College of Charleston  
*EXSC 340: Exercise Physiology Lab*  
Fall 2014

**Grade:** Lab accounts for 25% of your overall EXSC 340 grade: 
*Lab Quizzes (9 x 10 lab points for a total of 90 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 **must be typed, double spaced, stapled**, and 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).

**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 are posted on OAKS.

**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.** A grading rubric will be posted on OAKS.

**Online Quizzes prior to Lab** – each student will be responsible for taking a lab quiz PRIOR TO labs 2-5 and labs 7-11. 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 50% reduction in your grade for that quiz.

**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.

**EXSC 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, and Hydrostatic weighing**
Post Lab Discussion Questions Set 2 – assigned and due Lab 3

**Lab 3 – Anaerobic Field Tests**

**Lab 4 – Anaerobic Lab Tests**
Post Lab Discussion Questions Set 3 – assigned and due Lab 6

**Lab 5 – Muscular Strength and Muscular Endurance**
Post Lab Discussion Questions Set 4 – assigned and due Lab 7

**Lab 6 – Anaerobic Lab Practical Assessment**

**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\textsubscript{2} max**

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

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

Lab 11 – Ventilatory Threshold and Lactate Threshold
Post Lab Discussion Questions Set 8 – assigned and due Lab 12

Lab 12 – Aerobic Lab Practical Assessment