



## Exercise Science

School of Kinesiology Recreation & Sport

### EXS 223 - Introduction to Exercise Science Summer 2021 Course Syllabus

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**Instructor:** Kaylee Woodard, PhD, CSCS  
**Office:** Smith Stadium 1017  
**Office Hours:** Available Mon-Fri by appointment  
**Email:** kaylee.woodard@wku.edu  
**Phone:** 270-745-4046  
**Course Modality:** Web (see below for details)  
**Course Dates:** June 1, 2021 – July 2, 2021

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**Required Text:** Garver & Stone. *Practical Content for Beginning Kinesiologists*. This is an online only text. **Access instructions will be provided prior to the course start date.**

**Course Description:** Introduction to various areas of study 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.

**Learning Objectives:** Students who successfully complete this course will be able to:

1. Describe the health-related components of fitness and explain how an exercise scientist may evaluate each.
2. Recognize healthy lifestyle behaviors that promote wellness and evaluate risk for chronic disease using health screening techniques.
3. Recognize and differentiate the subdisciplines founded in kinesiology and connect them with future studies in exercise science.
4. Describe principles of anatomy and physiology to system level adaptations to exercise.

**Grading:** Grades will be assigned based on the following components, on a 100-point scale. Note that the specific percentages listed below are subject to change.

**30% Exams:** Two exams, each worth 15% of your final grade.

**25% Quizzes:** Chapter quizzes will be provided to enhance your engagement with the course content and help you engage with the content and prepare for assignments/exams.

**25% Guided Learning Assignments:** For most topics covered in class, you will have a reading assignment with an active learning component.

**20% Other Assignments and Discussion Boards**

#### **Grading Scale:**

≥ 90.00% = A    80.00-89.99% = B    70.00-79.99% = C    60.00-69.00% = D    ≤ 59.99% = F

**Late Work & Make Up Policy:** Except under special circumstances and with approval of the instructor, late assignments and quizzes will not be eligible for grading. No make-up exams/quizzes are possible, unless arrangements are made **prior** to exam/quiz dates and/or a **verifiable** medical emergency or university travel excuse is provided.

**Class Meetings & Format:** This course will be taught using an **asynchronous** web-based format. This means that all course assignments, readings, quizzes, etc. will be available for specified periods of time on our course site. Students will be responsible for completing all assignments by their due dates. The professor will be available and ready to provide learning support, help, and guidance. We will not have mandatory meetings. However, we may have optional Zoom meetings to cover important material.

**Zoom:** We'll use Zoom for all optional class meetings, office hours, and appointments. Please see below for access instructions.

#### **Accessing Zoom Meetings**

- Visit [wku.zoom.us](https://wku.zoom.us) and create an account using your WKU NetID and password.
- Then, you can access Zoom on the homepage of our course Blackboard site.
- Once you access Zoom, look for our scheduled meeting, and simply click "Join."
- Please note that Zoom meetings may be recorded and shared with the members this course.

**Creating a Healthy Learning Environment:** It is vitally important to me that we work as a team to create a healthy, interactive, and supportive learning environment. The following expectations of myself and of you are designed to support this goal.

**As the instructor,** I will support you as you learn important principles in the text. Although this is a web-based course, I will be available to help you learn, provide examples, enhance clarity, and walk with you through difficult concepts. I will invite you to share your perspectives and questions in order to encourage a deeper understanding of the course content. I will work to provide meaningful feedback on assignments and discussions. I genuinely care about you as my students, and I will work with you to help you succeed in this course and move toward your future career goals.

**As the student,** your investment in this course and in your education will be crucial to your own success. I will expect you to complete all assignments on time and according to your highest capability. You are NOT expected to be perfect, but you are expected to challenge yourself and put forth your best effort. Finally, I expect you to interact with me and with your peers virtually in a respectful manner, remembering that we are all growing together.

**Communication:** All course announcements, materials, and due dates can be found on Blackboard and Perceivant. I will also use email communication to remind you of important dates, upcoming activities, etc. Please check Blackboard and your email OFTEN.

Email is the best form of communication should you wish to contact me. After you have checked the syllabus and Blackboard for a potential answer to your inquiry, I highly encourage you to email me with questions, comments, etc. **You are never a bother to me!** I check my email regularly and typically respond within 24 hours during regular business hours (Mon – Fri, 8:00 am - 5:00 pm).

When using email communication, please abide by the following:

1. Write in complete sentences, using appropriate punctuation. Do not use SMS shorthand or abbreviations.
2. Include the course number (EXS 223) in the subject line.
3. Include your full name in the email.
4. Be specific and concise with your questions, so I'll know how to best help you.
5. Include a greeting and a signature.
6. Use respectful language.
7. PROOFREAD your email before sending! Remember, emailing your instructor is an opportunity to practice professional communication – a skill that will serve you well in the future.

