

 FLORIDA ATLANTIC UNIVERSITY	COURSE CHANGE REQUEST Undergraduate Programs	UUPC Approval <u>3-29-21</u> UFS Approval _____ SCNS Submittal _____ Confirmed _____ Banner Posted _____ Catalog _____
	Department Exercise Science and Health Promotion College Science	
Current Course Prefix and Number APK 4110L	Current Course Title Exercise Physiology Lab	
<i>Syllabus must be attached for ANY changes to current course details. See Checklist. Please consult and list departments that may be affected by the changes; attach documentation.</i>		
Change title to: Exercise Lab Techniques Change prefix From: No Change To: Change course number From: No Change To: Change credits* From: No Change To: Change grading From: No Change To: Change WAC/Gordon Rule status** Add <input type="checkbox"/> Remove <input type="checkbox"/> Change General Education Requirements*** Add <input type="checkbox"/> Remove <input type="checkbox"/> <small>*Review Provost Memorandum **WAC/Gordon Rule criteria must be indicated in syllabus and approval attached to this form. See WAC Guidelines. ***General Education criteria must be indicated in syllabus and approval attached to this form. See GE Guidelines.</small>	Change description to: No Change Change prerequisites/minimum grades to: No Change Change corequisites to: No Change Change registration controls to: No Change	Please list existing and new pre/corequisites, specify AND or OR and include minimum passing grade (default is D-).
Effective Term/Year for Changes:	Terminate course? Effective Term/Year for Termination:	
Faculty Contact/Email/Phone Michael Zourdos / mzourdos@fau.edu / 301-580-7536		
Approved by Department Chair <u>M. Whitehead</u> College Curriculum Chair <u>Jerry Haky</u> College Dean <u>Edward Pratt</u> UUPC Chair <u>Jerry Haky</u> Undergraduate Studies Dean <u>Edward Pratt</u> UFS President _____ Provost _____	Date <u>3/2/21</u> <u>3-18-21</u> <u>3/24/2021</u> <u>3-29-21</u> <u>3-29-21</u> _____ _____	

Email this form and syllabus to mjenning@fau.edu seven business days before the UUPC meeting.

EXERCISE LAB TECHNIQUES – APK4110L
Department of Exercise Science & Health Promotion
Spring 2021
1 Credit Hour

Instructor: Zac Robinson, BS, CSCS ; Brittany Kimmons
Office Location: Online via Canvas
Office Hours: Please contact via email
Email: zrobinson2019@fau.edu & bkimmons313@gmail.com

COURSE DESCRIPTION

The application of physiological principles in contribution towards a greater understanding of the adjustments that occur physiologically to maintain homeostasis in the exercising human.

COURSE OBJECTIVES

Upon successful completion of this course, students will be able to:

1. Familiarize students with the equipment and concepts related to Exercise Physiology.
2. Allow the students the opportunity to gain a practical understanding of Exercise Physiology.
3. Supplement the Exercise Physiology concepts encountered in lecture with relevant lab-based exercise tests.

COURSE DELIVERY MODE

Please note: After two full weeks of face to face instruction with consecutive ‘no show’ of any students in person in the classroom, the modality of this course section may be changed to remote instruction only at the discretion of the university.

This is a hybrid course that meets in person but also is fully accessible only through FAU's learning management system, Canvas. You must log into Canvas with your FAU ID and Password to access the materials and assignments in this course. If you do not know your FAU ID or Password, [contact OIT for help](#).

TIME COMMITMENT PER CREDIT HOUR

This course has 1 credit hour. For traditionally delivered courses, not less than one (1) hour of classroom or direct faculty instruction each week for fifteen (15) weeks per Fall or Spring semester, and a minimum of two (2) hours of out-of-class student work for each credit hour. Equivalent time and effort is required for Summer Semesters, which usually have a shortened timeframe. Fully Online courses, hybrid, shortened, intensive format courses, and other non-traditional modes of delivery will demonstrate equivalent time and effort.

