

Tentative Course Syllabus

**EXS 223 – Introduction to Exercise Science
Exercise Science Program**

Pre-requisites: Pre-EXS major

Please check the WKU Bookstore website to ensure you are buying the most current textbook editions. The WKU bookstore will have my required textbooks displayed. You do not have to buy the textbooks at the WKU bookstore

Blackboard: All forms, dates, and any other materials are found online on Blackboard.

Course Description:

Introduction to the different areas of study contained within the field of exercise science. Students will be introduced to the application of exercise science to fitness, health, and disease. They will also be introduced to field and laboratory measurement techniques.

Course Learning Objectives: At the conclusion of this course, students are expected to be able to do the following:

1. Identify and understand the major components of Health-related Fitness.
2. Utilize questionnaires to determine current physical activity level, health status, and readiness for physical activity.
3. Understand the significance of aerobic fitness.
4. Identify major muscles groups.
5. Identify muscle structure, muscle function, and movements of each joint of the body and understand basic biomechanics of movement.
6. Demonstrate knowledge of energy systems.
7. Understand the cardiovascular changes that occur during acute and chronic exercise.
8. Demonstrate knowledge of basic nutrition.
9. Calculate and estimate the energy cost of various types of physical activity.
10. Demonstrate knowledge regarding the assessment of cardiorespiratory fitness, body composition, muscular fitness, and flexibility.
11. Understand how to prescribe exercise for various cardiorespiratory fitness goals.

GRADING: Grades will be assigned according to a points-earned system. Course points will be distributed as follows:

| | Points |
|-------------------------------|--------|
| Attendance/Participation | 70 |
| Quizzes (In-class and Online) | 30 |
| Labs (5 @ 10 pts each) | 50 |
| Exams (3 @ 100 pts each) | 300 |

| Grading Scale | |
|---------------|-------|
| Percentage | Grade |
| 90.00-100 | A |
| 80.00-89.99 | B |
| 70.00-79.99 | C |

| | |
|-----------------------|------------|
| Semester Total | 450 |
|-----------------------|------------|

| | |
|-------------|---|
| 60.00-69.99 | D |
| 0-59.99 | F |

Attendance/Participation: Attendance will be taken every class. This may be done by roll-call or by collecting “Stop and Think” questions. These questions will cover material previously presented in class or from assigned readings. “Stop and Think” questions cannot be made-up if absent.

Quizzes: Quizzes will be distributed throughout the semester and will cover topics discussed in class and during lab experiences. These quizzes may occur during class time or be online to be completed outside of class time. The instructor will announce when quizzes are assigned.

Labs: For each laboratory, a lab sheet will need to be completed and turned in. Often, labs will be done in groups and 1 copy per group is all that will be required to be turned in. The instructor will give specific directions for each lab. Attendance for a lab assignment is mandatory and no make-ups will be given for an absence.

Exams: Exams will cover topics discussed during the time period for each respective exam. Possible topics on an exam will be any content discussed in class and during lab experiences. Questions will assess your ability to integrate the topics covered and apply to given scenarios, or self-created scenarios. Questions will not solely assess factual/content information.

Late Submissions: Assignments and lab sheets are due at the beginning of class on the due date. Late submissions may be accepted on a case-by-case basis, but an automatic late penalty will be applied as follows:

- -10% if turned in on the due date, but after the start of class
- -20% if turned in the day after the due date
- -30% if turned in 2 days after the due date
- A zero will be given if the assignment is not turned in within 2 days of the due date

Extra credit: There will not be any opportunity to perform additional work for the purpose of attaining extra credit. You are encouraged to spend your time preparing for that work which is assigned for evaluation.

ATTENDANCE/PARTICIPATION:

Attendance Policy:

1. Attendance will be taken every class. Attendance is mandatory.
2. The course instructor may grant an excused absence if:
 - a. The student has a legitimate reason for missing class (such reasons may include personal or family emergencies, and serious illness, and the student notifies the instructor of the reason for absence in advance or, in the case of an emergency, as soon as possible following the missed class.
 - b. Documentation is required for excused absences (such as a note from a health care provider, attorney, college dean, etc.). Please submit the necessary documentation. Please do not make me ask for it.

