KINE 3415: Physiology of Exercise  
Spring 2020

Instructor Information

Instructor(s):  
Dr. David M. Keller, Professor

Teaching Assistant:  
Britton Woolsey

Office Number:  
Maverick Activities Center, 231

Office Telephone Number:  
817-272-3288

Email Address:  
kellerd@uta.edu

Faculty Profile:  
https://mentis.uta.edu/explore/profile/david-keller

Office Hours:  
By appointment

Teaching Assistant:  
Britton Woolsey

Office Number:  
Maverick Activity Center, 232

Office Telephone Number:  
817-272-3318

Email Address:  
Britton.Woolsey@mavs.uta.edu

Course Information

Section Information:  
KINE 3415-002

Time and Place of Class Meetings:  
Lecture: T-Th, 11-12:20pm, University Hall 116  
Lab: MAC 223

Important Notice:  
As the instructor for this course, I reserve the right to adjust this schedule in any way that serves the educational needs of the students enrolled in this course.

Description of Course Content:  
The classroom and laboratory experiences of this course are intended to provide the student with an opportunity to discuss, observe and become aware of the acute and chronic responses of the human body to physical activity. Mechanisms of neuromuscular, respiratory, cardiovascular, and metabolic control and adaptation during and following activity will be studied.

Required Textbooks and Other Course Materials:  

Physiology of Exercise Laboratory Manual: The University of Texas at Arlington, Spring 2020, B. C. McKeown  
https://www.uta.edu/conhi/students/kinesiology-lab.php
**Student Learning Outcomes:**
Upon successful completion of this course, the student should have achieved the following:
1. Developed an understanding of the immediate and long-term responses of the systems of the body to physical activity.
2. Developed an understanding of the body’s physiological abilities and limitations.
3. Developed an understanding of the research processes and limitations, procedures and interpretation of physical performance measurement.
4. Familiarization with the physiological basis of physical training and the practical application of these techniques to teaching and coaching.

**Subject Matter to be Presented:**
I. Introduction: (Ch 1)
   A. Sports Medicine
   B. Exercise Physiology
   C. Kinesiology (Exercise and Sport Studies)
   D. Professional Organizations
   E. Control systems
      i. Homeostasis, control systems, feedback mechanisms
      ii. Neuroendocrine control of exercise

II. Metabolic System (Ch 2, 3, 4, 5)
   A. Cellular respiration
   B. Anaerobic metabolism
   C. Aerobic metabolism
   D. Fuel for physical activity
   E. Replenishment of energy stores
   F. Lactic acid reduction
   G. Assessment of energy expenditure, calorimetry

III. Neuromuscular-skeletal System (Ch 17, 18, 19,)
   A. Skeletal system
   B. Skeletal muscle system
      i. Myofibril structure and function
      ii. Motor unit classifications
      iii. Neuronal structure and function
   C. Chemistry and mechanics of muscle contraction
   D. Muscle fatigue and soreness
   E. Local muscular components of physical performance and fitness

IV. Body Composition (Ch 7)

V. Respiratory System (Ch 9, 10)
   A. Pulmonary ventilation and lung mechanics
      i. Standard lung volumes
      ii. Anaerobic threshold
      iii. Oxygen cost of ventilation
   B. Gas exchange and transport during physical activity

VI. Cardiovascular System (Ch 11, 12, 13)
   A. Hemodynamic adjustments and blood flow distribution
      i. Oxygen transport system
         a. Cardiac output
         b. Arterial-venous oxygen difference
         c. Blood pressure
   B. Cardiac adjustments
      i. Innervation
      ii. Heart rate
Stroke volume

VII. Training Principles and Adaptations
   A. Training principles
   B. Training methods
   C. Training effects
      i. Physical performance
      ii. Health and fitness

Descriptions of major assignments and examinations:
The major assignments include Lab Experiences, Quizzes, Exams and a Research Paper. Exams will consist of a combination of multiple-choice questions, short-answer & long-answer questions and questions which may require illustrations (e.g., figures and diagrams) to support answers. The lab assignments are outlined in the required Lab Manual.

Research Paper: In order to enhance and supplement the learning experience of this course, each student is expected to complete an original research paper. The research paper can be on any topic of interest to the student, but must be relevant to exercise physiology and is subject to the discretion of the instructor. Completion of a research paper is required in order to successfully pass this course. If you do not complete the research paper, you will receive a letter grade of “I” (if your grade would otherwise not calculate as an “F,” irrespective of the grade for the research paper assignment).

The research paper must be submitted by the deadline in order to receive credit:
A digital copy must be submitted to CANVAS in the designated submission area.

Submission of unoriginal and/or poor-quality work (including, but not limited to, content copied from another author or student’s work; content used by the student in previous courses; paraphrased/summarized content without correct attribution/citation, etc.) will result in automatic failure.

