**Physiology of Exercise Laboratory**

**(KINE3681-002) Course Syllabus**

**Spring 2019**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Instructor:** Shelby Osburn

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

**E-mail:** sco0004@auburn.edu

**Office Hours:** By appointment only

**Class Schedule:** Wednesday 8-9:40am

**Meeting Location:** *KINE 126*

**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 Policy**Attendance is mandatory, and class attendance will directly impact your course grade. Students will be expected, should they choose to be absence for any excused reasons, to notify the instructor regarding the excused absence. Students will be expected to provide proper documentation regarding the excused absence, which please refer to the Student Policy eHandbook ([www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies)) for the definition of excused absences. Make-up work will be re-scheduled for any excused absence once the documentation has been provided. If the student fails to provide proper documentation regarding the **excused absence *within one week of the absence***, then they will be counted as absent and receive a zero for participation in the missed class. Students who are absent due to an unexcused absence will not be allowed to make-up quizzes or obtain data for the respective lab missed and will receive a zero for the participation points and half credit for the respective lab assignment. Labs will require your participation, as such you should be dressed in clothing suitable for physical activity or you will lose participation points.

**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 lose participation points and be removed from class if the issue persists. 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 assignments, 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.

**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**

|  |  |  |
| --- | --- | --- |
| **Assignments** | **Description** | **Points** |
| Syllabus Quiz | Syllabus Acceptance Quiz **(1)**  \*10 points | 10 / 1% |
| Pre-Lab Quizzes | Pre-lab Quizzes **(6)**  \*40 points each | 240 / 24% |
| Canvas Assignments | Worksheets **(6) \*7**0 points each | 420 / 42 % |
| Participation | Participation **(6)** \*20 points each | 120 / 12 % |
| Lab Final | Cumulative Final Exam **(1)** | 210 / 21% |
| **Total** | **-** | **1000 / 100%** |

**More Information Regarding Assignments**

Syllabus Quiz

Due after the introduction lab (the first week lab meets)

Pre-Lab Quizzes

Due before we meet for that lab (e.g. Pre-Lab Quiz 1 is due before we meet for Lab 1)

Canvas Assignments

Due 2 weeks after we complete the lab (e.g. Lab 1 canvas assignment will but due 2 weeks after we meet for that lab)

Are open note, but INDIVIDUAL assignments. You can use PowerPoints and lab handouts to complete assignment, but should work on them by yourself

Participation

Points are given based on level of engagement during the lecture as well as the lab. You can lose points for various reasons:

* Being late to class (-5 points)
* Having your phone out at any point during class (-5 points)
* Not paying attention and engaging in either the lecture or the lab (-10 points)
* Not being appropriately dressed (i.e. not wearing athletic clothing) (-5 points)

Lab Final

It will be CUMULATIVE and will be given on the last week of classes during the

scheduled lab time.

**Grade Distribution**

A = 100 – 90%

B = 89 – 80%

C = 79 – 70%

D = 69 – 60%

F = Below 60%

**NOTE: The instructor will round grades that are .50 from the next highest letter grade (i.e. an 89.50 will round to an A). However, NO grades below this number will be rounded (i.e. an 89.49 will be given a B). Please do not ask the professor to round your grade at the end of the semester if it does not fit this criterion. Any requests for extra credit or special exceptions to these grading policies will be interpreted as an honor code violation (i.e., asking for preferential treatment) and will be handled accordingly.**

**Extra Credit:**There is opportunity for extra credit in this class. Extra credit will be given to students who read the assigned extra credit article and turn in the associated word document with questions that pertain to the article.

**Class Schedule**

*\* Schedule is subject to change*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Lab** | **Assignments Due** | **Open Date** | **Close Date** |
| 1/8 | **NO LAB** |  |  |  |
| 1/15 | Introduction to Lab |  |  |  |
| **1/22** | **NO LAB (MLK Day)** | Syllabus Acceptance Quiz | 1/15 at 10am | 1/22 at 8am |
| 1/29 | Lab 1: The Basics | Lab 1 Pre-Lab Quiz | 1/22 at 10am | 1/29 at 8am |
| 2/5 | Lab 2: Body Composition | Lab 2 Pre-Lab Quiz | 1/29 at 10am | 2/5 at 8am |
| **2/12** | **NO LAB (SEACSM Conference)** | Lab 1 Canvas Assignment | 1/29 at 10am | 2/12 at 8am |
| 2/19 | Lab 3: Work and Power | Lab 2 Canvas Assignment  Lab 3 Pre-Lab Quiz | 2/5 at 10am  2/12 at 10am | 2/19 at 8am  2/19 at 8am |
| **2/26** | **NO LAB** |  |  |  |
| 3/4 | Lab 4: VO2 | Lab 3 Canvas Assignment  Lab 4 Pre-Lab Quiz | 2/19 at 10am  2/26 at 10am | 3/4 at 8am  3/4 at 8am |
| **3/11** | **NO LAB (Spring Break)** |  |  |  |
| 3/18 | Lab 5: Wingate | Lab 4 Canvas Assignment  Lab 5 Pre-Lab Quiz | 3/4 at 10am  3/11 at 10am | 3/18 at 8am  3/18 at 8am |
| 3/25 | Lab 6: Force and Velocity | Lab 6 Pre-Lab Quiz | 3/18 at 10am | 3/25 at 8am |
| **4/1** | **NO LAB** | Lab 5 Canvas Assignment | 3/18 at 10am | 4/1 at 8am |
| **4/8** | **NO LAB (EB Conference)** | Lab 6 Canvas Assignment | 3/25 at 10am | 4/8 at 8am |
| 4/15 | Final Review |  |  |  |
| **4/22** | **Lab Final** | **Lab Final** | **4/22 at 8am** | **4/22 at 9:40am** |