College of Charleston
PEHD 498-Capstone Seminar
Spring 2013- 2 Semester Credit Hours

TIME & PLACE: M-W 2:00-3:15 PM; Johnson Center 206
Silcox Physical Education & Health Center

INSTRUCTOR: Miriam Klous, Ph.D.
Co-Instructors: William R. Barfield, Ph.D., FACSM Professor
Tom Carroll, MSc.
Michael G. Flynn, Ph.D.
Timothy Scheett, Ph.D.

OFFICE HOURS: Mo-Wed 3.15-5.45 PM or by appointment

OFFICE: Room 309 Silcox Physical Education & Health Center

PHONE/FAX: (843) 953 5565/ (843) 953 6757

EMAIL: klousm@cofc.edu

PREREQUISITE: EXSC 433


COURSE DESCRIPTION: The capstone experience is a culmination of course work in exercise science. It provides the opportunity to critically analyze and conduct contemporary research, practice in a clinical setting, evaluate the current and future trends in the discipline, and discuss personal and professional challenges that will exist following commencement.

COURSE TEXT: Assigned by the instructors

COURSE OBJECTIVES: Upon successful completion of this course, the student should be able to:
(1) Complete research in the area that was initiated in PEHD including, but not limited to recruitment of subjects, data capture, appropriate statistical analysis and preparation of work for presentation/publication.
(2) Critically analyze research in the field of exercise science, including, but not limited to, a) reading and dissecting a research article, b) assessing the methods and materials of a research manuscript, and c) determining if the discussion section is supported by the research findings.
(3) Describe some of the primary professional issues and concerns that are currently affecting exercise scientists.
(4) Explain the important contributions the exercise sciences make to preventative healthcare.
(5) Select, administer, and analyze the results of fitness assessments of diverse groups of people.

TENTATIVE GRADING: Average exam(s) from each instructor 20%
TOTAL 100%

Final grade will be calculated using the formula:

\[
\left(0.20 \cdot \text{grade section Dr. Barfield} + 0.20 \cdot \text{grade section Mr. Carroll} + 0.20 \cdot \text{grade section Dr. Flynn} + 0.20 \cdot \text{grade section Dr. Klous} + 0.20 \cdot \text{grade section Dr. Scheett}\right) \cdot 100\%
\]

EVALUATION SCALE:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Minimum Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>90-100%</td>
</tr>
<tr>
<td>A-</td>
<td>88-89%</td>
</tr>
<tr>
<td>B+</td>
<td>85-87%</td>
</tr>
<tr>
<td>B</td>
<td>80-84%</td>
</tr>
<tr>
<td>B-</td>
<td>78-79%</td>
</tr>
<tr>
<td>C+</td>
<td>75-77%</td>
</tr>
<tr>
<td>C</td>
<td>70-74%</td>
</tr>
<tr>
<td>C-</td>
<td>68-69%</td>
</tr>
<tr>
<td>D+</td>
<td>66-67%</td>
</tr>
<tr>
<td>D</td>
<td>64-65%</td>
</tr>
<tr>
<td>D-</td>
<td>62-63%</td>
</tr>
<tr>
<td>F</td>
<td>&lt;62</td>
</tr>
</tbody>
</table>

ATTENDANCE POLICY: Attendance is required. Missing more than 4 classes will result in being withdrawn from the course. In agreement with the honor code, you sign the attendance sheet only for yourself. In case of absence, you will be held responsible for the class material covered during your absence.

EXAMINATION AND MAKE-UP POLICY:

You will be notified at least one week in advance if there is a change in an exam/quiz date. Exams/quizzes must be taken on the day assigned. It is not possible to make up missed assignments/tests/quizzes. If a student is absent on the day of an exam/quiz/assignment, he/she will receive zero points.

ELECTRONIC DEVICE POLICY: Electronic devices (notebooks, tablets) are not allowed to be used in class. Please turn off the sound of all electronic devices during class. NO TEXT MESSAGING or other forms of electronic communication permitted.

