Instructor: Amber Manor, MS, SCCC, CSCS
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Course meeting: Lab: Wednesday 2:00 – 5:00pm (Rm 115 - Lab)

Grade: Lab accounts for 25% of your overall EXSC 340 grade:
   Lab Quizzes (10 x 10 lab points for a total of 100 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.

Lab Assignments: Following lab, each student will be given a set of questions to answer and submit the following week.

- Due at the beginning of the specified lab class. Late lab assignments will not be accepted.
- Lab assignments must be typed, double spaced, stapled, and will require the use of appropriate references to support your answer in National Library of Medicine (NLM) scientific journal format (for examples of this format see Medicine and Science in Sports and Exercise or Journal of Strength and Conditioning Research copies of these journals are in the student lounge and the library).
- 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.
In Class Lab Quizzes: Prior to each lab there will be a quiz given in class.

- All quiz material will be based on the current and the previous weeks’ lab material. (Hint: READ the appropriate section in your lab manual that cover the topic, physiological relevance, methods, protocol, etc.)
- There will be 11 quizzes with 5-15 questions each.

Tentative Quiz Schedule
Quiz 1 – Sept. 3 – Ch. 1&2, Lab 1
Quiz 2 – Sept. 10 – Ch. 7&8, Lab 2
Quiz 3 – Sept. 24 – Ch. 9-11, Lab 3
Quiz 4 – Oct. 1 – Ch. 23-26, Lab 4
Quiz 5 – Oct. 8 – Ch. 4-6, Lab 5
Quiz 6 – Oct. 15 – Ch. 22, Lab 6
Quiz 7 – Oct. 22 – Ch. 16-19, Lab 7
Quiz 8 – Oct. 29 – Ch. 12&13, Lab 8
Quiz 9 – Nov. 5 – Ch. 14, Lab 9
Quiz 10 – Nov. 12 – Ch. 15, Lab 10
Quiz 11 – Nov. 19 – Ch. 20&21, Lab 11

EXSC 340 Lab - Tentative Lab Schedule:

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

Lab 2 – Anaerobic Field Tests

Lab 3 – Anaerobic Lab Tests
Post Lab Discussion Questions Set 2 – assigned and due Lab 4

Lab 4 – Body Composition: Skinfolds, Bioelectrical Impedance Analysis, Body Mass Index

Lab 5 – Body Composition: Hydrostatic weighing
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 VO₂ max

Lab 9 – Submaximal Aerobic Laboratory Tests to predict VO₂ max
Post Lab Discussion Questions Set 6 – assigned and due Lab 10

Lab 10 – Maximal Oxygen Consumption (VO₂ 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