another person to substitute for oneself to take a course, a test, or any course-related assignment;
   - paying or offering money or other valuable thing to, or coercing another person to obtain an unadministered test, test key, homework solution, or computer program or information about an unadministered test, test key, homework solution, or computer program;
   - falsifying research data, laboratory reports, and/or other academic work offered for credit;
   - taking, keeping, misplacing, or damaging the property of The University of Texas at Tyler, or of another, if the student knows or reasonable should know that an unfair academic advantage would be gained by such conduct;
   - misrepresenting facts, including providing false grades or resumes, for the purpose of obtaining an academic or financial benefit or injuring another student academically or financially.

II. "Plagiarism" includes, but is not limited to, the appropriation, buying, receiving as a gift, or obtaining by any means another's work and the submission of it as one's own academic work offered for credit.

III. "Collusion" includes, but is not limited to, the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any section of the rules on scholastic dishonesty.

IV. All written work that is submitted will be subject to review by plagiarism software.