

EXSC 464 – Exercise Physiology Laboratory

Instructor:

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Office Hours:

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Lab classes begin on the first day of classes. Labs meet in 201 SFH which is accessed from the stairs between the short and long track in the SFH.

COURSE OBJECTIVES

The purpose of this class is to apply knowledge of exercise physiology to the assessment of the five components of health related physical fitness. The labs are the means to review and apply the physiology of exercise and to develop and practice fundamental skills related to the assessment of physical fitness.

GENERAL COURSE INFORMATION

The lab manual for this class includes all the necessary reading material and lab assignments you will need. The lab manual also includes a CD of files that will help you complete the class assignments. There are six lab experiences in this class which include (1) Pre-Participation Screening and Measuring Resting Blood Pressure, (2) Measuring Exercise Heart Rate and Blood Pressure, (3) Measuring Body Composition, (4) Measuring Flexibility and Muscular Fitness, (5) Measuring Energy Expenditure, and (6) Predicting Cardiovascular Fitness.

Each lab includes work to be completed before class in order to prepare for the in-class activity. Students should prepare for class by reading the assigned labs and associated chapters and completing the required Prelab assignment. After class, students will complete a Lab Report which will be turned in the next time you meet as a class. More information about the Prelabs and Lab Reports is given in the **Class Organization and Assignments** and **Format for Prelabs and Lab Reports** section of this syllabus.

DRESS CODE AND ACADEMIC POLICY

This class has adopted the current dress code policy for activity classes, which is that a t-shirt and shorts or sweat pants are required for your participation in an activity class. Clothing will be modest, clean and properly mended. Shirts must cover the shoulders and full torso. Shorts or sweat pants must reach at least mid-thigh. Inappropriate logos or sayings will not be tolerated. Proper footwear is also required and varies according to the activity and facility. In addition, attire worn during labs should not be distracting or offensive to the instructor or any other students in the class. Students who do not adhere to the dress standards will be asked to leave the class and return wearing clothing that meets the dress code standards for the class. At the instructors discretion, a noncompliant student may receive one-half of the participation points for the lab. Any violations of the Academic Honesty Policy will be dealt with on an individual basis as outlined in the Undergraduate Catalog.

CLASS ORGANIZATION AND ASSIGNMENTS

FALL AND WINTER SEMESTERS. A class schedule will be handed out during the first day of class. Each class (section) will be split into two equal sized groups (A and B). Each group will meet approximately every other week. Students should attend the class for which they are registered and the group (A or B) to which they are assigned. If circumstances arise which prohibits attendance in the scheduled group (A or B), the instructor should be contacted immediately in order to arrange attendance in the other group. Students assigned in the "B" group may not have an opportunity to complete a lab if they miss their assigned date.

SPRING AND SUMMER TERMS. A class schedule will be handed out during the first day of class. Each class (section) will meet every week.

The class is two hours. Students are expected to attend the entire class time. Not attending or not completing the lab session (i.e., leaving early) will result in a lower grade (See "Grading" below). In extenuating circumstances, students may attend another class section to make-up a missed class with the preapproval of both class instructors. Failing to attend your assigned section or failing to coordinate changes in your attendance with your instructor may result in a lower or failing grade if assignments are not received and/or attendance is not recorded. Classes will not be repeated so there are no "make-ups."

Each lab includes three parts,

1. **Assignments Before Class.** Read the assigned chapters for each lab. Prelabs must be turned in at the beginning of each lab. Prelabs include responses to questions that will help you prepare for lab. Students should read the assigned chapters in the book and familiarize themselves with the instructions and tables in the lab.
2. **Assignments During Class.** Students will complete all of the "During Class" assignments of each lab and record any necessary information or results prior to leaving class.
3. **Assignments After Class.** Lab Reports include answering questions about the data collected during lab. Lab Reports are to be turned in at the beginning of the next lab period.

Students will participate in labs by measuring and recording data and information on themselves or fellow students. Students are expected to behave in a professional manner, respecting the privacy of others and the potential sensitivity of human interactions. All students are also expected to help the instructor as needed to set up the labs, record data, and put lab materials away after lab. If a student has special needs or physical limitations which prohibit or limit participation, contact the Services for Students with Disabilities by calling 422-2767.

FORMAT FOR PRELABS AND LAB REPORTS

Each lab includes several questions or problems in the "Before Class" or "After Class" portions of the lab. A response to each question must be included in the Prelab or Lab Report to receive full credit. Students are expected to be brief in their responses, yet provide adequate explanation and detail that is representative of the expected preparation for lab class, knowledge, and understanding of the topic. When appropriate, students may include physiological explanations, concepts, principles, etc... in their responses.

Students may work in groups to discuss the “Before Class” and “After Class” assignments, but each student must turn in an original Prelab and Lab Report that represents his/her own work. Only original assignments will be accepted. Copies will not be accepted.

Prelabs and Lab Reports must be typed or computer printed. Answer questions in complete sentences. Short “yes-no” type answers are not acceptable. Lists are only acceptable if specifically asked for in the question. All margins are to be 1 inch. Single sided pages only. Type the question then the response. Use either a 12 pt Times (Times Roman) or 10 or 12 pt Ariel font. Staple multiple pages together. Either the cover page or the first page must include, 1) your name, 2) EXSC 464 - section number (i.e., 001), Instructor’s last name; 3) Lab number and title (i.e, Lab 1 - Preexercise Screening / Resting HR and Blood Pressure; and 4) “Prelab” or “Lab Report”

NOTE: All pre-labs, lab data sheets, and lab reports are available on the CD which accompanies this manual as WORD files. Do not misplace or lose the CD. If you lose your CD, you will have to purchase a new packet or borrow someone else’s CD.

GRADING

There are no exams in this course. Grades will be based on a total of 300 possible points:

- 120 points for participation (20 points for each of 6 labs)
- 60 points for Prelabs (10 points for each of 6 Prelabs)
- 120 points for Lab Reports (20 points for each of 6 Lab Reports)

Attendance at each lab class is expected. Not attending one class (lab) will result in a lower final grade. Not attending two or more class (labs) will result in a failing grade in the course.

Zero participation points will be given for missed classes (labs) regardless of the reason for the absence.

See “Class Organization and Assignments” above for information on attending a lab if you know you will be absent on your assigned lab day.

Students who do not attend a lab may still receive points for the Prelab (10 pts) and half credit (10 pts) for the Lab Report. The final grade will be determined by the total points earned relative to the total points possible (300 points).

A	276 pts	B+	252 pts	C+	219 pts	D+	195 pts
A-	261 pts	B	240 pts	C	210 pts	D	183 pts
		B-	228 pts	C-	201 pts	D-	174 pts