KINE 4415 Lab: Lab Skills in Kinesiology and Exercise Science

Fall 2020 | MAC 153

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COURSE INFORMATION

Section Information: KINE 4415-2. Course is a Hybrid 4 fall of 2020. This means that some assignments are done on campus and some will be online.

- Certain assignments that are online you are expected to be available to do during the dates and times of the class. These are the three student success labs that are at the end of the semester.
- In order to facilitate rules for room occupancy for COVID at UTA labs will be broken up into two groups.
- You will be assigned your group before the first week of labs which is August 31st.
- These groups will alternate on campus labs the first 9 weeks of the semester. Please see the lab schedule provided under the syllabus section of Canvas.

Time and Place of Class Meetings: Mavericks Activity Building (MAC), Room 154. Enter to 150 MAC. Refer to the time and day of the week you signed up for on MyMav.

Required Text:

1. KINE 4415 Lab Manual. Must be purchased at the UTA Bookstore and have with you the first day of lab. Always bring this book to lab.

Student Learning Outcomes:
The student will be able understand the mechanics of blood pressure and skinfold testing.
The student will be able to graph data collected in lab in Excel.
The student will be able understand the concepts of a submaximal and maximal graded exercise test.
The student will be able to estimate VO2max from a submaximal test.
The student will be able to identify Ventilatory Threshold from a maximal cardiorespiratory fitness test.
The student will be able to understand the components of an ECG and have the ability to diagnose them.
The student will be able to identify risk factors and prescribe the appropriate intensity of exercise for a client.
The student will be able to properly develop an exercise prescription for any client.
The student will be able to perform metabolic calculations for steady state VO2 estimation, calorie burning and weight loss.
During the lab students are expected to:

1. Establish stable internet connection to use Canvas and other class materials
   a. If you experience technical difficulties, it is YOUR responsibility to email me right away and get it resolved with Canvas. You must contact Canvas help support to resolve it
2. Submit all labs via Microsoft Word
   a. Mac applications (pages, numbers, keynote, etc) will not be accepted. Only Microsoft applications will suffice (Word, Excel, PowerPoint)
3. Email me directly_________________if you have any questions about lab
4. Each lab will be graded toward your lab overall grade. Each lab is worth 100 points.

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

Course Schedule:
See the separate lecture schedule on the Canvas syllabus page.

TECHNOLOGY REQUIREMENTS:
It is highly recommended that a student have a laptop to bring to labs on campus or at the least a dedicated desktop with up to date Microsoft Office at their home. This can be downloaded for free through the University.

WEEKLY LAB ASSIGNMENTS: All lab assignments will be done in lab or uploaded to Canvas the following week it is available. 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 DUE DATE. IF YOU MISS A LAB WITH AN UNEXCUSED ABSENCE YOU WILL GET A ZERO FOR THAT ASSIGNMENT.

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.

Other Requirements:
Students must submit all assignments via course Canvas as Word documents in order to receive course credit.

LABORATORY POLICIES:

Policy on missing on campus labs: The Kinesiology Department deems the four on campus labs as necessary for success in our program; therefore, attendance is mandatory. Nonattendance will result in a zero for that lab and cannot be made up. We have implemented additional safety requirements and precautions, in addition to the campus guidelines, to maximize safety while ensuring opportunities to meet course objectives.
DUE TO NEW COVID RULES WE ASK THAT YOU NOT ARRIVE EARLY FOR LAB AND CONGREGATE IN THE HALLS OUTSIDE OF ROOM 153 MAC. ARRIVE ON TIME AND LEAVE THE MAC IMMEDIATELY AFTER LAB.

During lab we will practice social distancing. Students will be required to wear a face shield, mask and gloves at all times. You must provide your own mask. One face shield will be provided to you at the beginning of the semester and you are required to bring it to campus each time you come to lab. Gloves will be provided in lab. During the blood pressure, skinfold and ECG labs students will have contact with each other to practice these skills.

**Academic Integrity:** All students enrolled in this course are expected to adhere to the UT Arlington Honor Code:

"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."

**Plagiarism:** Copying another student’s paper or any portion of it is plagiarism. Copying a portion of published material (e.g., books or journals) without adequately documenting the source is plagiarism. Consistent with APA format, if five or more words in sequence are taken from a source, those words must be placed in quotes and the source referenced with author’s name, date of publication, and page number of publication. If the author’s ideas are rephrased, by transposing words or expressing the same idea using different words, the idea must be attributed to the author by proper referencing giving the author’s name and date of publication. If a single author’s ideas are discussed in more than one paragraph, the author must be referenced, according to APA format. Authors whose words or ideas have been used in the preparation of a paper must be listed in the references cited at the end of the paper. Students are expected to review the plagiarism module from the UT Arlington Central Library via [http://library.uta.edu/plagiarism/index.html](http://library.uta.edu/plagiarism/index.html)

**Grade Grievances:**

Any appeal of a grade in this course must follow the procedures and deadlines for grade-related grievances as published in the current University Catalog. For undergraduate courses, see Undergraduate Grading Policies; for graduate courses, see Graduate Grading Policies. For student complaints, see Student Complaints.

