



Instructor: Donte McGee Jr., M.S., NSCA-CPT
Office: Smith Stadium East 1060
Class location/day/time: ONLINE

Phone: 270-745-6460
E-Mail: donte.mcgee@wku.edu

Office Hours: By appointment only.

COURSE GOALS/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. Students will also be introduced to field and laboratory measurement techniques.

STUDENT LEARNING OBJECTIVES: At the conclusion of this course, students are expected to be able to do the following:

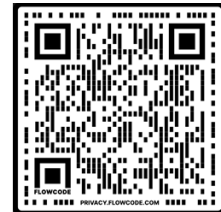
1. Identify and understand the major components of Health-related Fitness.
2. Understand the significance of aerobic fitness.
3. Identify major muscle groups.
4. Identify basic muscle structure and muscle function.
5. Demonstrate knowledge of energy systems.
6. Understand the cardiovascular changes that occur during acute and chronic exercise.
7. Demonstrate knowledge of basic nutrition.
8. Demonstrate knowledge regarding the assessment of cardiorespiratory fitness, body composition, and muscular strength.
9. Understand how to prescribe basic exercise for various musculoskeletal goals.

How to reach me:

Calendly: <https://calendly.com/donte-mcgee/meeting-with-mr-mcgee>

I am here for you, and I look forward to meeting with you. Please use the Calendly link to schedule an appointment to meet with me. If you need to meet at a day and time that is not on Calendly, please email when you are available, and I will accommodate your request as best as possible.

The QR code is also available to schedule a Calendly meeting with me.
Please reach out if you are struggling with the class.



Email – donte.mcgee@wku.edu I understand the urgency you feel as a student to have an instructor reply promptly. I check my email regularly throughout the work week and will *normally* reply within 24 hours Monday – Friday. If I have **NOT** responded within 24 hours Monday – Friday, then please feel free to send a follow-up email, or stop by my office. The weekend is the time I spend with my family, so response times will be varied. I will do my best to reply as quickly as possible for you.

REQUIRED ONLINE TEXTBOOK: Garver & Stone. *Practical Content for Beginning Kinesiologists.*

This is an **ONLINE only textbook.** You will need the textbook to be able to begin the coursework. All assigned readings, assignments, quizzes, and exams are completed via the ONLINE Textbook course

site. Please note that purchasing through the bookstore will come with a slightly higher processing fee. Purchasing from the company provides a small discount. However, both bring you to the same text.

- The access code for *Practical Content for Beginning Kinesiologists* is being provided by the Big Red Backpack program and can be obtained in two ways:
 - **Blackboard**
 - 1. In Blackboard, click on the appropriate course.
 - 2. Down the left side of the screen, click on “Books & Tools.”
 - 3. On the right side of the screen, find and click on “Course Materials.”
 - 4. Find the appropriate product and click on “Reveal Access Code.”
 - **Email**
 - On the first day of class, you will receive an email with the subject [IMPORTANT] Big Red Backpack - Digital Delivery. Find your course in that list and you will also see the code there.
 - If you have just added the class, please note that it takes approximately two days for your code to appear and to receive your email.
- Opting out of the Big Red Backpack: If you opt-out of the Big Red Backpack you need to plan on purchasing an access code another way or paying for access directly through the vendor site. For non-BRB pricing and purchasing options through the bookstore, please visit <https://wku.bncollege.com/course-material/course-finder> and be sure to select the term labeled “opt-out.”
- For questions or inquiries or issues regarding the purchase of the online textbook:
 - Use the **chat button** or email help@perceivant.com
 - <https://support.perceivant.com/hc/en-us/articles/360000949667-How-Do-Students-Enroll-Using-the-Payment-Process->

GRADING: Grades will be assigned according to a points-earned system. Course points will be awarded in the following categories.

Attendance/Participation (5%): Attendance will be taken in the form of “attendance assignments”. These may include check-ins or discussions.

Online Chapter Readings (5%): Chapter readings will be assigned at the beginning of each new topic and are expected to be completed before the week of content. All readings will be through Bearface-Perceivant. Each chapter reading contains several “content-check” questions that must be answered (or guessed) and will be used to calculate a final “reading grade” for the chapter. Chapter readings have due dates and times (see Course Schedule), and any missed readings will be subject to the late policy.

Online Chapter Quizzes (20%): Chapter quizzes will be due at the end of a topic and are meant to assess comprehension of the subject matter. All quizzes will be through Bearface-Perceivant. You will be notified of quiz due dates and missed quizzes will be subject to the late policy

Assignments (20%): There will be several assignments throughout the semester to be completed individually. Each assignment is designed to enhance student learning by applying the ideas and concepts of the chapter into practice. All assignments have due dates and times (see Course Schedule). Any in-class assignments missed due to an EXCUSED ABSENCE *may* be made up at the approval of the instructor. Any assignments submitted after the due date and time will be subject to the late policy

Exams (50%): There will be three exams throughout the semester. I will give you at least a week’s notice of the exams. All exams will be through Bearface-Perceivant. Additionally, there will be a final project that is built into the “Exam” category.

