**Physiology of Exercise Laboratory**

**(KINE3681-D02) Course Syllabus**

**Summer 2022**

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**Instructor:** Bradley Ruple

**Office:**Kinesiology 260

**E-mail:** [bar0049@auburn.edu](mailto:bar0049@auburn.edu)

**Office Hours:**By Appointment Only

**Meeting Location:** *ONLINE*

**Class Schedule:** June 28 – August 5 (Mini-Semester II)

**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.

**CLASS POLICIES**

**Absences/Make-up Policy:**

Students will be expected, should they miss a class for any excused reasons, to notify the instructor regarding the excused absence. Students will be expected to provide proper documentation regarding the excused absence and should 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 rescheduled 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***, they will not be able to make up any assignment missed due to the absence.

**Academic Honesty Policy:**

All portions of the Auburn University student academic honesty code found in the Student Policy eHandbook (www.auburn.edu/studentpolicies) will apply to university courses. 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.

**Accommodations:**

Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting with the instructor to activate any necessary accommodations. This should be done as soon as possible, as accommodations are not retroactive (i.e. you cannot apply accommodations to an assignment after it is due). To set up this meeting, please contact me by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT).

**Professionalism:**

As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional behaviors as defined in the College’s conceptual framework. These 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.

**Attendance/Participation**: Class participation will be tracked via Canvas on a weekly basis. You are required to log into the class, watch the discussion videos, and look over the PowerPoints.

**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%** |

**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*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Lab** | **Assignments** | **Open Date** | **Close Date** |
| Week 1  6/28 | Introduction to Lab | Syllabus Quiz | 6/28 | 7/3 @11:59pm |
| Lab 1: The Basics | Lab 1 Pre-Lab Quiz  Lab 1 Canvas Assignment | 6/28 | 7/3 @11:59pm |
| Week 2  7/5 | Lab 2: Body Composition | Lab 2 Pre-Lab Quiz  Lab 2 Canvas Assignment | 7/4 | 7/10 @11:59pm |
| Lab 3: Work and Power | Lab 3 Pre-Lab Quiz  Lab 3 Canvas Assignment | 7/4 | 7/10 @11:59pm |
| Week 3  7/11 | Lab 4: VO2 | Lab 4 Pre-Lab Quiz  Lab 4 Canvas Assignment | 7/11 | 7/17 @11:59pm |
| Week 4  7/18 | Lab 5: Wingate | Lab 5 Pre-Lab Quiz  Lab 5 Canvas Assignment | 7/18 | 7/24 @11:59pm |
| Week 5  7/25 | Lab 6: Force and Velocity | Lab 6 Pre-Lab Quiz  Lab 6 Canvas Assignment | 7/25 | 7/31 @11:59pm |
| Week 6  8/1 | --- | Extra Credit Due | 6/28 | 8/2 @11:59pm |
| **Lab Final** | **Lab Final (on canvas)** | **8/3** | **8/5 @ 11:59pm** |