In attempting to resolve any student grievances regarding grades, it is the student’s obligation first to make a serious effort to resolve the matter with the individual with whom the grievance originated. Individual course instructors retain primary responsibility for assigning grades. The instructor’s judgment is final unless compelling evidence shows preferential treatment or procedural irregularities. If students wish to appeal, their request must be submitted in writing—on an appeal form available in departmental or program offices—to the department chair or program director. The student has one calendar year from the date the grade is assigned to initiate the grievance. The normal academic channels are department chair or program director and then academic dean. However, before considering a grievance, the department chair or program director will refer the issue to a departmental
or program committee of faculty. If the student does not find the committee’s decision acceptable, the student may appeal to the academic dean. The decision of the dean is final. Information specific to the procedures to be followed in each academic unit is available in the office of the academic dean.

**Institution Information**

UTA students are encouraged to review the below institutional policies and informational sections and reach out to the specific office with any questions. To view this institutional information, please visit the [Institutional Information](https://resources.uta.edu/provost/course-related-info/institutional-policies.php) page which includes the following policies among others:

- Drop Policy
- Disability Accommodations
- Title IX Policy
- Academic Integrity
- Student Feedback Survey
- Final Exam Schedule

**Mandatory Face Covering Policy**

All students and instructional staff are required to wear facial coverings while they are on campus, inside buildings and classrooms. Students that fail to comply with the facial covering requirement will be asked to leave the class session. If students need masks, they may obtain them at the Central Library, the E.H. Hereford University Center’s front desk or in their department. Students who refuse to wear a facial covering in class will be asked to leave the session by the instructor, and, if the student refuses to leave, they may be reported to UTA’s Office of Student Conduct.

**Attendance**

At the University of Texas at Arlington, taking attendance is not required but attendance is a critical indicator of student success. Each faculty member is free to develop his or her own methods of evaluating students’ academic performance, which includes establishing course-specific policies on attendance. While UT Arlington does not require instructors to take attendance in their courses, the U.S. Department of Education requires that the University have a mechanism in place to mark when Federal Student Aid recipients “begin attendance in a course.” UT Arlington instructors will report when students begin attendance in a course as part of the final grading process. Specifically, when assigning a student a grade of F, faculty report must the last date a student attended their class based on evidence such as a test, participation in a class project or presentation, or an engagement online via Canvas. This date is reported to the Department of Education for federal financial aid recipients.

**Student Success Programs**

UT Arlington provides a variety of resources and programs designed to help students develop academic skills, deal with personal situations, and better understand concepts and information related to their courses. Resources include [tutoring by appointment], [drop-in tutoring], [etutoring], [supplemental tutoring]
instruction, mentoring (time management, study skills, etc.), success coaching, TRIO Student Support Services, and student success workshops. For additional information, please email resources@uta.edu, or view the Maverick Resources website.

The IDEAS Center (https://www.uta.edu/ideas/) (2nd Floor of Central Library) offers FREE tutoring and mentoring to all students with a focus on transfer students, sophomores, veterans and others undergoing a transition to UT Arlington. Students can drop in or check the schedule of available peer tutors at www.uta.edu/IDEAS, or call (817) 272-6593.

The English Writing Center (411LIBR)

The Writing Center offers FREE tutoring in 15-, 30-, 45-, and 60-minute face-to-face and online sessions to all UTA students on any phase of their UTA coursework. Register and make appointments online at the Writing Center (https://uta.mywconline.com). Classroom visits, workshops, and specialized services for graduate students and faculty are also available. Please see Writing Center: OWL for detailed information on all our programs and services.

The Library’s 2nd floor Academic Plaza (http://library.uta.edu/academic-plaza) offers students a central hub of support services, including IDEAS Center, University Advising Services, Transfer UTA and various college/school advising hours. Services are available during the library’s hours of operation.

Librarian to Contact

Each academic unit has access to Librarians by Academic Subject that can assist students with research projects, tutorials on plagiarism and citation references as well as support with databases and course reserves.

Emergency Phone Numbers

In case of an on-campus emergency, call the UT Arlington Police Department at 817-272-3003 (non-campus phone), 2-3003 (campus phone). You may also dial 911. Non-emergency number 817-272-3381

Library Information

Research or General Library Help

Ask for Help

- Academic Plaza Consultation Services (library.uta.edu/academic-plaza)
- Ask Us (ask.uta.edu/)
- Research Coaches (http://libguides.uta.edu/researchcoach)

Resources

- Library Tutorials (library.uta.edu/how-to)
- Subject and Course Research Guides (libguides.uta.edu)
- Librarians by Subject (library.uta.edu/subject-librarians)
- A to Z List of Library Databases (libguides.uta.edu/az.php)
- Course Reserves (https://uta.summon.serialssolutions.com/#!/course_reserves)
- Study Room Reservations (openroom.uta.edu)