

KINE 1400: Intro to Exercise Science Lab
Fall 2011

Instructor: Tyler Benson
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Office Number: PEB 308
Office Telephone Number: TBA
Office Hours: TBA and by appointment

Sections: 1400.003	M 8-9:50 AM
1400.004	M 10-11:50 AM
1400.013	W 12:00-1:50 PM

ALL LABS WILL BE IN ROOM 150 MAC

LAB GUIDELINES:

Laboratory Attendance Policy: Lab attendance is mandatory. You must be present in lab to obtain data for the assignments. Lab data will not be given to students who do not attend lab unless they have a documented & approved University excused absence.

Examples of Lab Absences include, but are not limited to the following:

- Not attending or arriving > 10 minutes late. If you arrive late for lab you will not be allowed to participate.
- Leaving lab early before the instructor dismisses class
- Not being properly dressed out for lab. Loose T- shirt or tank top, above the knee shorts, and running/ tennis shoes are required for lab.
- Refusal to participate in lab activities (ex: exercising, taking blood pressures and body fat analysis, being a subject for others, etc.)

NOTE: Leaving lab early will result not only in an absence for the day but also a zero on the assignment you are to turn in the following week.

NOTE: Documentation for absences will not be accepted more than one week after the absence.

Documentation: A university excused absence or documentation (i.e. University approved activity, proof you were in jail, doctor's note on appropriate letterhead with appropriate signature) is required in order to have consideration for make-up of a lab absence.

It is your responsibility to bring your student ID with you to every lab class so that you can have access to the Mavericks Activities Center. You are not allowed access to the Exercise Science Research Lab in open toe shoes.

GRADING:

Lab Grades will make up 25% of the 1400 Lecture grade.

Weekly Lab Assignments (20.0%): All lab assignments will be turned in at the beginning of the class period on the due date. Lab assignments will not be accepted without a cover sheet. Lab assignments will always be due at the beginning of class one week from the date of completion of the data collection. **No lab assignments will be accepted after the first 10 minutes of the lab class. If you miss a lab with an unexcused absence you will get a zero for that assignment.**

Two Lab Practicals (2 @ 2.5%): Attendance is required for the two lab practical. Absence will follow the same guidelines as outline for major exams in this syllabus.

LAB SCHEDULE

<u>Week</u>	<u>Date</u>	<u>Topic</u>	<u>Assignment</u>
1	Aug 29-31	Resting Heart Rate and Blood Pressure	100 points Complete 5 blood pressure checks
2	Sep 5-7	Flexibility (T & W Labs only this week)	100 points Complete 5 Blood pressure checks
3	Sep 12-14	Fitness Pre-Testing	100 points Complete 5 Blood pressure checks
4	Sep 19-21	Spreadsheet Lab **Bring a laptop if you have one	100 points Practice Blood Pressures
5	Sep 26-28	Reliability and Validity **Bring a laptop if you have one	100 points Practice Blood Pressures
6	Oct 3-5	Blood Pressure Practical	2.5%
7	Oct 10-12	Heart Rate and Blood Pressure Responses to Exercise	100 points

8	Oct 17-19	Estimation of Body Composition from Skinfolds	100 points
9	Oct 24-26	Anaerobic Power	100 points Practice 3 Skinfolds
10	Oct 31- Nov 2	Ventilatory Response to Exercise	100 points Practice 3 Skinfolds
11	Nov 7-9	Prediction of VO ₂ Max and Metabolic Response	100 points Practice 3 Skinfolds
12	Nov 14-16	Body Composition Practical	2.5%
13	Nov 21-23	Flexibility (Monday Labs only- Make up from Week 2)	100 points
14	Nov 28-30	Introduction of Muscle Physiology	100 points
15	Dec 5-7	Fitness Post Testing	100 points

Americans with Disabilities Act: The University of Texas at Arlington is on record as being committed to both the spirit and letter of all federal equal opportunity legislation, including the *Americans with Disabilities Act (ADA)*. All instructors at UT Arlington are required by law to provide “reasonable accommodations” to students with disabilities, so as not to discriminate on the basis of that disability. Any student requiring an accommodation for this course must provide the instructor with official documentation for this course must provide the instructor with official documentation in the form of a letter certified by the staff in the Office for Students with Disabilities, University Hall 102. Only those students who have officially documented a need for an accommodation will have their request honored. Information regarding diagnostic criteria and policies for obtaining disability- based academic accommodations can be found at www.uta.edu/disability or by calling the Office for Students with Disabilities at (817)- 272-3364.

Academic Integrity: It is the philosophy of The University of Texas at Arlington that academic dishonesty is a complete unacceptable mode of conduct and will not be tolerated in any form. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. Discipline may include suspension or expulsion from the University. According to the UT system Regent’s Rule 50101, 2.2, “Scholastic dishonesty includes but is not limited

to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.”

Electronic Communication Policy: University of Texas at Arlington has adopted the University “MavMail” address as the sole official means of communication with students. MavMail is used to remind students of important deadlines, advertise events and activities, and permit the University to conduct official transactions exclusively by electronic means. For example, important information concerning registration, financial aid, payment of bills, and graduation are now sent to student through the MavMail system. All students are assigned a MavMail account. Students are responsible for checking their MavMail regularly.