Grading Information

Grading:
   o Written Examinations (65%, below)
      Exam 1: Metabolism (20%)
      Exam 2: Neuromuscular (15%)
      Exam 3: Body Composition (5%)
      Exam 4: Respiratory (10%)
      Exam 5: Cardiovascular (15%)

   o Quizzes (10%)

   o Laboratory Experiences (15%)

   o Research Paper (10%)

Overall Grade
A = 89.5-100
B = 79.5 – 89.4
C = 69.5-79.4
D = 59.5 – 69.4
F = 59.4 and below
**Summary of knowledge and skills to be gained:**

| Knowledge of how heart rate, blood pressure and oxygen consumption responses change with adaptation to chronic exercise training |
| Knowledge of the physiological adaptations associated with strength training. |
| Knowledge of the physiological principles related to warm-up and cool-down. |
| Knowledge of the common theories of muscle fatigue and delayed onset muscle soreness (DOMS) |
| Knowledge of exercise physiology including the role of aerobic and anaerobic metabolism, muscle physiology, cardiovascular physiology, and respiratory physiology at rest and during exercise. In addition, demonstrate an understanding of the components of physical fitness, the effects of aerobic and strength and/or resistance training on the fitness components and the effects of chronic disease. |
| Knowledge of the physiological adaptations that occur at rest and during submaximal and maximal exercise following chronic aerobic and anaerobic exercise training. |
| Knowledge of the differences in Cardiorespiratory response to acute graded exercise between conditioned and unconditioned individuals. |
| Knowledge of the structure of the skeletal muscle fiber and the basic mechanism of contraction. |
| Knowledge of the characteristics of fast and slow twitch fibers |
| Knowledge of the sliding filament theory of muscle contraction. |
| Knowledge of twitch, summation, and tetanus with respect to muscle contraction. |
| Knowledge of the basic properties of cardiac muscle and the normal pathways of conduction in the heart. |
| Knowledge of the response of the following variables to acute exercise: heart rate, stroke volume, cardiac output, pulmonary ventilation, tidal volume, respiratory rate and arteriovenous oxygen difference. |
| Knowledge of and ability to describe the implications of ventilatory threshold (anaerobic threshold) as it relates to exercise training and cardiopulmonary assessment. |
| Knowledge of and ability to describe the physiological adaptations of the respiratory system that occur at rest and during submaximal and maximal exercise following chronic aerobic and anaerobic training. |
| Knowledge of the pathophysiology of atherosclerosis and how this process is influenced by physical activity. |
| Knowledge of the atherosclerotic process, the factors involved in its genesis and progression, and the potential role of exercise training in treatment. |
| Skill to measure pulse rate accurately both at rest and during exercise. |
| Ability to list the effects of temperature, humidity, altitude, and pollution on the physiological response to exercise. |
| Ability to define aerobic and anaerobic metabolism. |
| Ability to define muscular fatigue as it relates to task, intensity, duration and the accumulative effects of exercise. |

**Make-up Exams:**

There will be no make-up opportunities for examinations or quizzes unless the absence was due to a university-approved excuse. If the absence is due to either a university activity or non-university excused absence (e.g. illness) you must 1) notify me by phone or email prior to the day that you will miss if you wish to make up any work missed and 2) provide documentation for the absence, presented to the instructor at the next class appearance, BEFORE class begins.

All make-up examinations and quizzes will be administered by arrangement. If you have to miss a lecture or laboratory session, you are responsible for obtaining notes from another student. This is important, as considerable material included in examinations will be presented during class sessions.
It is anticipated that all assignments will be completed by the due date and given to the instructor that day, at the beginning of class (as announced by the instructor, in class). If an excused absence creates a situation where the assignment cannot be turned in on the due date, the assignment is due in class on the next class date (following the excused absence). Thereafter, a 10% per day (not class date) reduction will be applied to the grade for that assignment.

**Expectations of Quality**
Quality of written assignments will be enhanced by following correct writing techniques which will include, but is not limited to, correct spelling, sentence structure, paragraph usage, capital letters, punctuation and noun-verb agreement. All written work including exams, quizzes, laboratory assignments and papers will be evaluated according to these rules of writing with the incorrect parts appropriately noted. Each final assessment will reflect a one-fourth point decrement in evaluation per incorrect notation.

**Cheating on lecture and lab assignments is not allowed.** Cheating will result in a zero being given to all parties involved regardless of the intent. You will be written up for Academic Dishonesty. The file will then be forwarded to the Office of Student Conduct for disciplinary action. If you wish to contest the cheating incident you will need to contact the Office of Student Conduct. Cheating includes, but is not limited to: copying from others or providing to others lab graphs and answers or copying off data in lab that you did not obtain.