- c. The course instructor assumes final authority in determining whether an absence is excused.
3. Work is not considered a valid reason for an excused absence – students are expected to schedule their work hours around their academic schedule.
4. Academic advising sessions and registering for classes are also not considered valid excuses for missing class.
5. Students participating in intercollegiate athletics must follow the established procedure for notifying faculty of absences for away games or tournaments:
 - a. WKU athletes, please look at your schedule for the semester and anticipate when you will need to turn in assignments before the due date or take an exam before the assigned date.
 - b. To miss class for an athletic event, you must turn in the documentation from your coach **prior** to the event.
6. Missed lecture exams, lab exams, quizzes, or labs due to unexcused absences may not be made up. Students will receive no points for the missed exam or lab in these cases. Online assignments **MUST** be submitted by the online due date or the result will be a zero for that assignment.
7. Students with more than 3 (that is 4) unexcused absences will be penalized 30 points from their point total for the semester.
8. Students who have 5 unexcused absences the final grade will be reduced by a letter grade.
9. If a student has 6 unexcused absences, they will receive an F for the course.

Participation Policy:

1. Be prepared for each class/lab and arrive on time. Be in your seat and ready to start class at the scheduled time and be ready to contribute/participate in each class and lab.
 - a. For every two times you arrive to class/lab late, it will be counted as an absence. Being late means you have arrived to class after the scheduled start time (2 Late = 1 absence).
2. Plan on being in class for the entire scheduled class time. Do not ask me if you can leave class or lab early to get to another appointment/class.
3. At times there may be Mediasite lectures posted on BlackBoard. You must view the lecture or assignment at the assigned time. Instructions will be given in class or via e-mail.
4. Absolutely **no** talking in class! Talking during the lecture or lab instruction is very disruptive to other students and the instructor.
 - a. If you have a question or concern, please raise your hand and ask a question. Not your neighbor.
5. It is expected that the students in this class will have basic computer skills. Students are expected to be able to use e-mail, Blackboard, Powerpoint, and internet, etc. If you need help please contact the IT department for training.
6. You are responsible for maintaining your e-mail account. If you do not receive a class announcement via e-mail because your mailbox is full, you will not be excused for any missed assignments and you will not be excused if you arrive to class unprepared.
7. Partial lectures slides will be posted on Blackboard. You will need to be in class to complete them. Do not expect me to post completed slides or fill in answers/notes later.
8. Do **NOT** start to pack your papers/folders and shuffle your class materials just before the end of class. When the instructor dismisses class, you will then be able to prepare to leave the classroom.

9. Do **NOT** use your cell phone in class. Turn all of the cell phone alarms off! If you are caught using your cell phone (i.e. texting) in class or it rings during class time you will be counted absent for the day. Cell phones are very disruptive during class. Turn them off before the start of each class.
10. If you contact me via e-mail, please use the appropriate professional decorum. It is never appropriate to text me an e-mail message. I will not respond to text language.
11. You may use your laptop to take notes in class or when instructed to use your computer. You may not use your laptop to e-mail or access the internet. If you are caught using your laptop for something other than class, you will be counted absent for the day.
12. On exam days please bring a # 2 pencil.
 - a. Certain exams will require Scantron.
 - b. Bring a Scantron to the exam when instructed to do so.
13. All assignments/labs must be turned in on time and stapled (if written assignments). Do not turn in loose papers!
 - a. "On time" = turned in at the beginning of class.
 - b. Show all of your work.
 - c. If the assignment/lab is late there will be a reduction in points. The total points deducted will be at the discretion of the instructor.
 - d. In the case of an approved absence any exam, quiz, assignment and/or project must be taken or turned in prior to the due date.
14. To meet with me, schedule a meeting during my office hours via email or face-to-face.

The procedures and schedule in this course are subject to change in the event of extenuating circumstances. Changes may be made during class and/or posted on Blackboard. It is the student's responsibility to note changes should they occur.

The Learning Center (TLC)

The Learning Center (DUC A330) provides free supplemental education programs for all currently enrolled WKU students. TLC at DUC offers CRLA Certified, one-on-one tutoring in over 100 general education subjects by appointment or walk in and hosts a branch of the English Department's Writing Center. TLC is also a quiet study area, with side rooms designated for peer to peer tutoring, and offers a thirty two machine computer lab. Additionally, TLC has two satellite locations, one each in Douglas Keen Hall and in Pearce Ford Tower that provide computer and print service, tutoring, and quiet study areas. For more information, or to schedule a tutoring appointment, please call TLC at (270) 745 - 6254 or log on to our website at www.wku.edu/tlc. Hours TLC at DUC: Monday - Thursday 8:00am - 9:00pm; Friday 8:00am - 4:00pm; Sunday 4:00pm - 9:00pm TLC at Keen/PFT: Sunday - Thursday 6:00pm - 11:00pm .

