

 <b>FLORIDA ATLANTIC UNIVERSITY</b>	<b>COURSE CHANGE REQUEST</b> <b>Undergraduate Programs</b>	UUPC Approval <u>2-23-26</u> UFS Approval _____ SCNS Submittal _____ Confirmed _____ Banner Posted _____ Catalog _____
	Department Exercise Science & Health Promotion College Science	
<b>Current Course Prefix and Number</b> APK 4110L	<b>Current Course Title</b> Exercise Lab Techniques	
<i>Syllabus must be attached for ANY changes to current course details. See <a href="#">Template</a>. Please consult and list departments that may be affected by the changes; attach documentation.</i>		
<b>Change title to:</b>  <b>Change prefix</b> <b>From:</b> <b>To:</b>  <b>Change course number</b> <b>From:</b> <b>To:</b>  <b>Change credits*</b> <b>From:</b> <b>To:</b>  <b>Change grading</b> <b>From:</b> <b>To:</b>  <b>Change WAC/Gordon Rule status**</b> Add <input type="checkbox"/> Remove <input type="checkbox"/>  <b>Change General Education Requirements***</b> Add <input type="checkbox"/> Remove <input type="checkbox"/>  <small>*See <a href="#">Definition of a Credit Hour</a>.</small> <small>**WAC/Gordon Rule criteria must be indicated in syllabus and approval attached to this form. See <a href="#">WAC Guidelines</a>.</small> <small>***GE criteria must be indicated in syllabus and approval attached to this form. See <a href="#">Intellectual Foundations Guidelines</a>.</small>	<b>Change description to:</b>     <b>Change prerequisites/minimum grades to:</b> (CHM 2045, CHM 2045L) and either (BSC 2085, BSC 2085L, BSC 2086, BSC 2086L) or (BSC 1010, BSC 1010L, BSC 1011, BSC 1011L), all with grades of "C" or better. <b>Change corequisites to:</b>   <b>Change registration controls to:</b>  Please list existing and new pre/corequisites, specify AND or OR and include minimum passing grade (default is D-).	
<b>Effective Term/Year for Changes:</b> Fall 2026	<b>Terminate course? Effective Term/Year for Termination:</b>	
<b>Faculty Contact/Email/Phone</b> Chris Boerum, cboerum@fau.edu, 954-892-8001		
<b>Approved by</b> Department Chair _____ College Curriculum Chair _____ College Dean _____ UUPC Chair _____ Undergraduate Studies Dean _____ UFS President _____ Provost _____	<b>Date</b> _____ _____ _____ _____ _____ _____	

Email this form and syllabus to [mjenning@fau.edu](mailto:mjenning@fau.edu) seven business days before the UUPC meeting.

**EXERCISE LAB TECHNIQUES – APK4110L-001**  
**Department of Exercise Science & Health Promotion**  
**Spring 2026: Friday 11:00 am- 12:45 pm**  
**1 Credit Hour**

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**Instructor:**

**Office Location:**

**Email:**

**Dates:**

**Classroom Location:** Tom Oxley Athletic Center Boca Raton **Room: 119**

## OFFICE HOURS: 1:00-2:00PM FRIDAY

### COURSE DESCRIPTION

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

Prerequisites: (CHM 2045, CHM 2045L) and either (BSC 2085, BSC 2085L, BSC 2086, BSC 2086L) or (BSC 1010, BSC 1010L, BSC 1011, BSC 1011L), all grades with a “C” or better.

Corequisites: APK 4110

### COURSE OBJECTIVES

Upon successful completion of this course, students will be:

1. Familiarized with the equipment and concepts related to exercise physiology.
2. Allowed 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.

### 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.

## 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

## COURSE ASSESSMENTS, ASSIGNMENTS & GRADING POLICY

Module	Points
Midterm Exam	50
Final Exam	50
Final Practical Exam	60
Quizzes (7 quizzes worth 10 points each)	70
Lab Assignments (8 assignments; 20 points each)	140* one dropped
Attendance (5 pts per lab)	40 (*45 points if all labs attended)
<b>Total Points</b>	<b>410</b>

**\*\*\*IF YOU MISS A CLASS, YOU WILL GET A ZERO FOR THE QUIZ AND LAB ASSIGNMENT, THIS WILL COUNT AS YOUR ONE DROPPED ASSIGNMENT**  
**\*\*\* ONLY THE FIRST MISSED ASSIGNMENT WILL BE DROPPED,**  
**IF YOU MISS MORE THAN ONE IT THAT GRADE WILL REMAIN A ZERO**  
**\*\*\*NO QUIZ GRADES WILL BE DROPPED**

### GRADE SCALE

Grade	Percentage
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**

All assignments must be submitted by the day and time they are due.