**Expectations for Out-of-Class Study:**
A general rule of thumb for every credit hour earned at a Carnegie Institution of Higher Education is a student should spend 3 hours per week studying outside of class. Hence, a 3-credit course might have a minimum expectation of 9 hours of reading, study, et cetera. 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.

**Departmental Lecture**
There will be two departmental lectures throughout the semester: 1) The Anderson Sport Performance Lecture and 2) The Barry McKeown Research Lecture. Lectures are scheduled during the UTA “Enrichment Hour” (12:00pm on Monday or Wednesday) and attendance to both departmental lectures are required 100 point laboratory assignments. Attendance for the entire designated duration and note-taking are expected for all lectures and will be described in lecture and/or lab. An alternate assignment will be provided for those with scheduling conflicts (must be confirmed prior to the scheduled lectures).

**Extra Credit Opportunities:**
Extra credit opportunities will be provided throughout the semester. Information about extra credit will be announced in class and posted to CANVAS.

**Grade Grievances:**
The student has one calendar year from the date a course grade is assigned to initiate a grievance. The normal academic channels are 1) Complete the “Grade Grievance” form*, 2) if warranted, the Department Chair will forward the appeal for review to the 2) Department Grievance Committee, 3) the Department Chair will inform the student of the decision.

*For questions, please contact the Department of Kinesiology at 817-272-0083, or MAC 147 for assistance. The form is available in the MAC 147.
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<th>Week</th>
<th>Unit</th>
<th># Days</th>
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<th>Examinations</th>
<th>Research Paper</th>
<th>Lab Schedule</th>
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<td>1</td>
<td>Introduction/</td>
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<td>Jan 21 &amp; 23</td>
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<td>Jan 28 &amp; 30</td>
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<td>Refereed Journal Article Review in Lab</td>
<td>Lab 2: Measurement of HRPP</td>
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<td>Feb 11 &amp; 13</td>
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<td>Proposal: 1.5 page, single spaced. CANVAS</td>
<td>Lab 4: Measurement of Aerobic Oxygen Consumption</td>
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<td>Neuromuscular</td>
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<td>Lab 5: Prediction of 1RM and measurement of power Lab 4: Measurement of Aerobic Oxygen Consumption</td>
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<td>Lab 9: Respiratory response to graded exercise</td>
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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

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 do not require you to attend the lecture portion of the course.

However, your attendance at the accompanying lab portion of the course is required.

In addition, regular/daily quizzes will be assigned in-class (quizzes will be administered and immediately “turned in” at the beginning of most lectures. Therefore, while attendance is not directly required, it is a requisite to complete the quizzes, which are a significant portion of the overall grade for this course.

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.

Emergency Exit Procedures:
Should we experience an emergency event that requires evacuation of the building, students should exit the room and move toward the nearest exits, which are located outside of this classroom on the West (out of the classroom doors, straight down the hall and to the left) and North (out of the classroom doors, straight down the hall and to the right) sides of the building. When exiting the building during an emergency, do not take an elevator but use the stairwells instead. Faculty members and instructional staff will assist students in selecting the safest route for evacuation and will make arrangements to assist individuals with disabilities.

I encouraged you to subscribe to the MavAlert system that will send information in case of an emergency to their cell phones or email accounts. Anyone can subscribe at Emergency Communication System.

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/](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](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](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. I encourage you to enter these numbers into your phone for quick access, in case of emergency.

**Library Information**

**Research or General Library Help**

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

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

**UTA students are encouraged to review these institutional policies and informational sections and reach out to the specific office with any questions.**

**Drop Policy**
Students may drop or swap (adding and dropping a class concurrently) classes through self-service in MyMav from the beginning of the registration period through the late registration period. After the late registration period, students must see their academic advisor to drop a class or withdraw. Undeclared students must see an advisor in the University Advising Center. Drops can continue through a point two-thirds of the way through the term or session. It is the student's responsibility to officially withdraw if they do not plan to attend after registering. Students will not be automatically dropped for non-attendance. Repayment of certain types of financial aid administered through the University may be required as the result of dropping classes or withdrawing. For more information, contact the Office of Financial Aid and Scholarships.

Disability Accommodations

UT 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), The Americans with Disabilities Amendments Act (ADAAA), and Section 504 of the Rehabilitation Act. 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 disability. Students are responsible for providing the instructor with official notification in the form of a letter certified by the Office for Students with Disabilities (OSD). Only those students who have officially documented a need for an accommodation will have their request honored. Students experiencing a range of conditions (Physical, Learning, Chronic Health, Mental Health, and Sensory) that may cause diminished academic performance or other barriers to learning may seek services and/or accommodations by contacting: The Office for Students with Disabilities, (OSD) or calling 817-272-3364. Information regarding diagnostic criteria and policies for obtaining disability-based academic accommodations can be found at the OSD website.

