**Physiology of Exercise Laboratory**

**(KINE3681-003) Course Syllabus**

**Spring 2018**

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**Instructor:** Petey Mumford

**Office:** 260 D, Kinesiology Building, 301 Wire Rd

**E-mail:** [pwm0009@auburn.edu](mailto:pwm0009@auburn.edu)

**Office Hours:** Tuesday 12 – 2 pm or make an appointment via email

**Class Schedule:** Friday 8:00 - 9:40 am

**Meeting Location:** *KINE 136*

**Course Description:** This course will focus on applying your knowledge of basic energy, musculoskeletal, nervous, and cardiovascular systems using various testing procedures. The course content will emphasize understanding the physiology testing related to exercise, how to interpret common physiological fitness tests, and how to write about your findings using the basics of scientific writing techniques.

**Attendance**Please refer to the Student Policy eHandbook ([www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies)) for the definition of excused absences. Attendance is not mandatory, but class attendance will directly impact your course grade. Students will be expected, should they choose to be absence for any excused reasons, to obtain all information necessary for successful completion of this course. Students who are absence due to an unexcused absence will not be allowed to make-up quizzes or obtain data for the respective lab missed.Make-up quizzes or data obtainment can be re-scheduled for any excused absence, but unexcused absences will result in a zero for the missed assignment. Labs will require your participation, as such you should be dressed in clothing suitable for physical activity.

**Cell Phone policy**Cell phones must be turned off or on silent mode during class and not present from view. You will not be prohibited from answering cell phone calls during class time, though you will be required to leave class to answer a call. Texting in class will not be tolerated. Students observed texting will be removed from class. Cell phones and other handheld devices may not be used or visible during exams.

**Disability and other accommodations**Students who need special accommodations in class, as provided by the Americans with Disabilities Act, should follow university-approved procedures. If you need assistance, make an appointment with the Program for Students with Disabilities, 1244 Haley Center 844-2096. Accommodations for examinations should be discussed with the instructor at least one week prior to the scheduled examination.

**Honesty Code**The Auburn University student academic honesty code Title XII found on the University Policies webpage (<https://sites.auburn.edu/admin/universitypolicies/default.aspx>) applies to this class. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee. In this class, data will often be collected in pairs or groups. Exchanging raw data from the lab is acceptable if you were present to assist in data collection. However, all data processing, analysis and write up must be individual. Therefore, you may not collaborate on lab reports, data processing, or data analysis. Any evidence that this has occurred will be considered academic dishonesty and reported to the Office of the Provost. The minimum penalty will be a zero on the assignment. You also may not use the data of other students to complete your lab report. All data for lab reports must be data that you participated in collecting. If you have a documented, university-approved absence on a data collection day, you must schedule a meeting to procure data for the absence lab. You MAY NOT get the data from other students in your group without proper permission. Failure to get an approved make-up will result in a zero on that section of the lab report.

**Professionalism**As faculty, staff, and students interact in educational settings, they are expected to demonstrate professional behaviors as defined in the College of Education’s conceptual framework. These professional commitments are as follows: 1) engage in responsible and ethical practices, 2) contribute to collaborative learning communities, 3) demonstrate a commitment to diversity, and 4) model and nurture intellectual vitality.

**Grading Rubric:**

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| --- | --- | --- |
| **Assignments** | **Description** | **Points** |
| Syllabus Quiz | Syllabus Acceptance Quiz **(1)**  \*10 points | 10 / 1% |
| Pre-Lab Quizzes | Pre-lab Quizzes **(5)**  \*50 points each | 250 / 25% |
| Lab Reports | Reports **(4) \***70 points each | 280 / 28% |
| Worksheets | Worksheets **(5) \***50 points each | 250 / 25 % |
| Lab Final | Cumulative Final Exam **(1)** | 210 / 21% |
| **Total** | **-** | **1000 / 100%** |

* Cumulative Final Exam will be given on a scheduled day according to Auburn University’s final exam schedule posted by the Office of the Registrar.

**Grade Distribution:**

A = 100 – 90%

B = 89 – 80%

C = 79 – 70%

D = 69 – 60%

F = Below 60%

**Extra Credit**There is opportunity for extra credit in this class. Extra credit will be given to students who participate during labs as volunteers for that respective lab. If students are unable to participate then other opportunities will be available to ensure equal extra credit opportunities to all students.

**Pre-lab Quizzes**Students are responsible for being familiar with lab materials prior to coming to class. To ensure that all students are prepared, quizzes will be given at the beginning of specific lab lectures. Pre-Lab quizzes will be announced the prior week to having them. They will consist of 5 questions. The questions will come from the protocols posted on Canvas and will be “surface” questions (So don’t stress the small details. Know the broad terms, formulas, etc). Notes will not be allowed during the quiz. Quizzes will be given at the beginning of the lecture and must be turned in 10 minutes after the start of class. If you are not present during this time, you will not be allowed to make up the quiz and will receive a zero (unless you have an approved university excused absence, as such you will then need to schedule a time to make the pre-lab quiz).

**Course Schedule**

***\*****The below content, schedule and procedures in this course are subject to change at the discretion of the instructor*

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| **Date** | **Lab** | **Assignments Due** |
| **1/12** | **NO LAB** |  |
| **1/19** | **NO LAB** | **SYLLABUS ACCEPTANCE QUIZ** |
| 1/26 | Lab 1: The Basics | **PLAGIARISM QUIZ** |
| 2/2 | Lab 2: Anthropometrics | Lab 1 Assignment Due |
| 2/9 | Lab 3: Work and Power | Lab 2 Assignment Due |
| **2/16** | **NO LAB (CONFERENCE )** | Lab 3 Assignment Due |
| 2/23 | Lab 4: Body Composition (LR) |  |
| **3/2** | Lab 5: O2 Deficit and EPOC | Lab 4 Assignment Due |
| 3/9 | Lab 6: VO2 (LR) | Lab 5 Assignment Due |
| **3/16** | **NO LAB SPRING BREAK** |  |
| 3/23 | Lab 7: DOMS and Vertical Jump | Lab 6 Assignment Due |
| **3/30** | Lab 8: Wingate (LR) |  |
| 4/6 | Lab 9: DOMS and Vertical Jump | Lab 8 Assignment Due |
| 4/13 | Lab 10: Force and Velocity (LR) | Lab 7&9 Assignment Due |
| 4/20 | Lab Final Review | Lab 10 Assignment Due |
| **4/27** | **Lab Final** | **Lab Final** |