REQUIRED TEXTS & MATERIALS

In this course, you are not required but may be helpful the following texts and/or materials: Laboratory Manual for Exercise Physiology', G. Gregory Haff and Charles Dumke (Human Kinetics) ISBN: 9780736084130

TECHNOLOGY & COMPUTER REQUIREMENTS

HARDWARE & SOFTWARE REQUIREMENTS

Hardware

- Dependable computer

Software

- [Microsoft Word](#)
- Reliable web browser (recommended [Chrome](#) or [Firefox](#))
- Canvas mobile app: Download instructions for [iOS device](#) or [Android device](#)
- [Adobe Reader](#)
- [Adobe Flash Player](#)

Internet Connection

- Recommended: Broadband Internet connection with a speed of 4 Mbps or higher.
- To function properly, Canvas requires a high-speed Internet connection (cable modem, DSL, satellite broadband, T1, etc.). The minimum Internet connection speed to access Canvas is a consistent 1.5 Mbps (megabits per second) or higher.
- [Check your Internet speed here.](#)

COMPUTER REQUIREMENTS

Basic Computer Specifications for Canvas

- Operating system: Windows 10 or macOS Sierra (or higher).
- [Specifications](#)

Peripherals

- A backup option should be available to minimize the loss of work. This can be an external hard drive, a USB drive, cloud storage, or your folder on the FAU servers.

Software

- Once logged in to Canvas make sure your Internet browser is compatible.
- Other software may be required for specific learning modules. If so, the necessary links to download and install will be provided within the applicable module.

MINIMUM TECHNICAL SKILLS REQUIREMENTS

The general and course-specific technical skills you must have to succeed in the course include but are not limited to:

- Accessing Internet.
- Using Canvas (including taking tests, attaching documents, etc.).
- Using email with attachments.
- Creating and submitting files in commonly used word processing program formats such as Microsoft Office Tools.
- Copying and pasting functions.
- Downloading and installing software.
- Using presentation, graphics, and other programs.
- Posting and commenting in an online discussion.
- Searching the FAU library and websites.

TECHNICAL SUPPORT

In the online environment, technical issues are always possible (e.g., lost connection, hardware or software failure). Many of these can be resolved relatively quickly, but if you wait until the

last minute before due dates, the chances of these glitches affecting your success are greatly increased. Please plan appropriately. If a problem occurs, it is essential you take immediate action to document the issue so your instructor can verify and take appropriate action to resolve the problem. Most issues in Canvas can be resolved by clicking on the “Help” tab located on the menu bar.

When a problem occurs, click “Help” to:

- Report a Problem
- Live Chat with Canvas Support
- Search Canvas Guides

Additional Technical Support

1. Contact the eLearning Success Advisor for assistance: 561-297-3590
2. If you can, make a Print Screen of the monitor when the problem occurs. Save the Print Screen as a .jpg file. If you are unfamiliar with creating a Print Screen file, see [Print Screen instructions](#).
3. Complete a [Help Desk ticket](#). Make sure you complete the form entirely and give a full description of your problem so the Help Desk staff will have the pertinent information in order to assist you properly. This includes:
 - a. Select “Canvas (Student)” for the Ticket Type.
 - b. Input the Course ID.
 - c. In the Summary/Additional Details section, include your operating system, Internet browser, and Internet service provider (ISP).
 - d. Attach the Print Screen file, if available.
4. Send a message within Canvas to your instructor to notify him/her of the problem. Include all pertinent information of the incident (2b-d above).
5. If you do not have access to Canvas, send an email to your instructor with all pertinent information of the incident (2b-d above).
6. If you do not have access to a computer, call your instructor with all pertinent information of the incident. If he/she is not available, make sure you leave a detailed message.
7. If you do not hear back from the Help Desk or your instructor within a timely manner (48 hours), it is your responsibility to follow up with the appropriate person until you obtain a resolution.

COURSE ASSESSMENTS, ASSIGNMENTS & GRADING POLICY

Module	Points
Midterm Exam	50
Final Exam	50
Final Practical Exam	50

Quizzes (10 quizzes worth 10 points each)	100
Lab Comprehension Assessments (2 assignments; 35 points each)	70
Total Points	320

GRADE SCALE

Grade	Total Points
A	100 – 93
A-	92 – 90
B+	89 – 87
B	86 – 83
B-	82 – 80
C+	79 – 77
C	76 – 73
C-	72 – 70
D+	69 – 67
D	66 – 63
D-	62 – 60
F	59 – 0

LATE ASSIGNMENTS POLICY

No late assignments accepted.

MAKE-UP POLICY FOR TESTS

No make-up for tests.

INCOMPLETE GRADE POLICY

The University policy states that a student who is passing a course, but has not completed all work due to exceptional circumstances, may, with consent of the instructor, temporarily receive a grade of incomplete (“I”). The assignment of the “I” grade is at the discretion of the instructor, but is allowed only if the student is passing the course.

COURSE POLICIES

CODE OF ACADEMIC INTEGRITY POLICY STATEMENT

Students at Florida Atlantic University should endeavor to maintain the highest ethical standards. Academic dishonesty is a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive to the university community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonesty. For more information, see [University Regulation 4.001](#).

