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Office hours: Tuesdays/Thursdays 1 – 3 p.m.
Appointments during office hours or confirmed via email

COURSE DESCRIPTION

KINE 3112 – Physiology of Exercise Laboratory (1 semester credit hour)

CO-REQUISITE - Past or Current enrollment in KINE 3311 Physiology of Exercise

COURSE OBJECTIVES

The goal of the co-requisite course KINE 3311 is that the student learns the basic concepts of exercise physiology (exercise physiology is the study of how the body functions in response to exercise), including normal and abnormal responses of variables to acute and chronic exercise of various types. The general goal of KINE 3112 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.

SPECIFIC LEARNING OUTCOMES

The student who successfully completes this course will:

1. have selected laboratory skills commonly used in testing responses of humans to exercise;
2. be able to apply exercise physiology concepts to real-world examples;
3. be able to explain selected physical fitness test procedures and results of fitness tests in relation to norms; and
4. 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.

REQUIRED MATERIALS

No textbook is required. Various readings will be assigned on printed handouts or web-based materials. It is recommended that each student have a bound notebook for taking notes during lab sessions.

LABORATORY ATTENDANCE AND MAKE-UP 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.
GENERAL RULES FOR ASSIGNMENTS

• All work must be submitted at the beginning of class on the stated due date. **NO LATE WORK WILL BE ACCEPTED.**
• All written work, including exams and assignments, must be written legibly or typed according to the assignment instructions.
• Any assignment that you hand in for a grade is expected to be original and your own work.

EVALUATION

<table>
<thead>
<tr>
<th>Assignment Type</th>
<th>Number of Assignments</th>
<th>Points Per Assignment</th>
<th>Total Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quizzes</td>
<td>10*</td>
<td>50</td>
<td>450</td>
</tr>
<tr>
<td>Article Review</td>
<td>1</td>
<td>50</td>
<td>50</td>
</tr>
<tr>
<td>Exams</td>
<td>2</td>
<td>250</td>
<td>500</td>
</tr>
</tbody>
</table>

*Lowest quiz grade will be dropped

**Total Possible Points: 1000**

A: >900  
B: 800 - 899  
C: 700 - 799  
D: 600 - 699  
F: < 600

Students are required to take an active role in the learning process. This includes taking notes during class, studying before class to prepare for quizzes (note that individuals only retain about 20% of material without studying), asking questions when material is confusing, using extra materials posted on Canvas, and seeking help from other students and/or the professor when studying.

DAILY LAB STRUCTURE

• Each lab will begin on time.
• The first 15 minutes of class will be used to take a quiz over the previous week’s material.
  o Quizzes will consist of multiple choice, T/F, short answer, drawing graphs, etc.
• We will briefly review the answers on the quiz and discuss. Quizzes will be available for students to review the next class period.
• The next 30-45 minutes will review the major concepts from lecture that relate to this week’s lab.
• We will then apply the information to real world concepts.
• Last, students will demonstrate/experience the concepts discussed in the lab.

COURSE POLICIES AND EXPECTATIONS

In addition to the course policies mentioned elsewhere in this syllabus, the following course policies will be strictly adhered to, without exception:

1. Be on time for lab. Your lab report grade may be adversely affected.
2. You may (and are encouraged to) work in groups to complete assignments. However, your work is expected to be original and to be your own. **Any** act of cheating or plagiarism will result in a minimal penalty of a zero for that particular assignment up to dismissal from the course, and further discipline by the university. (This means put everything in your own words!)
3. It is expected that each student is proficient in the use of Microsoft Office (Word, PowerPoint, Excel) or Apple iWork (Pages, Keynote, Numbers). The applications will be used periodically during class. If you do not know how to use these applications, seek help from Computer Services.
4. It is expected that each student is familiar with Canvas. If you have never used Canvas before, let me know as soon as possible.
5. Phone calls are not to be taken during class unless you are expecting an emergency call. If you are expecting an emergency call during class, notify me prior to the beginning of class and take the call outside of the room.
6. No food or drink is allowed in the lab, other than water. Water needs to be in a sealable bottle.
7. All safety rules given in class must be followed. Disobeying these rules can lead to serious injury to you or your classmates.

