College of Charleston
EXSC 340_04: Exercise Physiology Lab
Fall 2015

Time and Place: Wednesday 10:00 AM- 1:00 PM, Room 115, Silcox Center

Instructor: Mr. Tom Carroll, M.Ed.

Office Hours: Monday from 9:00 AM – 11:00 AM; Wednesday from 1:00 PM to 3:00 PM (additional times are available by appointment)

Office: Lab 113 - Silcox Center for Physical Education and Health

Phone and E-mail 953-5558 (HHP Administrative Assistant); 953-4275 (Mr. Carroll's office) carrollt@cofc.edu

Grade: Lab accounts for 25% of your overall EXSC 340 grade:

*Blood Borne Pathogen quiz must be passed before participation in wet lab.* (10 points)

Post Lab Discussion Questions (10 x 50 lab points each for a total of 500 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. Students should also arrive to lab prepared by reading ahead the appropriate lab chapter in the lab manual as well as the lab documents. Students should know the specific lab protocols prior to arriving for that day’s lab. Students will not be allowed to participate in the wet lab (Lab 3) until that can successfully complete the blood borne pathogen quiz. 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 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). A link to a NLM formatting guide is provided in OAKS.

Lab Assignments: Due by the beginning of the specified lab class. Submitting late lab assignments will result in a 10% reduction in grade per day. An additional assignment related to lab will be rewarded if the student would like to earn or redeem lost points. 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 textbooks 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 references are required beyond class textbooks. **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.

**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.

**Tentative Lab Schedule:**

**Lab 1**- Risk Assessment and Stratification, Resting Blood Pressure, PAR-Q, Health Status Questionnaire, Blood Borne Pathogen Training, and Exercise Blood Pressure

**Lab 2**- Body Composition and *Blood Borne Pathogen Quiz*
   Lab 1 Discussion Due

**Lab 3**- *Wet Lab*
   Lab 2 Discussion Due

**Lab 4**- Aerobic Field Testing
   Lab 3 Discussion Due

**Lab 5**- Submaximal Lab Testing

**Lab 6**- VO2 and HR Max Testing
   Lab 4 and 5 Discussion Due

**Lab 7**- Lactate and VT Testing
   Lab 6 Discussion Due

**Lab 8**- Aerobic Practical
   Lab 7 Discussion Due

**Lab 9**- Anaerobic Field Testing
   Practical Assignment Due
Lab 10 - Anaerobic Lab (Wingate) Testing

Lab 11 - Strength Testing (Direct and Indirect 1-RM, 3-RM, 10-RM)
  Lab 9 and 10 Discussion Due

Lab 12 - Anaerobic Practical
  Lab 11 Discussion Due

*Anaerobic Practical Due 1 week after lab.