Code of Student Conduct: (WKU Student Handbook)

Please take a moment to read through the Western Kentucky University code of student conduct. It is expected that you will conduct yourself in a manner that is consistent with classroom and university policies and procedures. Failure to do so will result in the 3 necessary disciplinary actions through the department, college, and/or university. I encourage you to get a copy of the WKU Student Handbook and review all of the student guidelines. The following passages are excerpts taken directly from the 2008 Western Kentucky University Catalog. Following the

procedures of due process, if the WKU Code of Student Conduct is violated, the responsible parties will go through the University's disciplinary process, which is intended to be a fair and educational experience. Any WKU student may be expelled, suspended, placed on probation or given a lesser sanction for one or more of the following causes:

Dishonesty. Plagiarism or cheating as described in the student handbook and in this course syllabus (see below).

Destruction of property. Any act of vandalism, malicious or unwarranted damage or destruction to any institutionally owned or controlled property.

Disrupting the academic process. Interference or disruptive activity which impedes, impairs or obstructs teaching, research ...which inhibits full exercise of rights by others.

Unruly conduct. Disorderly conduct or lewd, indecent or obscene conduct or expression.

Academic Freedom, Offenses, and Dishonesty

The following passages are taken directly from the Western Kentucky University Student Handbook:

- The University desires that every student experiences freedom in academic pursuits. Academic freedom, however, is not irresponsibility – it is the opportunity to pursue truth.
- The maintenance of academic integrity is of fundamental importance to the University. Thus it should be clearly understood that acts of plagiarism or any other form of cheating will not be tolerated and that anyone committing such acts risks punishment of a serious nature. Students who commit any act of academic dishonesty may receive from the instructor a failing grade in that portion of the coursework in which the acts were detected or a failing grade in the course without possibility of withdrawal. The faculty member may also present the case to the Office of Student Life for disciplinary sanctions. A student who believes a faculty member has dealt unfairly with him/her in a course involving academic dishonesty may seek relief through the Student Complaint Procedure. For further information regarding this procedure please reference the WKU Student Handbook (<http://www.wku.edu/handbook/>).
- *Plagiarism* – To represent written work taken from another source as one's own is plagiarism. Plagiarism is a serious offense. The academic work of a student must be his/her own. One must give any author credit for source material borrowed from him/her. To lift content directly from a source without giving credit is a flagrant act. To present a borrowed passage without reference to the source after having changed a few words is also plagiarism.
- *Cheating* – No student shall receive or give assistance not authorized by the instructor in taking an examination or in the preparation of an essay, laboratory report, problem assignment or other project which is submitted for purposes of grade determination.

Title IX Misconduct/Assault Statement

Western Kentucky University (WKU) is committed to supporting faculty, staff and students by Upholding WKU's Title IX Sexual Misconduct/Assault Policy (#0.2070) at

<https://wku.edu/eoo/documents/titleix/wkutitleixpolicyandgrievanceprocedure.pdf> and

Discrimination and Harassment Policy (#0.2040) at
https://wku.edu/policies/hr_policies/2040_discrimination_harassment_policy.pdf.

Under these policies, discrimination, harassment and/or sexual misconduct based on sex/gender are prohibited. If you experience an incident of sex/gender-based discrimination, harassment and/or sexual misconduct, you are encouraged to report it to the Title IX Coordinator, Andrea Anderson, 270-745-5398 or Title IX Investigators, Michael Crowe, 270-745-5429 or Joshua Hayes, 270-745-5121.

Please note that while you may report an incident of sex/gender based discrimination, harassment and/or sexual misconduct to a faculty member, WKU faculty are “Responsible Employees” of the University and **MUST** report what you share to WKU’s Title IX Coordinator or Title IX Investigator. If you would like to speak with someone who may be able to afford you confidentiality, you may contact WKU’s Counseling and Testing Center at 270-745-3159.

ADA Accommodation Statement

In compliance with University policy, students with disabilities who require academic and/or auxiliary accommodations for this course must contact the Student Accessibility Resource Center located in Downing Student Union, 1074. SARC can be reached by phone number at 270-745-5004 [270-745-3030 TTY] or via email at sarc.connect@wku.edu . Please do not request accommodations directly from the professor or instructor without a faculty notification letter (FNL) from The Student Accessibility Resource Center.