**EXERCISE PHYSIOLOGY LAB – TENTATIVE COURSE SCHEDULE**

<table>
<thead>
<tr>
<th>Week of:</th>
<th>Topic(s)</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 14</td>
<td>Introduction/Syllabus Overview</td>
<td></td>
</tr>
<tr>
<td>Jan 21</td>
<td>Introduction to Lab Concepts</td>
<td>No Quiz</td>
</tr>
<tr>
<td>Jan 28</td>
<td>Types of Muscle Contraction and Muscle Damage</td>
<td>Quiz 1 – Lab concepts</td>
</tr>
<tr>
<td>Feb 4</td>
<td>EMG Activity with Muscle Contractions</td>
<td>Quiz 2 – Muscle Contraction</td>
</tr>
<tr>
<td>Feb 11</td>
<td>Work/Power/Energy</td>
<td>Quiz 3 – EMG</td>
</tr>
<tr>
<td>Feb 13</td>
<td>Metabolism – Response of VO₂ to Exercise</td>
<td>No in class quiz; Quiz 4=HW due start of class VO₂max Testing = Quiz 5</td>
</tr>
<tr>
<td>Feb 25</td>
<td>Metabolism – RER and Oxidative Metabolism Substrates</td>
<td>Quiz 6 – VO₂</td>
</tr>
<tr>
<td>Mar 4</td>
<td>MID-TERM EXAM</td>
<td>Material Covering Labs 2-7</td>
</tr>
<tr>
<td>Mar 11</td>
<td>SPRING BREAK – NO CLASS</td>
<td></td>
</tr>
<tr>
<td>Mar 18</td>
<td>Metabolism – Anaerobic Power</td>
<td>No Quiz, Everyone High Intensity Exercise</td>
</tr>
<tr>
<td>Mar 25</td>
<td>Metabolism - Blood Lactate</td>
<td>Quiz 7 – Anaerobic Power</td>
</tr>
<tr>
<td>Apr 1</td>
<td>Cardiorespiratory – Response of HR</td>
<td>Everyone Mod./High Intensity Exercise Quiz 8 – Lactate</td>
</tr>
<tr>
<td>Apr 8</td>
<td>Cardiorespiratory – Response of BP, SV and Q</td>
<td>Everyone Light Exercise Quiz 9 – 25pts HW and 25 pt in class quiz</td>
</tr>
<tr>
<td>Apr 15</td>
<td>In Class Worksheet</td>
<td>Everyone Exercise Quiz 10 - BP</td>
</tr>
<tr>
<td>Apr 22</td>
<td>FINAL EXAM</td>
<td>Material Covering Labs 10-14</td>
</tr>
<tr>
<td>Apr 29</td>
<td>‘Finals’ Week – NO CLASS</td>
<td>Paper assignment due through Canvas</td>
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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/rightsresponsibilities.php

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:

"Cheating" includes:
1. Copying from the paper of another student, engaging in written, oral or any other means of communication with another student, or giving aid to or seeking aid from another student when not permitted by the instructor;
2. Using material during an examination or when completing an assignment that is authorized by the person giving the examination or making the work assignment;
3. Taking or attempting to take an examination for another student, or allowing another student to take an examination for oneself;
4. Using, obtaining, or attempting to obtain by any means, the whole or any part of, any unadministered examination or work assignment.

"Collusion" includes the unauthorized collaboration with another person in preparing written work that a student offers for credit.

"Plagiarism" includes the unacknowledged incorporation of the work of another person in work that a student offers for credit.

If you have any questions regarding plagiarism, please consult Chapter 8 of the Student Affairs Manual of Policy and Procedures.

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. Please make use of the UT Tyler Writing Center if you have concerns about plagiarism.

GRADE APPEAL PROCEDURE A student who wishes to contest a grade given by an instructor must initiate the procedure by contacting the instructor who assigned the grade. The instructor and the student should informally review the criteria for assignment of grades and the student's performance. The instructor may affirm the grade or revise the grade. If the student is not satisfied after the informal discussion with the instructor, then the student may initiate a formal grade appeal by completing a Grade Appeal Form that may be obtained from the Office of Student Records. Normal grade appeals should be filed at the earliest date possible, but no later than six months from the final date of assignment. The instructor and the student should complete the appropriate parts of the form clearly indicating the instructor's rationale for the grade given and the student's basis for the grade appeal. At each administrative level of the appeal process, an attempt will be made to resolve the issue. If the instructor holds one of the administrative positions used in the appeal process, then that level is omitted. If no resolution is reached at a particular level, then the appeal is forwarded with the recommendation of the administrator at that level with all documentation. If the appeal is to be considered by the vice president for academic affairs, then a copy of the Grade Appeal Form shall be forwarded by the academic dean of the students. The Office of the President is the final step in the appeal process at The University of Texas at Tyler.

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,
CLASS ATTENDANCE  Responsibility for class attendance rests with the student. When a student has a legitimate reason for being absent, the instructor has the option of permitting make-up work. The university reserves the right to consider individual cases of nonattendance. In general, students are graded on the basis of intellectual effort and performance. In many cases, class participation is a significant measure of performance, and nonattendance can adversely affect a student's grade. When, in the judgment of the instructor, a student has been absent to such a degree as to jeopardize success in the course, the instructor informs the Office of Student Records that the student is to be dropped from the course.

APPROVED STUDENT ABSENCES 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. On those occasions when it may be necessary for students to miss a regularly scheduled class in order to participate in an official university event or activity, faculty sponsors and program directors are requested to observe the following procedures:

1. Faculty sponsors or program directors should draft a memorandum to the vice president for academic affairs. This memorandum should include information concerning the nature of the event, the date(s) on which students would be absent from class, and the names of the students involved.
2. Copies of the memorandum addressed to the vice president should be given to each of the students listed on the memorandum.
3. Students should be directed to communicate with their instructor(s) prior to the date of the planned absence. It is expected that students will not abuse the privilege of being absent from class for authorized university activities, and that make-up assignments will be made at the discretion and convenience of the instructor.

GRADE REPLACEMENT/FORGIVENESS AND CENSUS DATE POLICIES 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.uttler.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 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

If you are repeating this course for a grade replacement, you must file an intent to receive grade forgiveness with the registrar by the 12th day of class. Failure to file an intent to use grade forgiveness will result in both the original and repeated grade being used to calculate your overall grade point average. A student will receive grade forgiveness (grade replacement) for only three (undergraduate student) or two (graduate student) course repeats during his/her career at UT Tyler (2006-2008 Catalog, P. 35).

DISABILITY/ACCESSIBILITY SERVICES: In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University of Texas at Tyler offers accommodations to students with learning, physical and/or psychological disabilities. If you have a disability, including non-visible a 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.

**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.

**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.