Non-Discrimination Policy

The University of Texas at Arlington does not discriminate on the basis of race, color, national origin, religion, age, gender, sexual orientation, disabilities, genetic information, and/or veteran status in its educational programs or activities it operates. For more information, visit Equal Opportunity Services.

Title IX Policy

The University of Texas at Arlington (“University”) is committed to maintaining a learning and working environment that is free from discrimination based on sex in accordance with Title IX of the Higher Education Amendments of 1972 (Title IX), which prohibits discrimination on the basis of sex in educational programs or activities; Title VII of the Civil Rights Act of 1964 (Title VII), which prohibits sex discrimination in employment; and the Campus Sexual Violence Elimination Act (SaVE Act). Sexual misconduct is a form of sex discrimination and will not be tolerated. For information regarding Title IX, visit the Title IX website or contact Ms. Michelle Willbanks, Title IX Coordinator at (817) 272-4585 or titleix@uta.edu.

Academic Integrity

Students enrolled all UT Arlington courses are expected to adhere to the UT Arlington Honor Code:

I pledge, on my honor, to uphold UT Arlington’s tradition of academic integrity, a tradition that values hard work and honest effort in the pursuit of academic excellence.

I promise that I will submit only work that I personally create or contribute to group collaborations, and I will appropriately reference any work from other sources. I will follow the highest standards of integrity and uphold the spirit of the Honor Code.
UT Arlington faculty members may employ the Honor Code in their courses by having students acknowledge the honor code as part of an examination or requiring students to incorporate the honor code into any work submitted. Per UT System Regents' Rule 50101, §2.2, suspected violations of university's standards for academic integrity (including the Honor Code) will be referred to the Office of Student Conduct. Violators will be disciplined in accordance with University policy, which may result in the student’s suspension or expulsion from the University. Additional information is available at Student Conduct. Faculty are encouraged to discuss plagiarism and share the following library tutorials Copyright & Fair Use: Plagiarism and Acknowledging Sources.

Electronic Communication

UT Arlington has adopted MavMail as its official means to communicate with students about important deadlines and events, as well as to transact university-related business regarding financial aid, tuition, grades, graduation, etc. All students are assigned a MavMail account and are responsible for checking the inbox regularly. There is no additional charge to students for using this account, which remains active even after graduation. Information about activating and using MavMail is available at OIT: Student MavMail.

Campus Carry

Effective August 1, 2016, the Campus Carry law (Senate Bill 11) allows those licensed individuals to carry a concealed handgun in buildings on public university campuses, except in locations the University establishes as prohibited. Under the new law, openly carrying handguns is not allowed on college campuses. For more information, visit News Center: Campus Carry.

Final Review Week

Final Review Week for semester-long courses, a period of five class days prior to the first day of final examinations in the long sessions shall be designated as Final Review Week. The purpose of this week is to allow students sufficient time to prepare for final examinations. During this week, there shall be no scheduled activities such as required field trips or performances; and no instructor shall assign any themes, research problems or exercises of similar scope that have a completion date during or following this week unless specified in the class syllabus. During Final Review Week, an instructor shall not give any examinations constituting 10% or more of the final grade, except makeup tests and laboratory examinations. In addition, no instructor shall give any portion of the final examination during Final Review Week. During this week, classes are held as scheduled. In addition, instructors are not required to limit content to topics that have been previously covered; they may introduce new concepts as appropriate.

Student Feedback Survey

At the end of each term, students enrolled in face-to-face and online classes categorized as “lecture,” “seminar,” or “laboratory” are directed to complete an online Student Feedback Survey (SFS). Instructions on how to access the SFS for this course will be sent directly to each student through MavMail approximately 10 days before the end of the term. Each student’s feedback via the SFS database is aggregated with that of other students enrolled in the course. Students’ anonymity will be protected to the extent that the law allows. UT Arlington’s effort to solicit, gather, tabulate, and publish student feedback is required by state law and aggregate results are posted online. Data from SFS is also used for faculty and program evaluations. For more information, visit Student Feedback Survey.

Active Shooter
The safety and security of our campus is the responsibility of everyone in our community. Each of us has an obligation to be prepared to appropriately respond to threats to our campus, such as an active aggressor. Please review the information provided by UTA Police regarding the options and strategies we can all use to stay safe during difficult situations. For more information, visit Crime Prevention: Active Shooter.

Counseling and Psychological Services (CAPS)

CAPS is available to all students to help increase their understanding of personal issues, address mental and behavioral health problems and make positive changes in their lives. Visit Counseling and Psychological Services or call 817-272-3671.

Student Support Services

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, mentoring (time management, study skills, etc.), major-based learning centers, counseling, and federally funded programs. For individualized referrals, students may call the Maverick Resource Hotline at 817-272-6107, send a message to resources@uta.edu, or view the information at Resource Hotline.