Instructor Information

Instructor: R. Matthew Brothers, Ph.D.
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Faculty Profile: https://mentis.uta.edu/explore/profile/matthew%20-brothers
Office Hours: Wed, Fri 2:00-3:30 - By Appointment Only

Course Information

Course: KINE 1300-002 Introduction to Exercise Science
Credit: 3 semester credit hours

Time and Place of Class Meetings: ONLINE 2: All instruction and testing will be delivered online, but synchronous online class attendance and participation via Canvas is required.

Graduate Assistant Tutoring: Hours TBA

Description of Course Content: Lectures and assignments are designed to introduce students to the field of exercise science and resources outside the classroom available for additional study. An overview includes topics on acute and chronic physiological responses to exercise, nutrition, biomechanics, health-related concepts and physical fitness, as well as statistics. Students will also gain knowledge in the use of spreadsheets for analyzing data and creating charts.

Student Learning Outcomes:
The student will be able to perform blood pressure and body fat analysis as part of a fitness testing program.
The student will be able to develop a cardiovascular and resistance training program for a client.
The student will be able to explain the acute and chronic effects of exercise on the cardiovascular system.
The student will be able to explain the acute and chronic effects of exercise on the musculoskeletal system.
The student will be able to identify the different effects that exercise has on special populations, such as, children, elderly, diseased, et cetera.
The student will be able to understand the different effects that exercise has on male and females.
The student will be able to explain and identify statistical terms and their use in Kinesiology.
The student will be able to obtain data in the lab and evaluate that data through graphing.
The student will be able to identify the three main planes of movement.

Requirements: Basic computer skills and an understanding of the Microsoft Excel program. Students are required to attend lectures.

Required Text:

* Basic calculator is required (scientific calculator not necessary)
Description of Major Assignments and Examinations (Exams: 15, 20, 20 and 20%. Quizzes: A total of 10 quizzes will be randomly given throughout the semester 2.5% each for a total of 25%): Each exam will consist of multiple choice tests based on assigned readings and lectures (see lecture schedule). Each Quiz will be comprised of questions from either the previous lecture content or the content that will be discussed in that days lecture. There will be no make-ups for missed major exams or quizzes, except for university excused absences that must be turned in one week prior to the exam. However, in cases of extreme emergencies contact the instructor before the exam and your situation will be considered for approval or denial. Without notification, your absence on exam day gives you a zero grade for the exam. Unless you have a university excused absence, even with notification there is no guarantee that you will be allowed to make up the exam.

Cheating is not allowed. Cheating will result in a zero grade for the exam.

CONDUCT IN LECTURE: Failure to comply with conduct guidelines will result in expulsion from the class that day or a zero.

Technology Requirements: The class materials, lectures, exams, quizzes, assignments etc. will be delivered through Canvas. The Respondus Lockdown browser will be used for all major exams. Students can access tutorials on these tools by clicking on the “Get Started” Box on your Canvas Homepage.

Grading Information

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<thead>
<tr>
<th>GRADING:</th>
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<tbody>
<tr>
<td>Exam 1</td>
<td>September 24th</td>
<td>15%</td>
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<tr>
<td>Exam 2</td>
<td>October 20th</td>
<td>20%</td>
</tr>
<tr>
<td>Exam 3</td>
<td>November 10th</td>
<td>20%</td>
</tr>
<tr>
<td>Exam 4</td>
<td>December 8th</td>
<td>20%</td>
</tr>
<tr>
<td>Pop Quizzes / Assignments</td>
<td>TBD</td>
<td>25%</td>
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(A = 90-100%, B = 80-89%, C = 70-79%, D = 60-69%, F <60%)

Test dates are subject to change. Changes in test dates will be announced in class and by way of email. It is not the instructor’s responsibility to compute your grade throughout the semester. To compute your grade, take the total points earned for a specific part of the evaluation (exams, etc.) divided by points possible and multiply the points allotted for that part of the course by the percentage of total point earned in that section. Do the same for each part of the course grade and add the parts together, that is your score out of 100%.

A total of 10 quizzes / assignments will be randomly given throughout the semester. Each quiz / assignment will be worth 2.5% for a total of 25% of your final class grade. The quizzes / assignments will be administered during the class period and will be comprised of questions from either the previous lecture content or the content that will be discussed in that days lecture.

