

The University of Texas at Tyler
Department of Health and Kinesiology

KINE 2330.060: Fundamentals of Exercise Science
Fall 2023

Instructor: Timothy Lowe, PhD, CSCS

Office location: via web conference

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Office hours: By appointment

Dates: 8/21/2023 – 12/9/2023

Required Textbook: Biophysical Foundations of Human Movement by Abernethy, Kippers, Hanrahan, Pandy, McManus & Mackinnon (Human Kinetics, 2013, ISBN-13: 9781450431651)

Catalog description: This course will introduce the key concepts concerning the anatomical, mechanical, physiological, neural, and psychological bases of human movement. The course provides a broad foundation for more detailed study of the sub-disciplines of human movement and for cross-disciplinary studies.

Learning Objectives: Upon successful completion of this course, students will be able to:

1. Describe the fundamental concepts of exercise science.
2. Identify and describe the sub-disciplines of exercise science.
3. Describe the changes in movement and movement potential that occur across the life span.
4. Describe the changes in movement and movement potential that occur as adaptations to training.

Specific learning objectives will be given in each module in Canvas. Evidence of achieving these learning outcomes will be demonstrated through the successful completion of quizzes, exams, discussions, and assignments.

Prerequisites: N/A

Course Format: You will find that this class is very similar to a traditional on-campus class in that it will consist of textbook readings, discussions, written assignments, and exams. In contrast to a traditional on-campus class, assignments in this course can be completed asynchronously. In other words, there will be no scheduled meeting times in this class. You may access course content and complete assignments at your convenience, though you still must meet assignment and testing deadlines. Students are expected to watch all posted lectures and/or videos, and are responsible for all material.

Canvas: Canvas will be used to deliver course content for this class. You can access Canvas through the UT Tyler Logins link at the top of the UT Tyler main website (you will need your ID and password). Important class resources, including the syllabus, course schedule,

announcements, assignments and external links, as well as the learning modules, will be accessed here. It is your responsibility to check the course page frequently. This class uses Canvas extensively. Make sure you are familiar with Canvas and our course in particular.

Announcements

I will post announcements frequently during the semester. You will be able to see these announcements on your course page. Please check these frequently so you do not miss any important information.

Canvas Online Component

Students are expected to watch all posted lectures and/or videos, and are responsible for all material. Your success in this class will depend on the effort you put forth.

E-mail communication from me to you

E-mail communications will be sent through the messaging feature in Canvas. You are responsible for knowing course information sent via announcements and emails sent through the Canvas site. You also may contact me throughout the semester using the messaging feature in Canvas. It is your responsibility to check your Patriots account email and Canvas message.

Note on message

Please re-read any emails prior to sending and behave in a respectful manner with the instructor. Every message you send to me should include your first and last name and course number. I check emails and Canvas message regularly on weekdays and try to respond within 24-48 hours. I do not respond immediately on weekends.

Online Content: The content of this course is organized into modules and will be accessed in the MODULES tab in Canvas. Each module will be broken down into weekly coursework. Within each module, you will find learning objectives and various avenues to learn the content, such as assigned readings, recorded lectures and/or videos associated with the reading assignments, a quiz over the assigned content, and an assignment to complete. Your success in this class will depend on the effort you put forth.

You will have a week to complete each module. As an asynchronous course, there are not “fixed” meeting days. Weekly modules will be open Monday – Sunday; module assignments and quizzes must be completed no later than Friday by 11:59pm.

The lectures are intended to emphasize the concepts that I think are most important, organized in a sequence that facilitates learning. The textbook readings and the lectures may overlap, but there is also much information presented in the textbook that I do not present in the lectures, and vice versa. Therefore, it is important that you read and study the concepts presented both in the online video lectures as well as in the textbook and PowerPoint.

Software: Written assignments are accepted only as PDFs or Word documents (doc or docx). You can create PDFs with MS Word or Apple Pages. I will not accept any other formats. Check with the UT-Tyler Bookstore or your university bookstore for student discounts on MS Word. If you have a Mac, you can download Pages for \$20 from the App store on your Mac.

Assessment and Evaluation:

The students will be evaluated on the basis of performance on periodic three examinations, weekly assignments, online quizzes, and discussion board participations. A percentage of total points possible determine the course grade.

Course Assessments	Points Possible
Ice-breaker Discussion Post	40 points
Assignments	12x10=120 points
Online Quizzes	12x10=120 points
Exams	3x120=360 points
Exercise Science Blog Project	150 points
Syllabus contract	10 points
Total Possible Points	800 points

It is the student's responsibility to check Canvas regularly for assignments, due dates, announcements, and to verify their individual grades. Any issue or question regarding a grade must be addressed with the instructor within 1 week of the grade being posted. After 1 week, grades will not be further reviewed.

