The University of Texas at Tyler
Department of Health & Kinesiology

PHYSIOLOGY OF EXERCISE LABORATORY
Course Syllabus – Spring 2018

Instructor: Michael P. Wiggs, Ph.D.
Assistant Professor
Department of Health and Kinesiology

Office: Herrington Patriot Center 2186 (Inside HPC Ex Phys Lab)
E-mail: mwiggs@uttyler.edu

Office hours: Monday 1:00pm-3:00pm
Thursday 11:30-12:30pm
Or by appointment confirmed via email
Note I am often available, but my door is often closed, so please knock anyway

Teaching Assistant: Conner Benson
cbenson4@patriots.uttyler.edu

Course: KINE 3112 – Physiology of Exercise Lab – 1 semester credit hour
Co-requisite – Past or Current enrollment in KINE 3311 Physiology of Exercise

Scheduled Class Sections:
Sections held in HPC 2185
Section 1 – Monday – 10:00am - 12:00pm
Section 2 – Wednesday 9:00am - 11:00am
Section 3 – Thursday 2:00pm – 4:00pm

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.

Texts, Readings, 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 specifically for use as a log of lab activities and writing 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 and valid excuses for non-attendance.

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

ADDITIONAL 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. Do not show up late for lab. Your lab report grade may be adversely affected.
2. You may (and are encouraged to) work in groups to complete the lab report questions. However, the work that you hand in 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 seal-able bottle.
7. All safety rules given in class must be followed. Disobeying these rules can lead to serious injury to you or your classmates.
STUDENTS RIGHTS AND RESPONSIBILITIES
To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please review this link:  http://www.uttyler.edu/wellness/StudentRightsandResponsibilities.html

GRADE REPLACEMENT/FORGIVENESS
If you are repeating this course for a grade replacement, you must file intent to receive grade forgiveness with the registrar by the 12th day of class. Failure to file 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. (2006-08 Catalog, p. 35)

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 12th day of class (See Schedule of Classes for the specific date). Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Registrar’s Office and must be accompanied by documentation of the extenuating circumstance. Please contact the Registrar’s Office if you have any questions.

DISABILITY SERVICES
In accordance with federal law, a student requesting accommodation must provide documentation of his/her disability to the Disability Support Services counselor. If you have a disability, including a learning disability, for which you request an accommodation, please contact Ida MacDonald in the Disability Support Services office in UC 282, 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.

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 not 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, an unadministered examination or work assignment.

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

COPYRIGHT
All content in this course is copyrighted. The term "content" refers to all materials generated for this class, which include but are not limited to syllabi, quizzes, exams, lab problems, in-class materials, review sheets, assignments, discussion questions, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy the handouts, unless I expressly grant permission.

A FINAL WORD ON PLAGIARISM
As commonly defined, plagiarism consists of passing off as one's own the ideas, words, writings, etc., which belong to another. In accordance with this definition, you are committing plagiarism if you copy the work of another person and turn it in as your own, even if you should have the permission of that person. This includes, but is not limited to, working on lab reports with another student and changing the names on the printed report, copying data from another student for a lab that you did not attend, and forging data from a lab you did not attend.

The work that you hand in is expected to be original and to be your own. There is no tolerance for persons who plagiarize and/or cheat. You are expected to consult Subchapter 8-800 of the University of Texas at Tyler Manual of Policies and Procedures for Student Affairs: Student Conduct and Discipline available at www.ttyler.edu/mopp/chapter8.html. Any act of cheating or plagiarism may result in dismissal from the course and further action by the University. Per university guidelines, the student(s) will be reported to the department head with failure of the course as the recommended course of action.
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<thead>
<tr>
<th>Lab</th>
<th>Date</th>
<th>Topic(s)</th>
<th>Notes</th>
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<tbody>
<tr>
<td>1</td>
<td>Jan 17-18</td>
<td>Introduction/Syllabus Overview</td>
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<tr>
<td>2</td>
<td>Jan 22-25</td>
<td>Intro to Lab Concepts</td>
<td>No Quiz</td>
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<tr>
<td>3</td>
<td>Jan 29-Feb 1</td>
<td>Types of Muscle Contraction and Muscle Damage</td>
<td>Quiz 1 – Lab concepts</td>
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<td>4</td>
<td>Feb 5-8</td>
<td>EMG Activity with muscle contractions</td>
<td>Quiz 2 – Muscle Contraction</td>
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<tr>
<td>5</td>
<td>Feb 12-15</td>
<td>Work/Power/Energy</td>
<td>Quiz 3 – EMG</td>
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<td>6</td>
<td>Feb 19-22</td>
<td>Metabolism – Response of VO$_2$ to Exercise</td>
<td>No in class quiz; Quiz 4=HW due start of class VO$_{2\text{max}}$ Testing = Quiz 5</td>
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<tr>
<td>7</td>
<td>Feb 26-Mar 1</td>
<td>Metabolism – RER and Oxidative Metabolism Substrates</td>
<td>Quiz 6 – VO$_2$</td>
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<tr>
<td>8</td>
<td>Mar 5-8</td>
<td>MID-TERM EXAM</td>
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<td>9</td>
<td>Mar 12-15</td>
<td>Spring Break</td>
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<tr>
<td>10</td>
<td>Mar 19-22</td>
<td>Metabolism – Anaerobic Power</td>
<td>No Quiz, Everyone Heavy Exercise</td>
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<tr>
<td>11</td>
<td>Mar 26-29</td>
<td>Metabolism - Blood Lactate and Exercise</td>
<td>Quiz 7 – Anaerobic Power</td>
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<tr>
<td>12</td>
<td>April 2-5</td>
<td>Cardiorespiratory – Response of HR</td>
<td>Everyone Heavy Exercise</td>
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<td>Quiz 8 – Lactate</td>
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<tr>
<td>13</td>
<td>April 9-12</td>
<td>Cardiorespiratory – Response of BP</td>
<td>Everyone Light Exercise</td>
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<td>Quiz 9 – 25pts HW and 25 point in class quiz</td>
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<tr>
<td>14</td>
<td>April 16-19</td>
<td>Cardiorespiratory – Response SV and Q</td>
<td>Everyone Light Exercise</td>
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<td>Quiz 10 - BP</td>
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<tr>
<td>15</td>
<td>April 23-26</td>
<td>FINAL EXAM</td>
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<tr>
<td>16</td>
<td>April 30-May 3</td>
<td>‘Finals’ Week – NO CLASS -</td>
<td>paper assignment due through canvas</td>
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