Students are expected to keep track of their performance throughout the semester which Canvas facilitates, and seek guidance from available sources (including the instructor) if their performance drops below satisfactory levels; see “Student Support Services,” below.

Make-up Exams / Quizzes / Assignments:
There will be no make-ups for missed major exams. In addition there will be no make-ups for missed quizzes / assignments this includes being late to class and missing the “open window” for the quiz / assignment. Exceptions will be made for university excused absences that must be turned in one week prior to the exam. However, in cases of extreme emergencies contact the instructor before the exam and your situation
will be **considered for approval or denial**. Without notification, your absence on exam day gives you a zero grade for the exam. Unless you have a university excused absence, even with notification there is no guarantee that you will be allowed to make up the exam.

**Expectations for Out-of-Class Study:**
Beyond the time required to attend each class meeting, students enrolled in this course should expect to spend at least an additional 9 hours per week of their own time in course-related activities, including reading required materials, completing assignments, preparing for exams, etc.

**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. The student has one calendar year from the date a grade is assigned to initiate a grievance. The normal academic channels are
   1) Department Chair, 2) Department Grievance Committee, 3) Academic Dean
## Fall 2020, KINE 1300 Lecture Schedule, Delivered Online through Canvas

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td><strong>Week 1</strong></td>
<td></td>
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<tr>
<td>August 27</td>
<td>Introduction to course</td>
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<tr>
<td><strong>Week 2</strong></td>
<td></td>
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</tbody>
</table>
| September 1, 3| Chapter 1 – Health, Fitness and Performance, Chapter 2 – Health Risk Appraisal  
Chapter 2 cntd.  |
| **Week 3**    |                                                                      |
| September 8, 10| Chapter 4 Exercise Physiology  
Chapter 4 cntd.  |
| **Week 4**    |                                                                      |
| September 15, 17| Chapter 4 cntd.  
Chapter 24 – ECG and Exercise Performance  |
| **Week 5**    |                                                                      |
| September 22, 24| Chapter 24 cntd., Review for Exam 1  
Exam 1 (15%) - Thursday (September 24th) Chapters 1, 2, 4, 24  |
| **Week 6**    |                                                                      |
| September 29  | Chapter 11 – Exercise Prescription for Cardiorespiratory Fitness  
Chapter 11 cntd.  |
| October 1     |                                                                      |
| **Week 7**    |                                                                      |
| October 6, 8  | Chapter 13 – Exercise Prescription for Muscular Fitness  
Chapter 16 – Exercise for Children and Youth  |
| **Week 8**    |                                                                      |
| October 13, 15| Chapter 8 - Assessment of Body Composition  
Chapt 8 cntd. Review for Exam 2  |
| **Week 9**    |                                                                      |
| October 20, 22| Exam 2 (20%) - Tuesday (October 20th) Chapters 8, 11, 13, 16  
Aerobic Power Lecture (not in textbook)  |
| **Week 10**   |                                                                      |
| October 27, 29| Chapter 22 - Exercise, Asthma, and Pulmonary Disease  
Chapter 17 – Exercise and Older Adults  |
| **Week 11**   |                                                                      |
| November 3, 5 | Chapter 19 – Exercise and Coronary Heart Disease  
Chapter 12 – Exercise Prescription for Weight Management. Review for Exam 3  |
| **Week 12**   |                                                                      |
| November 10, 12| Exam 3 (20%) – Tuesday (November 10th) Anaerobic Power Lecture, Chapters 12, 17, 19, 22  
Chapter 21 – Exercise and Diabetes  |
| **Week 13**   |                                                                      |
| November 17, 19| Chapter 21 cntd.  
Chapter 5 - Nutrition  |
| **Week 14**   |                                                                      |
| November 24, 26| Chapter 3 – Research in Kinesiology (not in textbook)  
*No Class – Thanksgiving Holiday*  |
| **Week 15**   |                                                                      |
| December 1, 3 | Chapter 3 – Functional Anatomy and Biomechanics  
Chapter 3 cntd. Review For Exam #4  |
| **Week 16**   |                                                                      |
| December 8    | Exam 3 (20%) – Tuesday (December 8th) Research in Kinesiology, Chapters 3, 5, 21  |
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 page (http://www.uta.edu/provost/administrative-forms/course-syllabus/index.php) which includes the following policies among others:

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

Additional Information

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. As the instructor of this section, I have established that, for the lecture component of the course, although not required, attendance is strongly encouraged. However, 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 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/)