Letter Grade	Percentage
A	90% – 100%
B	80% – 89%
C	70% – 79%
D	60% – 69%
F	Below 59%

There is NO rounding up of any grades and I will NOT provide any extra credit opportunities at the end of the semester. Students earn the grades they earn via scores received throughout the course.

Online Quizzes: Each weekly lesson will contain a short online quiz to assess your understanding of the material. You may use your textbook and reading assignments to complete the quizzes; however, you must take the quizzes by yourself. Students will have 15 minutes to complete each quiz.

Learning Activities: There will be 12 assignments. Assignments are to be typed according to the assignment instructions and will only be accepted via Canvas as a Word document or PDF. Please save the file as “Last Name_First Name_HW#”. No late assignments will be accepted. All coursework will be graded within 10-14 days. General rules for assignments:

- Unless stated otherwise, any work handed in must be typed in 12-point font with 1” margins all around.

- All work must be submitted by the stated due date. No late work will be accepted unless *prior* arrangements have been made with the instructor and there is a university excused absence. There will be ample time to complete assignments, and you may turn in your work early.
- All work turned in will be graded with rigor appropriate for junior-level standing.
- Any assignment that you hand in for a grade is expected to be original and your own work. Any act of cheating or plagiarism will not be tolerated. Ignorance of what constitutes cheating or plagiarism is not a valid defense. If you are not sure what these are, please consult the student handbook or ask the instructor. More about cheating and plagiarism can be found in the Policies section below.
- If you have trouble with writing assignments, please contact the Writing Center on campus at 903-565-5995. They have tutors and other resources available to assist you with your written assignments.

Exams: There will be three exams. Possible exam question format includes: multiple choice, true-false, fill-in the blank, and short answer questions. Exams will cover material from reading assignments, lectures, written assignments and quizzes. Exams will be available over a two-day period. Once started, students will have 75 minutes to complete the exam. Although the exams mostly focus on the content presented in the respective modules, they are cumulative in the sense that understanding of content presented earlier in the semester is necessary for comprehending content later in the semester.

Exercise Science Blog Project: Students will be required to research a topic of their choosing, in the area of kinesiology, and provide an informational blog post on the topic. At least five peer reviewed journals will need to be cited in APA format. Further instruction will be available in Canvas. Projects will be submitted under the “Assignment” tab. Save project as LastName_FirstName_BlogProject.

Weekly quizzes are due on Fridays at 11:59pm and are automatically turned in through Canvas. Weekly learning activities are due on Fridays at 11:59pm on Canvas. No late quizzes or learning activities will be accepted.

Make-up work: Make-up exams and quizzes will be given only according to University policy. On rare occasions (and for a valid reason), make-up exams and quizzes can be scheduled by prearrangement with the instructor *before* the date of the exam or quizzes. If any exam or quizzes are missed due to illness, injury, or family emergency, the instructor should be notified prior to or within 24 hours of the missed exam.

Student Expectations:

Sharing of Class Recordings is Prohibited: Class recordings may be provided as a study tool and are reserved only for students in this class for educational purposes and are protected under FERPA. The recordings should not be shared outside the class in any form. Violation of this restriction could lead to Student Misconduct proceedings.

Sharing of Course Materials is Prohibited: NO materials used in this class, including but not limited to lecture hand-outs, videos, assessments (quizzes, exams, lab discussion questions, etc), in-class

materials, or review sheets may be shared online or with anyone outside of the class unless you have explicit, written permission from the Instructor. Unauthorized sharing of materials promotes cheating. It is a violation of the University's Student Honor Code and an act of academic dishonesty. I am well aware of the sites used for sharing materials, and any materials found online that are associated with you, or any suspected unauthorized sharing of materials, will be reported to Student Conduct and Academic Integrity in the Office of the Dean of Students. These reports can result in sanctions, including failure in the course.

Feedback on exams/assignments: Due to the number of students in this class and the nature of the assignments, please allow approximately one week for evaluation and feedback on all exams and assignments.

Professionalism: Students are expected to maintain a professional disposition at all times.

Preparation: Students are expected to prepare for class by completing the weekly lessons prior to class. Furthermore, students are strongly encouraged to use the online resources provided by the publisher and Primal Pictures as supplemental material. Although we will not cover everything from the assigned reading in the online lectures, it still should be considered a source for exam questions.

Participation: Students are strongly encouraged to ask, and respond to questions. This student/instructor interaction makes for more interesting sessions and facilitates better learning.

Lecture notes: Students are expected to take notes from the video lectures. Summary PowerPoint slides will be provided.

Review of material: Students are expected to review material daily; as a general rule you should spend 2-3 hours per week per credit hour outside of class reviewing material. This means you should be spending 6-9 hours per week for this class.

