Instructor: Amber Manor, MS, SCCC, CSCS
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Course Description: This course will reinforce principles and theories covered in EXCS 340 Lecture and provide a hands-on opportunity to apply principles and theories related to exercise physiology.

Course Objectives: The major objective of this course is to assist the student in gaining an understanding and appreciation of the physiological and metabolic adaptations accompanying physical work

Course meeting place: Physical Education Center, Lab 115

Course meeting time: Tuesdays 1:00pm-4:00pm

Textbooks: Adams, Exercise Physiology Laboratory Manual

Prerequisites: EXSC 201 or PEHD 201, BIOL 201

Grade: Lab accounts for 25% of your overall EXSC 340 grade:
   * Blood Borne Pathogen quiz must be passed before participation in wet lab.*
   Lab Report Assignments (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.

Lab Report Assignments: 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 following National Library of medicine (NLM)
scientific journal format. 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 references 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 the Google Drive.

Reports will be 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 the Google Drive.

**Lab Extras:** All data from each lab will need to be posted to the Google Drive by 5pm Wednesday. If there is any data missing from individual labs or group labs there will be 10 points deducted on the Post Lab Discussion Report for that individual or group.

**Tentative Lab Schedule**

**Lab 1**- Units of Measure, Collection of Data, Resting and Exercise Heart Rate

**Lab 2**- Risk Assessment and Stratification, Resting Blood Pressure, PAR-Q, Health Status Questionnaire, Blood Borne Pathogen Training, and Resting and Exercise Blood Pressure

  Lab 1 report due

**Lab 3**- Body Composition and *Blood Borne Pathogen Quiz*

  Lab 2 report due

**Lab 4**- Aerobic Field Testing

  Lab 3 report due

**Lab 5**- Submaximal Lab Testing

**Lab 6**- VO2 and HR Max Testing

  Lab 4 and 5 report due

**Lab 7**- Lactate and VT Testing

  Lab 6 report due

**Lab 8**- Aerobic Practical

  Lab 7 report 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 report due

**Lab 12**- Anaerobic Practical

  Lab 11 report due

*Final Practical report due one week after practical lab date*
**Student Learning Objectives:**
As a result of participating in EXSC 340 Lab, students will demonstrate proper technique to take resting and exercise heart rate and blood pressure.

As a result of participating in EXSC 340 Lab, students will demonstrate proper administration of sub maximal and maximal aerobic capacity fitness assessments.

As a result of participating in EXSC 340 Lab, students will demonstrate proper administration of field and lab assessments of maximal anaerobic power.

**Honor System:** Students must do their own work. Please see the 2015- 2016 Student Handbook (Academic Honor System) for a description of the College’s Honor System, which is fully supported in this class.

**College of Charleston 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 be 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 by both 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 stored on a cell phone), 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://www.cofc.edu/generaldocuments/handbook.pdf

This College abides by section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act that stipulates no student shall be denied access to an education “solely by reason of a handicap.” Disabilities covered by law include, but are not limited to, learning disabilities and hearing, sight or mobility impairments. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodations, please see an administrator at the Center of Disability Services, (843) 953-1431 or me so that such accommodation may be arranged.

**Classroom Code of Conduct:** Code language that guides our responses to classroom disruption can be found in the Student Handbook: A Guide to Civil and Honorable Conduct. The Student Code of Conduct specifically forbids:

- Cutting classes, coming in late or leaving early.
- Never leaving during class unless you absolutely must. Leaving for a short break and then returning is not acceptable.
- Turning off cell phones, pagers and all other electronic devices.
- It is rude and unacceptable to talk with classmates while the professor (or another student who has the floor) is talking.
- Visible and noisy signs of restlessness are rude as well as disruptive to others.