Grade: Lab accounts for 25% of your overall PEHD 340 grade:
Online Quizzes PRIOR to Lab (11 quizzes for a total of 103 lab points)
Post Lab Discussion Questions (8 x 50 lab points each for a total of 400 lab points)

Lab Attendance and Participation: You are required to attend every lab class, while wearing appropriate clothing (i.e. exercise clothing with athletic shoes). Showing up for lab without appropriate clothing or not participating in that day’s activities will result in you losing 50% of the total points for that lab’s respective write up. Missing a lab class, without setting up prior arrangements with your lab’s instructor, will result in you receiving a zero on that lab’s respective write-up. See your instructor prior to the start of this course if you participate in an activity that may cause a problem with attendance (e.g. representing the College in varsity sports, conference presentation) or participation (documented medical condition which limits physical activity) so proper arrangements can be made. If for personal or medical reasons any classes are missed, the instructor should be informed of the reason BEFORE the lab is missed. Your full participation in all labs is expected as optimal learning occurs through participation (medical conditions will be accommodated with proper notification). Medical or any other types of appointments are not an acceptable reason to miss class since you have the ability to reschedule your appointment following this notice.

Goal of lab assignments: We work hard to put you in a position to reach understandings that you would not otherwise be able to attain.

Lab Assignments: Due at the beginning of the specified lab class. Late lab assignments will not be accepted. Examples of all assignments and grading rubrics will be posted on OAKS.

Lab assignments must be typed, double spaced, stapled, and in National Library of Medicine (NLM) scientific journal format.

Online Quizzes prior to Lab – each student will be responsible for taking a lab quiz PRIOR TO labs 2-12. All quiz material will be based on the current and the previous week’s lab material. (Hint: READ the appropriate sections in your lab manual that cover the topic, physiological relevance, methods, protocol, etc.) The OAKS lab quizzes are open book but must be completed on your own. There will be 11 quizzes with 5-15 questions each. Failure to take the quiz PRIOR to your scheduled lab will result in a score of 0 for that quiz.

Table and Graphing Assignments – following labs 1 and 2 each student will complete an assignment using MS Excel or another comparable program to analyze data, create a table and multiple graphs. The skills necessary for this assignment will be used for multiple subsequent assignments during the rest of the semester.

Post Lab Discussion Questions – following certain labs each student will be given a set of questions to answer and submit the following week. Each answer must be typed, doubled spaced, and will require the use of appropriate references to support your answer. Where possible students should provide an example to support their answer. It is acceptable to use your class and lab text books as your references but as with any reference, you must include a citation (number of specific reference) within the body of your answer, as well as the bibliographic information of the source (authors, title, date of publication, book or journal, volume or edition, and page numbers) at the very end of your assignment.
To receive maximal points (A-level work) additional referenced are required beyond class text books. Be sure to number all references after listing them in alphabetic order by first author’s last name and follow the National Library of Medicine (NLM) reference format style. If you are not sure what the NLM reference style is – refer to any Medicine and Science in Sports and Exercise journal for examples. A grading rubric will be posted on OAKS.

**Lab Extras:**

Each member of the lab is expected to fully participate in data collection for every lab. Exceptions will require appropriate medical documentation.

It is highly recommended that you complete all assignments in a timely manner so that you can go back to proof read and edit as necessary to improve the overall quality of the assignments. Points will be deducted from all assignments for grammar and spelling mistakes.

**PEHD 340 Lab - Tentative Lab Schedule:**

Lab 1 – Thermal Physiology
   Post Lab Discussion Questions Set 1 – assigned and due Lab 2

Lab 2 – Body Composition: Skinfolds, Bioelectrical Impedance Analysis, Body Mass Index

Lab 3 – Body Composition: Hydrostatic weighing
   Post Lab Discussion Questions Set 2 – assigned and due Lab 4

Lab 4 – Anaerobic Field Tests

Lab 5 – Anaerobic Lab Tests
   Post Lab Discussion Questions Set 3 – assigned and due Lab 6

Lab 6 – Muscular Strength and Muscular Endurance
   Post Lab Discussion Questions Set 4 – assigned and due Lab 7

Lab 7 – Resting and Exercise Blood Pressure and Heart Rate
   Post Lab Discussion Questions Set 5 – assigned and due Lab 8

Lab 8 – Submaximal Aerobic Field Tests to predict VO$_{2\text{max}}$

Lab 9 – Submaximal Aerobic Laboratory Tests to predict VO$_{2\text{max}}$
   Post Lab Discussion Questions Set 6 – assigned and due Lab 10

Lab 10 – Maximal Oxygen Consumption (VO$_{2\text{max}}$) & Heart Rate
   Post Lab Discussion Questions Set 7 – assigned and due Lab 11

Lab 11 – Ventilatory Threshold

Lab 12 – Lactate Threshold
   Post Lab Discussion Questions Set 8 – assigned and due 1 week later