Exams: All students are expected to take exams on the scheduled day and time. NO late quizzes or exams will be accepted. Make-ups are only possible when prior documentation is provided for excused absences at least two weeks prior and provided to the Instructor with approval obtained; or for emergencies that arise that can be verified with official documentation provided (physician note for sudden injury or illness, etc.). Having multiple exams on the same day is not a valid excuse. Failure to take an exam at the designated day and time without official documentation may result in failing the exam (0 points for the exam). Students may not discuss the content of the exams with other students. It would be in violation of the honor code.

Getting help: If you find yourself struggling in the class (especially if you fail an exam or any quizzes), you should meet with me as soon as possible so that we can determine what steps you need to take to succeed in the class. I'm available to videoconference, email or face to face meeting.

Netiquette: Students are expected to behave in a respectful manner (both with other students as well as with the instructor). Questions are highly encouraged, but please re-read any e-mails or discussion posts prior to sending.

Quality of work: All written work, including exams and assignments, must be typed according to the assignment instructions.

Student Accommodations: The University of Texas at Tyler provides, upon request, appropriate academic accommodations for qualified students with disabilities. If this office certifies your need, I will work with you to make all appropriate arrangements. Please meet with me as soon as possible to discuss any accommodations. Accommodations may begin once the office certifies your need. Please notify me and your TA of any additional accommodations you may need as the need arises.

Course Outline

Note: The following schedule is *tentative*. It may be adjusted, as needed, during the semester to better serve the educational needs of those enrolled in the class.

Week		Chapter(s)	Topic	Assignments: Due Dates
Date	Module			
Week 1 8/21- 8/25	1	1	Introductory Lecture, Human Movement Studies	Ice-Breaker Discussion: 8/25 HW 1: 8/25 Quiz 1:8/25 Syllabus Contract Quiz: 8/25
Week 2 8/28-9/1	2	3	Basic Concepts of the Musculoskeletal System	HW 2: 9/1 Quiz 2: 9/1 Blog Topic Sign-Up: 9/1
Week 3 9/4-9/8	3	5-6	Musculoskeletal Changes and Musculoskeletal Adaptations	HW 3: 9/8 Quiz 3: 9/8
Week 4 9/11- 9/15	4	9-10	Biomechanics and Biomechanical Adaptations	HW 4: 9/15 Quiz 4: 9/15
Week 5 9/18- 9/22		1,3,5-6, 9-10	Exam 1: 9/20-21	
Week 6 9/25- 9/29	5	11	Basic Concepts of Exercise Metabolism	HW 5: 9/29 Quiz 5: 9/29
Week 7 10/2- 10/6	6	12	Basic Concepts of Nutrition and Exercise	HW 6: 10/6 Quiz 6: 10/6
Week 8 10/9- 10/13	7	13-14	Physiological Capacity and Physiological Adaptations	HW 7: 10/13 Quiz 7: 10/13
Week 9 10/16- 10/20	8	15-16	Basic Concepts of Motor Control: Neuroscience and Cognitive Science	HW 8: 10/20 Quiz 8: 10/20
Week 10 10/23- 10/27		11-16	Exam 2: 10/25-26	

Week 11 10/30- 11/3	9	17	Motor Control Changes Throughout the Life Span	HW 9: 11/3 Quiz 9: 11/3
Week 12 11/6- 11/10	10	18	Motor Control Adaptations to Training	HW 10: 11/10 Quiz 10: 11/10
Week 13 11/13- 11/17	11	19-20	Basic Concepts in Sport and Exercise Psychology	HW 11: 11/17 Quiz 11: 11/17 Exercise Science Project: 11/17
Week 14 11/20- 11/24	Thanksgiving Break – No Class			
Week 15 11/27- 12/1	12	21-22	Physical Activity and Psychosocial Factors and Psychosocial Adaptations	HW 12: 12/1 Quiz 12: 12/1
12/4- 12/8		17-22	Final Exam: 12/6-7	

University Policies

UT Tyler Honor Code

Every member of the UT Tyler community joins together to embrace: Honor and integrity that will not allow me to lie, cheat, or steal, nor to accept the actions of those who do.

Students Rights and Responsibilities

To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link: <http://www.uttyler.edu/wellness/rightsresponsibilities.php>

Campus Carry

We respect the right and privacy of students 21 and over who are duly licensed to carry concealed weapons in this class. License holders are expected to behave responsibly and keep a handgun secure and concealed. More information is available at <http://www.uttyler.edu/about/campus-carry/index.php>

UT Tyler a Tobacco-Free University

All forms of tobacco will not be permitted on the UT Tyler main campus, branch campuses, and any property owned by UT Tyler. This applies to all members of the University community, including students, faculty, staff, University affiliates, contractors, and visitors. Forms of tobacco not permitted include cigarettes, cigars, pipes, water pipes (hookah), bidis, kreteks, electronic cigarettes, smokeless tobacco, snuff, chewing tobacco, and all other tobacco products. There are several cessation programs available to students looking to quit smoking, including counseling, quit lines, and group support. For more information on cessation programs please visit www.uttyler.edu/tobacco-free.