**Please note that the details recorded in this document are subject to change. All changes will be noted in Blackboard and/or students' email. It is the student's responsibility to note any course changes that occur. Please check Blackboard and email regularly!**

## **Policies**

**Academic Misconduct:** All acts of dishonesty in any work constitute academic misconduct. In the event of academic misconduct, the student(s) will receive a failing grade ("F") for the course, and may be reported to the University Disciplinary Committee.

**Code of Student Conduct:** 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.

**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 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 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.

**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 quiz or in the preparation of any assignment or other project which is submitted for purposes of grade determination.

**Disciplinary Actions:** The following list describes University sanctions that may be administered as a result of violating the WKU Code of Conduct: warning and/or reprimand, creative discipline, disciplinary probation, suspension, expulsion.

#### **University Attendance Policy:**

Registration in a course obligates the student to be regular and punctual in class attendance. Students who, without previous arrangement with the instructor or department, fail to attend the first two class meetings of a course meeting multiple times per week or the first meeting of a class that meets one time per week MAY be dropped from the course. Nonattendance for a web-based course shall be defined as failure to perform meaningful academically-related activity (including, but not limited to, the following: submitting an academic assignment, taking an exam, participating in an online discussion about academic matters) within one week of the course start date without previous arrangements with the instructor or department. Nonattendance does NOT release students from the responsibility to officially drop any course for which they have enrolled and choose not to complete.

Withdrawal deadlines are published each semester in the schedule bulletin. Excessive absenteeism frequently contributes to poor academic achievement. An instructor who

determines that a student's absenteeism is inconsistent with the instructor's stated policy should either counsel with the student or request that the Academic Advising and Retention Center arrange a counseling session with the student. Excessive absenteeism may result in the instructor's dismissing the student from the class and recording a failing grade, unless the student officially withdraws from the class before the withdrawal deadline. If the student withdraws from the University after the end of the official withdrawal period, excessive absenteeism may be one of the considerations in the instructor's deciding whether circumstances justify a "W" or an "F" in the course. The normal appeal process is available to the student who wants to appeal the decision of the instructor. When a student is absent from class because of illness, death in the family, or other justifiable reasons, it is the student's responsibility to consult the instructor at the earliest possible time. If personal emergencies arise, written notification of absences must be supplied through the Academic Advising and Retention Center.

### **The Learning Center**

**Website:** [www.wku.edu/tlc](http://www.wku.edu/tlc)

**Phone:** (270) 745-5065

**Email:** [tlc@wku.edu](mailto:tlc@wku.edu)

Should you require academic assistance with your WKU courses, The Learning Center (located in the Downing Student Union, 2141) provides free supplemental education programs for all currently enrolled WKU students. TLC @ Downing Student Union offers certified, one-on-one tutoring in over 200 subjects and eight academic skill areas by appointment or walk in. Online tutoring is offered to distance learners. TLC is also a quiet study area (with side rooms designated for peer-to-peer tutoring) and offers a computer lab to complete academic coursework.

### **WKU Center for Literacy Assistance**

The WKU Center for Literacy is located in Gary A. Ransdell Hall 2066. At the Center for Literacy, students can receive assistance in developing strategies to help **reading/studying to learn** and writing for evidence and argument. The Center for Literacy offers both individual and small group sessions throughout the semester. More information about the WKU Center for Literacy can be found on the website: <http://www.wku.edu/literacycenter/>

### **Student Accessibility Resource Center (SARC):**

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](mailto: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."

Faculty/Staff that would like additional information about the SARC can visit our FAQ and Faculty/Staff Resources pages. Faculty may also contact the SARC directly for testing information at [sarc.testing@wku.edu](mailto:sarc.testing@wku.edu). For students that request note-taking accommodations at [sarc.notetaking@wku.edu](mailto:sarc.notetaking@wku.edu) or our general email account listed above. If you have any questions or concerns, please should contact our office by email or phone.

### **COVID-19**

Out of respect for the health and safety of the WKU community and in adherence with the CDC guidelines, the University requires that a cloth face covering (reusable or disposable) that covers

both the nose and mouth must be worn at all times when in public areas within all buildings. Students must properly wear masks face coverings while in class regardless of the room size or the nature of the classroom activities. Students who fail to wear a face covering mask as required will be in violation of the WKU Student Code of Conduct and will be asked to comply or will face disciplinary action, including possible dismissal from the University. Accommodations to masks face coverings must be determined by the Student Accessibility Resource Center and documented before a student may attend class.

### **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](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](mailto: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.