

**University of Louisiana at Lafayette
College of Education
Class Syllabus**

Course: Kinesiology 304 (001)
Schedule: Monday 10:30-12:20

Semester: Fall 2006
Location: Bourgeois 108A

Instructor: Wendel H. Gatch , PhD
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Office: 129-A
Office Hours: TBA

Course Description

Kinesiology 304 :Physiology of Exercise Laboratory(0,2,1)

Required Text

Powers,S.K. and Howley, E.T. Exercise Physiology : Theory and application to Fitness and Performance WCB McGraw-Hill, Dubuque, Iowa, 2001.

Conceptual Framework: The Responsive Professional

The conceptual framework of the UL Lafayette College of Education is designed to expand upon the institution's commitment to be a responsive university. Teacher candidates are expected to demonstrate knowledge, skills, and dispositions associated with the four elements of a Responsive Professional. Responsive Professionals demonstrate expertise in knowledge and practice. They are reflective practitioners who respect diversity and demonstrate a commitment to professionalism.

Course Objectives and Corresponding Unit Outcomes

Behavioral Objectives for:

1.To familiarize the student with a laboratory basis of exercise, physical training and sports performance (Content Knowledge), (Technology, D2,8,K3,7,D3).

2. To relate practical applications of laboratory concepts to the fields of coaching, athletic participation, and exercise performance (Content Knowledge) ,(Professional Development,D1,3,4,R3,P1,3,7),(Planning Disp 2,5,6,7,8 CF-K2,3,4,5,6,7,8, CF-R2,3, CF-D1,2,3,5, CF-P1)

3.To provide through laboratory experiences an opportunity to observe and develop an awareness and understanding of the dynamics of exercise physiology applied to human performance (ContentKnowledge),(Professional Development,D1,3,4,R3,P1,3,7).

Course Requirements

The Kinesiology student will Apply the TEACHER AS A Responsive Professional model to exercise science by demonstrating a proficiency with a minimum grade of 70% on each laboratory and the final written discussion exam.

Field Experiences

Not Applicable.

PASS-PORT Artifacts

Not Applicable

Technology Integration

Participatory Laboratory experiences with extensive technology related to testing and evaluation in kinesiology.

Course Evaluation

Evaluations: Each of the criterion measures is listed as a weighted percentage of 100% of the final grade

1. Exam 1	50%
2. Laboratory Reports & Quizzes	50%
TOTAL	100%

Criteria for successful completion of all examinations, tests, and laboratory criterion measures will be a minimum written grade of 70.

Laboratory Reports: These will consist of weekly reports and assignments to be e-mailed unless otherwise specified . All lab reports are due on week following completion of the lab.
Special Note: Missed Labs and Quizzes May NOT be made up unless class is missed for official university sponsored activities.

Attendance: Attendance is expected. Failure to attend will result in being dropped from the class due to excessive absences (>3).

Term Grades: Term grades will be based on a percentage of 100

A = 90-100%
B = 80-89%
C = 70-79%
D = 64-69%
F = 0-63%

Resources

Professional Associations

American Alliance of Health, Physical Education, Recreation and Dance (AAHPERD)
 American College of Sports Medicine (ACSM)

Professional Journals

International journal of sport nutrition
 Journal of Applied Physiology
 Journal of Sports Medicine and Physical Fitness
 Medicine and science in sports and exercise
 Research quarterly for exercise and sport
 Strength and Conditioning
 Journal of Strength and Conditioning Research

Related Materials and Resources**References****Textbook**

Roberg,R. and Roberts S. (1997) **Exercise Physiology :Exercise ,Performance and Clinical Applications.** St. Louis: Mosby.

Powers,S. and Howley E. (1997) **Exercise Physiology: theory and Application to Fitness and Sport.** Dubuque: Brown and Benchmark.

McArdle,W., Katch I., and Katch V. (2001) **Exercise Physiology : Enerngy, Nutrition, and Human Performance 5th Ed.,** Philadelphia: Lippincott ,Williams and Wilkins.

PASS-PORT Artifacts

Not Applicable

Course Policies and Procedures

Laboratory Reports: These will consist of weekly reports and assignments to be e-mailed unless otherwise specified . All lab reports are due on week following completion of the lab.
Special Note: Missed Labs and Quizzes May NOT be made up unless class is missed for official university sponsored activities.

Attendance Policy

Attendance is expected. Failure to attend will result in being dropped from the class due to excessive absences (>3).

Emergency Evacuation Procedures

A map of this floor is posted near the elevator marking the evacuation route and the Designated Route Area. This is an area where emergency service personnel will go first to look for individuals who need assistance in exiting the building. Student who may need assistance should identify themselves to the teaching faculty.

Academic Honesty

The College of Education adheres to the policy on academic honesty as outlined on page 427 in the Undergraduate Bulletin (2003-2005) .

Students Requiring Special Accommodations

Students requiring special accommodations must register with the Office of Services for Students with Disabilities and provide official documentation to the instructor in a timely manner.

Tentative Schedule

1. Introduction to the Exercise Physiology Laboratory
 2. Anaerobic Capacity And Tolerance
 3. Blood Pressure: Resting and Exercise
 4. Submaximal Exercise Testing: Oxygen uptake and energy expenditure (Astrand cycle ergometer test)
 5. Submaximal Exercise testing: predicted Max $\dot{V}O_2$ via YMCA multistage cycle ergometer test
 6. Muscle Strength and Endurance
 7. Muscle Strength and Rate of Fatigue
 8. Electrocardiography
 9. Pulmonary Function: Respiratory volumes
 10. Maximal Exercise Testing: Oxygen uptake and Mets
 11. Body Composition
 12. Aerobic Field Tests
 13. Polar Training Session
 14. Thermoregulation Demonstration Lab
 15. Computer Simulated Labs
 16. Cybex outside assigned competency lab
- Final Examination (during regularly scheduled class time).