PLAGIARISM

Plagiarism is unacceptable in the University community. Academic work must be an original work of your own thought, research, or self-expression. When students borrow ideas, wording, or organization from another source, they must acknowledge that fact in an appropriate manner. Plagiarism is the deliberate use and appropriation of another's work without identifying the source and trying to pass off such work as one's own. Any student who fails to give full credit for ideas or materials taken from another has plagiarized. This includes all discussion board posts, journal entries, wikis, and other written and oral presentation assignments. If in doubt, cite your source.

ONLINE ATTENDANCE POLICY

Since the course is partially online, you should access the course **at least three times per week** to ensure you do not miss pertinent postings, messages, or announcements. It is imperative that you meet course deadlines and stay active in discussion boards, group projects, etc. If you are experiencing major illness, absences due to University duties, or other large-scale issues, contact the instructor immediately to formulate a resolution.

NETIQUETTE

Due to the casual communication common in the online environment, students are sometimes tempted to relax their grammar, spelling, and/or professionalism. Please remember that you are adult students and professionals—your communication should be appropriate. For more in-depth information, please see the [FAU statement on netiquette](#).

CLASSROOM ETIQUETTE/DISRUPTIVE BEHAVIOR POLICY STATEMENT

Disruptive behavior is defined in the FAU Student Code of Conduct as "... activities which interfere with the educational mission within classroom." Students who disrupt the educational experiences of other students and/or the instructor's course objectives in a face-to-face or online course are subject to disciplinary action. Such behavior impedes students' ability to learn or an

instructor's ability to teach. Disruptive behavior may include, but is not limited to non-approved use of electronic devices (including cellular telephones); cursing or shouting at others in such a way as to be disruptive; or, other violations of an instructor's expectations for classroom conduct.

For more information, please see the [FAU Office of Student Conduct](#).

COMMUNICATION POLICY

EXPECTATIONS FOR STUDENTS

Announcements

You are responsible for reading all announcements posted by the instructor. Check the course announcements each time you log in.

Email/Video Conferencing

You are responsible for reading all of your course email and responding in a timely manner.

INSTRUCTOR'S PLAN FOR CLASSROOM RESPONSE TIME & FEEDBACK

Email Policy

Except for weekends and holidays, the instructor will typically will respond to email (Canvas inbox or FAU email) within a timely manner.

Assignment Feedback Policy

The instructor will provide feedback on submitted assignments within one week of the submission date. Some assignments may require a longer review period, which the instructor

Electronic Communication Policy

In addition to the University's policy, please consider the following:

- Privacy, confidentiality, and security in all electronic communications.
- All electronic communication resources must be used for the course and in alignment with to the University mission.
- Prohibited use of false identity, false identity pseudonyms, or anonymous (sender's name or electronic identification is hidden).
- Access without consent.
- Disruption of services including introducing computer contaminants (viruses).
- Harassment of any kind.

Please see the Office of Information Technology's policies on [Cyber Security Awareness](#).

SUPPORT SERVICES & ONLINE RESOURCES

- [Center for eLearning and Student Success](#)
- [Counseling and Psychological Services](#)
- [FAU Libraries](#)
- [Freshmen Academic Advising Services](#)
- [Math Learning Center](#)
- [Office of Information Technology Helpdesk](#)
- [Office of International Programs and Study Abroad](#)
- [Office of Undergraduate Research and Inquiry](#)
- [Student Accessibility Services](#)
- [University Center for Excellence in Writing](#)

FACULTY RIGHTS & RESPONSIBILITIES

Florida Atlantic University respects the rights of instructors to teach and students to learn. Maintenance of these rights requires classroom conditions that do not impede their exercise.

To ensure these rights, faculty members have the prerogative to:

- Establish and implement academic standards.
- Establish and enforce reasonable behavior standards in each class.
- Recommend disciplinary action for students whose behavior may be judged as disruptive under the *Student Code of Conduct*.

SELECTED UNIVERSITY & COLLEGE POLICIES

ACCESSIBILITY POLICY STATEMENT

In compliance with the Americans with Disabilities Act (ADA), students who require special accommodations to properly execute coursework due to a disability, must register with Student Accessibility Services (SAS) located in the Boca Raton, Davie, and Jupiter campuses and follow all SAS procedures. For additional information, please consult [Student Accessibility Services](#).