- Exams will be taken through the **Distance Learning Testing Center (DLTC)** located at:
South Campus Academic Wing C113
2355 Nashville Rd.
Bowling Green, KY 42101
 - If you have not been here before, please plan accordingly to get there on time.
 - Additionally, DLTC can be contacted via:
 - **Phone:** (270) 745-5122
 - Toll Free:** 1-800-544-2280
 - Fax:** (270) 745-2107
 - Email:** dltc@wku.edu
 - *WKU Distance Learning Testing Center does not charge a fee; however, the WKU Remote Proctoring Network includes proctor locations who charge for the proctoring services as well as those who do not charge. Students are responsible for payment of any proctoring fees if they choose to use a proctor who charges a fee for this service. Students are also responsible for any additional fees that might be associated with the use of a particular proctoring site, such as parking fees.*
- **Alternative Testing Option (ProctorU)**
 - Students who are unable to take their exam at the WKU DLTC may instead choose to use ProctorU, an online remote proctoring service. ProctorU allows students to complete exams from a secure location with proper internet access and webcam capabilities. This option is provided for flexibility but is not required. **Please note that students are responsible for scheduling their ProctorU exam in advance and for covering any associated costs.**
 - For more information or to register an exam with ProctorU, visit: <https://www.proctoru.com>

Policies

No make-up exams are possible, unless arrangements are made **prior** to exam dates and/or a **verifiable** medical emergency or university travel excuse is provided. Athletes are required to provide letters for travel for each individual class you are requesting to miss, **PRIOR** to missing class and ensure quiz/exam is complete prior to due date. Please see the attendance/participation policies below for more detailed information.

Late Work

Any readings, quizzes, or assignments that are late will be subject to a 50% grade reduction. This will extend exactly one week from the due date. After one week, assignments will automatically receive a “0” in the grade book. Exams will automatically be assigned a “0” if not taken in the one week period they are available.

Attendance / Participation

1. Attendance will be taken through our assignments (every meeting is worth 5 points). It is expected that each student will actively participate in the assigned activities for the week.
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.). You **MUST** submit documentation. Please do not make me ask for it.
 - c. The course instructor assumes final authority in determining whether an absence is excused.
3. Students participating in intercollegiate athletics must follow the established procedure for notifying faculty of absences for away games or tournaments:

- a. WKU athletes must review their 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 EACH event.
4. Missed exams due to an unexcused absence may NOT be made up. Students will receive a zero (0) in these cases.

Participation Policy:

1. 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, Zoom, and internet, etc. If you need help, please contact the IT department for training.
2. You are responsible for maintaining your e-mail account.
3. **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.**
 - a. You can expect me to respond to emails within 24 hours of receiving them Monday through Friday during traditional work times (9am – 5pm). On the weekends, this will extend to within 48 hours. If you have not heard back from me within 48 hours, please reach out to me again.

Artificial Intelligence Policy:

Use of an AI Generator such as ChatGPT, Midjourney, DALL-E, etc. may be used when instructed; it is prohibited unless otherwise noted by the instructor. It's imperative that all work submitted should be your own. Any assignment that is found to have been plagiarized or to have used unauthorized AI tools may receive a zero and / or be reported for academic misconduct.

COVID-19: WKU Syllabus Statement

All students are strongly encouraged to get the COVID-19 vaccine. In accordance with WKU policy, all students must call the WKU COVID-19 Assistance Line at 270-745-2019 within 4 hours of testing positive for COVID-19 or being identified as a close contact to someone who has tested positive. The COVID Assistance Line is available to answer questions regarding any COVID-19 related issue. This guidance is subject to change based on requirements set forth by federal, state, and local public health entities. Please refer to the Healthy on the Hill website for the most current information. www.wku.edu/healthyonthehill

The Learning Center (TLC)

The mission of TLC is to promote student success, enhance student performance, and increase student retention at WKU. TLC helps students enhance their academic performance and sharpen their skills to be successful WKU graduates.

TLC provides free tutoring services that empower students to achieve academic success. Trained peer tutors are available to review course content, answer questions, and demonstrate effective study strategies. TLC offers individual appointments and group sessions (PASS) for hundreds of undergraduate courses. For more information or to make an appointment, visit www.wku.edu/tlc.

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. 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. For students that request note-taking accommodations at 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.

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 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.

University Attendance Policy:

Registration in a course obligates the student to be regular and punctual in class attendance. Students should make certain that their names are on the class roll. If an error has been made in registration, it is the student’s responsibility to see that the error is corrected in the Office of the Registrar. It is the individual instructor’s responsibility to inform students, in writing, on the first day the class meets of the guidelines for implementing the instructor’s attendance policy. Students who cease attending class are expected to report to the Office of the Registrar to initiate withdrawal procedures. 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.