Late work will be accepted but will receive a 25% reduction in grade for every 24-hour period that it is late past the due date (i.e. if it is turned in any time within 24 hours after the due date and time, it will receive a 25% reduction. If it is turned in 25-48 hours after the due date, it will receive a 50% reduction, etc).

Missed work as a result of a documented excused absence or University-approved activity can be made up--prior notice must be provided to the instructor regarding the absence so that an appropriate make-up schedule and plan can be determined. If the student does not contact the professor prior to the due date of the assignment, the late assignment will be assessed using the late work policy described above.

### **MAKE-UP POLICY FOR MISSED LABS**

**No make-up for missed labs. You can miss one lab with no penalty (lowest lab assignment will be dropped). Beyond the one missed lab, you will not be able to make up the lab unless prior permission has been given (you need to email the instructor prior to missing the lab to receive permission to miss and decide on an appropriate course of action).**

### **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.

## **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 your course emails and responding in a timely manner.

## **INSTRUCTOR'S PLAN FOR CLASSROOM RESPONSE TIME & FEEDBACK**

### **Assignment Feedback Policy**

The instructor will typically provide feedback on submitted assignments within two weeks of the submission date. Some assignments may require a longer review period.

### **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](#).

**\*\*\*Please let your instructor know within the first two weeks of the semester of any religious accommodations needed\*\*\***

### AI LANGUAGE SPECIFIC TO THIS COURSE

AI Prohibited: The use of AI to assist in any work assigned in this specific course is prohibited.

### 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.

## COURSE POLICIES & PROCEDURES

1. **All course communications will be done via Canvas.** It is important to check your Canvas for messages and announcements regularly.
2. You are expected to read and follow the syllabus.
3. **Travel is not a valid excuse for missing an assignment, quiz, or exam.**
4. Any changes to the syllabus will be communicated via announcement or message on Canvas.
5. Plagiarism, cheating, the use of AI or academic dishonesty of any kind on any assignment or exam will not be tolerated. Should you be caught cheating, the department of ESHP will place a letter in your electronic file and submit your name to the Dean of Undergraduate studies. The department reserves the right to dismiss you from the department
6. Poorly written assignments will be marked the same as incorrect work.
7. These policies will be referred to regarding all aspects of the class.
8. By registering for this course, you have unconditionally accepted all these terms.
9. **Be kind and respectful to one another** 😊

## PRIMARY COMPONENTS OF COURSE

### Lab Assignments:

There will be 8 laboratory assignments worth 20 points each throughout the semester (lowest one is dropped, so total points is 140). The assignment will be based off that day's lab. You will have one week to complete the assignment and it will be due prior to the start of next week's lab. You will hand in the assignment (in person) at the beginning of class. **Lab assignments not turned in during class time will be considered late.**

### Weekly Quizzes:

There will be 7 quizzes worth 10 points each throughout the semester as noted in the schedule below. Prior to each class you will be given an assigned reading on the topic for that day's lab and quiz. **Each quiz will be 5 questions and it will be given at the beginning of each class based on the reading. There will be no quiz makeups.**

### Exams:

The midterm and final exams will be worth 50 points each, and the laboratory practical is worth 60 points. More information will be given prior to the scheduled exam/practical date. These assessments will all be done **in person**.

**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 lab or test will result in a ZERO for that assessment.**

### Attendance Policy

**Attendance for this class is mandatory.** If you know you will miss a lab, it must be cleared with your instructor **PRIOR** to your absence. Whether you will be able to make up missed lab work will be up to the discretion of your instructor.

*Spring 2026 Schedule (tentative)*

<b>Week Of:</b>	<b>Lecture</b>	<b>Quiz</b>
1/12 - 1/16	Introduction, Syllabus, Resting Heart Rate and Blood Pressure	
1/19 – 1/23	Exercise Heart Rate and Blood Pressure	Quiz 1
1/26 – 1/30	Resting Metabolic Rate (RMR)	Quiz 2
2/02 – 2/06	VO2 Max Testing (Metabolic cart)	Quiz 3
2/09 – 2/13	<b>MIDTERM EXAM REVIEW</b>	
2/16 – 2/20	<b>MIDTERM EXAM</b>	
2/23 – 2/27	Progressive Submaximal Exercise Testing (Field Tests)	Quiz 4
3/02 – 3/06	Body Composition	Quiz 5
3/09 - 3/13	<b>OPTIONAL LAB MAKE-UP</b>	
3/16 – 3/20	Muscular Strength and Endurance/Flexibility	Quiz 6
3/23 – 3/27	Lactate Threshold	Quiz 7
3/30 – 4/03	<b>PRACTICAL AND FINAL EXAM REVIEW</b>	
4/06 – 4/10	<b>PRACTICAL EXAM</b>	
4/13- 4/17	<b>FINAL EXAM</b>	

**Schedule is tentative**

**SYLLABUS IS SUBJECT TO CHANGE**