Grade Replacement/Forgiveness and Census Date Policies

Students repeating a course for grade forgiveness (grade replacement) must file a Grade

Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. Grade Replacement Contracts are available in the Enrollment Services Center or at <http://www.uttyler.edu/registrar> . Each semester's Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar.

Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

The Census Date is the deadline for many forms and enrollment actions of which students need to be aware. These include:

- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
- Receiving 100% refunds for partial withdrawals. (There is no refund for these after the Census Date)
- Schedule adjustments (section changes, adding a new class, dropping without a "W" grade)
- Being reinstated or re-enrolled in classes after being dropped for non-payment □ Completing the process for tuition exemptions or waivers through Financial Aid

State-Mandated Course Drop Policy

Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the census date (See Academic Calendar for the specific date).

Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Enrollment Services Center and must be accompanied by documentation of the extenuating circumstance. Please contact the Enrollment Services Center if you have any questions.

Disability/Accessibility Services

In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University of Texas at Tyler offers accommodations to students with learning, physical and/or psychological disabilities. If you have a disability, including a non-visible diagnosis such as a learning disorder, chronic illness, TBI, PTSD, ADHD, or you have a history of modifications or accommodations in a previous educational environment, you are encouraged to visit <https://hood.accessiblelearning.com/UTTyler> and fill out the New Student application. The Student Accessibility and Resources (SAR) office will contact you when your application has been submitted and an appointment with Cynthia Lowery, Assistant Director of Student Services/ADA Coordinator. For more information, including filling out an application for services, please visit the SAR webpage at <http://www.uttyler.edu/disabilityservices> , the SAR office located in the University Center, # 3150 or call 903.566.7079.

Student Absence due to Religious Observance

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

Student Absence for University-Sponsored Events and Activities

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

Social Security and FERPA Statement

It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

Emergency Exits and Evacuation

Everyone is required to exit the building when a fire alarm goes off. Follow your instructor's directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.

Student Standards of Academic Conduct

Disciplinary proceedings may be initiated against any student who engages in scholastic dishonesty, including, but not limited to, cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.

i. "Cheating" includes, but is not limited to:

- copying from another student's test paper;
- using, during a test, materials not authorized by the person giving the test;
- failure to comply with instructions given by the person administering the test;
- possession during a test of materials which are not authorized by the person giving the test, such as class notes or specifically designed "crib notes". The presence of textbooks constitutes a violation if they have been specifically prohibited by the person administering the test;
- using, buying, stealing, transporting, or soliciting in whole or part the contents of an unadministered test, test key, homework solution, or computer program;
- collaborating with or seeking aid from another student during a test or other assignment without authority;
- discussing the contents of an examination with another student who will take the examination;
- divulging the contents of an examination, for the purpose of preserving questions for use by another, when the instructors has designated that the examination is not to be removed from the examination room or not to be returned or to be kept by the student;
- substituting for another person, or permitting another person to substitute for oneself to take a course, a test, or any course-related assignment;
- paying or offering money or other valuable thing to, or coercing another person to obtain an unadministered test, test key, homework solution, or computer program or information about an unadministered test, test key, home solution or computer program;
- falsifying research data, laboratory reports, and/or other academic work offered for credit;

- taking, keeping, misplacing, or damaging the property of The University of Texas at Tyler, or of another, if the student knows or reasonably should know that an unfair academic advantage would be gained by such conduct; and
 - misrepresenting facts, including providing false grades or resumes, for the purpose of obtaining an academic or financial benefit or injuring another student academically or financially.
- i. “Plagiarism” includes, but is not limited to, the appropriation, buying, receiving as a gift, or obtaining by any means another’s work and the submission of it as one’s own academic work offered for credit.
 - ii. “Collusion” includes, but is not limited to, the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any section of the rules on scholastic dishonesty.
 - iii. All written work that is submitted will be subject to review by plagiarism software.

UT Tyler Resources for Students

- UT Tyler Writing Center (903.565.5995), writingcenter@uttyler.edu
- UT Tyler Tutoring Center (903.565.5964), tutoring@uttyler.edu
- The Mathematics Learning Center, RBN 4021, this is the open access computer lab for math students, with tutors on duty to assist students who are enrolled in early-career courses.
- UT Tyler Counseling Center (903.566.7254)

Note: This syllabus is subject to change based on the needs of the class.