PROVISIONS FOR STUDENTS WITH SPECIAL NEEDS:
The College of Charleston and I are committed to the full inclusion of all students. Students who have a documented disability and require academic accommodations should contact the instructor. Please do so during the first week of class of any accommodations needed for the course.
COLLEGE OF CHARLESTONS HONOR CODE AND ACADEMIC INTEGRITY:

Lying, cheating, attempted cheating, and plagiarism are violations of our Honor Code that, when identified, are investigated. Each incident will be examined to determine the degree of deception involved.

Incidents where the instructor determines the student’s actions are related more to a misunderstanding will handled by the instructor. A written intervention designed to help prevent the student from repeating the error will be given to the student. The intervention, submitted by form and signed both by the instructor and the student, will be forwarded to the Dean of Students and placed in the student’s file. Cases of suspected academic dishonesty will be reported directly by the instructor and/or others having knowledge of the incident to the Dean of Students. A student found responsible by the Honor Board for academic dishonesty will receive a XF in the course, indicating failure of the course due to academic dishonesty. This grade will appear on the student’s transcript for two years after which the student may petition for the X to be expunged. The student may also be placed on disciplinary probation, suspended (temporary removal) or expelled (permanent removal) from the College by the Honor Board.

Students should be aware that unauthorized collaboration--working together without permission-- is a form of cheating. Unless the instructor specifies that students can work together on an assignment, quiz and/or test, no collaboration during the completion of the assignment is permitted. Other forms of cheating include possessing or using an unauthorized study aid (which could include accessing information via a cell phone or computer), copying from others’ exams, fabricating data, and giving unauthorized assistance.

Research conducted and/or papers written for other classes cannot be used in whole or in part for any assignment in this class without obtaining prior permission from the instructor.

Students can find the complete Honor Code and all related processes in the Student Handbook at [http://studentaffairs.cofc.edu/honor-system/studenthandbook/index.php](http://studentaffairs.cofc.edu/honor-system/studenthandbook/index.php).

COLLEGE OF CHARLESTON STUDENT HANDBOOK:

This is a guide to your responsibilities and rights as a student. If you are not familiar with this document, please take the time to review the information contained within the handbook. [www.cofc.edu/studentaffairs/general_info/studenthandbook.html](http://www.cofc.edu/studentaffairs/general_info/studenthandbook.html).
TENTATIVE COURSE OUTLINE: 
*It is expected that you read (part of) the chapter that will be discussed in class in preparation for your class*

**Week 1** Dr. Klous  
Topic: Intro, general, syllabus  
January 9

**Week 2** Dr. Klous  
Topic: EMG  
January 14: Homework: read The ABC of EMG page 1-11, 14-20, 29-33  
January 16

**Week 3** Dr. Barfield  
Topic:  
January 23

**Week 4** Dr. Barfield  
Topic:  
January 28  
January 30

**Week 5** Dr. Flynn  
Topic:  
February 4  
February 6

**Week 6** Dr. Flynn & Mr. Carroll  
Topic: Mr. Carroll: fitness assessment  
February 11: Dr. Flynn  
February 13: Mr. Carroll – MEET FROM 3 PM TILL 3:30 PM IN J207

**Week 7** Mr. Carroll  
Topic: fitness assessment  
February 18 – Out of class assignment  
February 20 – Out of class assignment

**Week 8** Mr. Carroll  
Topic: fitness assessment  
February 25 – MEET FROM 2:15 PM TILL 3:15 PM IN J206  
February 27 – Out of class assignment
**Week 9** Spring Break
March 4
March 6

**Week 10** Dr. Barfield
*Topic:*
March 11
March 13

**Week 11** Dr. Scheett
*Topic: performance assessment*
March 18
March 20

**Week 12** Dr. Scheett
*Topic: performance assessment*
March 25
March 27

**Week 13** Dr. Scheett
*Topic: performance assessment*
April 1
April 3

**Week 14** Dr. Flynn
*Topic:*
April 8
April 10

**Week 15** Dr. Klous
*Topic: EMG*
April 15
April 17

**Week 16** Dr. Klous
*Topic: EMG*
April 22
April 24

**Comprehensive Final Exam April 29th:** 12:00-3:00 PM – there will not be a final exam