**Physiology of Exercise Laboratory**

**(KINE3681-003) Course Syllabus**

**Spring 2021**

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**Instructor:** Melissa Rumbley

**Office: Room** 238, Kinesiology Building, 301 Wire Rd

**E-mail:** mnr0008@auburn.edu

**Office Hours:** By appointment only

**Class Schedule:** *ONLINE*

**Meeting Location:** *ONLINE*

**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**With the lab being online, the normal attendance policy does not apply. Students will have 2 weeks to complete each lab. If there are extenuating circumstances in which a student cannot complete the lab in the 2-week time frame, students will be expected 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 missed lab***, then they will be counted as absent and receive a zero for any missed assignments. 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 any missed assignments.

**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% |
| Lab Quizzes | Lab Quizzes **(6)**  \*40 points each | 240 / 24% |
| Canvas Assignments | Worksheets **(6)** \*70 points each | 420 / 42 % |
| Lab Final | Cumulative Final Exam **(1)** | 210 / 21% |
| **Total** | **-** | **880 / 100%** |

**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.**

**Clarifications:**

Syllabus Acceptance Quiz

Every student must completely read through the syllabus and take the quiz within the first week of class.

Labs

There are 6 labs associated with this class. Students must watch the Panopto recordings, take the lab quiz, and complete the canvas assignment for each lab by their respective due dates.

Discussion Threads

In order to get the most out of this class, PowerPoint lectures have been recorded over with Panopto and can be found in the Discussion tab. These recordings give a background on the topic, materials and methods used, as well as calculations needed. In order to be successful in this lab, it is **imperative** to watch these recordings. Also, within the thread for a given lab, there are various videos embedded to allow students to get an idea of the techniques we talked about within the PowerPoint.

Lab Quizzes

Every lab will have a quiz associated with it. Quizzes consist of 5 questions based on the content of the lab found in the slide recordings.

Canvas Assignments

Every lab will also have a Canvas Assignment that must be completed. These focus on calculations needed to perform. All equations as well as examples are located within the recordings. Under the files tab, students will find equation sheets for the necessary calculations.

Final Exam

There is a cumulative final exam the last week of classes.

**Extra Credit:**There is opportunity for extra credit in this class. Students will need to find a recent article (within 5 years) that pertains to a topic discussed in the lab. Students will read the paper and submit a 1-page word document summarizing it. Students must submit a .pdf version of the paper, and a .doc of the summary before the deadline to receive credit. Additional guidelines are posted under the Assignments tab on Canvas. Extra Credit is due before the final exam opens. If completed, 10 points will be added to the lowest Canvas Assignment.

**Class Schedule**

*\* Schedule is subject to change*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Week of (M)** | **Lab** | **Related Assignments** | **Open Date** | **Close Date** |
| 1/11 | Introduction to Lab | Syllabus Quiz | 1/11 @ 12am | 11/17 @11:59pm |
| 1/18 | Lab 1: The Basics | Lab 1 Lab Quiz  Lab 1 Canvas Assignment | 1/18 @ 12am  1/18 @ 12am | 1/31 @ 11:59pm  1/31 @ 11:59pm |
| 1/25 |
| 2/1 | Lab 2: Body Composition | Lab 2 Lab Quiz  Lab 2 Canvas Assignment | 2/1 @ 12am  2/1 @ 12am | 2/14 @ 11:59pm  2/14 @ 11:59pm |
| 2/8 |
| 2/15 | Lab 3: Work and Power | Lab 3 Lab Quiz  Lab 3 Canvas Assignment | 2/15 @ 12am  2/15 @ 12am | 2/28 @11:59pm  2/28 @11:59pm |
| 2/22 |
| 3/1 | Lab 4: VO2 | Lab 4 Lab Quiz  Lab 4 Canvas Assignment | 3/1 @ 12am  3/1 @ 12am | 3/14 @ 11:59pm  3/14 @ 11:59pm |
| 3/8 |
| 3/15 | Lab 5: Wingate | Lab 5 Lab Quiz  Lab 5 Canvas Assignment | 3/15 @ 12am  3/15 @ 12am | 3/28 @ 11:59pm  3/28 @ 11:59pm |
| 3/22 |
| 3/29 | Lab 6: Force and Velocity | Lab 6 Lab Quiz  Lab 6 Canvas Assignment | 3/29 @ 12am  3/29 @ 12am | 4/11 @ 11:59pm  4/11 @ 11:59pm |
| 4/5 |
| 4/12 | NO LAB (study for final) |  |  |  |
| 4/19 | **Final Exam** | Extra Credit Due (via canvas)  **Final Exam** | **1/11 at 12am**  **4/19 @ 12am** | **4/18 @ 11:59pm**  **4/22 @ 11:59pm** |