Contact

- Boca Raton: (561) 297-3880
Fax: 561-297-2184, TTY: 711
- Davie: (954) 236-1222
Fax: 954-236-1123, TTY: 711
- Jupiter: (561) 799-8721
Fax: 561-799-8721, TTY: 711

GRADE APPEAL PROCESS

You may request a review of the final course grade when you believe that one of the following conditions apply:

- There was a computational or recording error in the grading.
- The grading process used non-academic criteria.
- There was a gross violation of the instructor's own grading system.

Chapter 4 of the University Regulations contains information on the grade appeals process.

RELIGIOUS ACCOMMODATION POLICY STATEMENT

In accordance with rules of the Florida Board of Education and Florida law, students have the right to reasonable accommodations from the University in order to observe religious practices and beliefs with regard to admissions, registration, class attendance, and the scheduling of examinations and work assignments. For further information, please see Academic Policies and Regulations.

UNIVERSITY APPROVED ABSENCE POLICY STATEMENT

In accordance with rules of the Florida Atlantic University, students have the right to reasonable accommodations to participate in University approved activities, including athletic or scholastics teams, musical and theatrical performances and debate activities. It is your responsibility to notify the instructor at least one week prior to missing any course assignment.

DROPS/WITHDRAWALS

You are responsible for completing the process of dropping or withdrawing from a course. Please click on the following link for more information on dropping and/or withdrawing from a course. Please consult the FAU Registrar Office for more information.

PRIMARY COMPONENTS OF COURSE

Lab Comprehension Assignments (LCA):

LCA #1 is on Exercise Heart Rate and Blood Pressure and is due **February 7th**

LCA #2 is on VO2 max Testing and is due **March 14th**

Each person's lab comprehension assignment **must be written in his/her own words**. The assignments must be **typed and double-spaced, Times New Roman 12 pt. Font. 1 inch margins**. Think critically to answer the questions provided to the best of your ability, utilizing information from lecture to assist you.

Weekly Quizzes and Exams:

There will 10 quizzes worth 10 points each throughout the semester on every Friday as noted in the schedule below and available from 12:00am – 11:59pm. Each quiz will consist of 5 true/false, multiple choice, or matching questions, which will be on that particular week's lab. Once opened, you will have 5 minutes to complete.

The midterm, final, and practical exam will be worth 50 points each. Practical exam will consist of multiple video analyses to determine whether demonstration of a particular lab procedure is performed correctly or incorrectly.

Further details will be given on the practical exam later in the semester.

Any quizzes or exams that will be missed must be cleared with the instructor prior to the absence, without exception! Failure to notify the instructor prior to missing a quiz or test will result in a ZERO for that assessment.

Spring 2021 Schedule (tentative)

- RECORDED LECTURES AND LINKS TO PRACTICAL YOUTUBE VIDEOS WILL BE POSTED ON MONDAY OF EACH WEEK AS OUTLINED BELOW.
- QUIZZES WILL BE ON THAT PARTICULAR WEEK'S LECTURE. THEY WILL BE POSTED ON THE FRIDAY OF THAT WEEK AND WILL BE AVAILABLE FOR 24 HOURS.

Week Of:	Lecture	Quiz	Lab Comprehension Assignment
January 11 th	Introduction, Syllabus, Resting Heart Rate and Blood Pressure (ONLINE)	Quiz 1 (15 th)	

January 18 th	Exercise Heart Rate and Blood Pressure (ONLINE)	Quiz 2 (22 nd)	
January 25 th	Progressive Submaximal Exercise Testing (IN PERSON)	Quiz 3 (29 th)	
February 1 st	Resting Metabolic Rate (RMR) (IN PERSON)	Quiz 4 (5 th)	LCA #1 Due (7 th)
February 8 th	VO2 Max Testing (IN PERSON)	Quiz 5 (12 th)	
February 15 th	Midterm Exam Review (ONLINE)		
February 22 nd	MIDTERM (ONLINE)		
March 1 st	Hormones & Responses to Exercise (ONLINE)	Quiz 6 (5 th)	
March 8 th	Body Composition (IN PERSON)	Quiz 7 (12 th)	LCA #2 Due (14 th)
March 15 th	Pulmonary Function Testing (IN PERSON)	Quiz 8 (19 th)	
March 22 nd	Lactate Threshold Testing (IN PERSON)	Quiz 9 (26 th)	
March 29 th	O2 Debt and Deficit (ONLINE)	Quiz 10 (2 nd)	
April 5 th	Practical and Final Exam Review (ONLINE)		
April 12 th	PRACTICAL EXAM (ONLINE)		
April 19 th	READING WEEK (NO ASSIGNMENTS)		
April 26 th	FINAL EXAM (ONLINE)		

Schedule is tentative

SYLLABUS IS SUBJECT TO CHANGE