

Fall 2015

EDHP 3330

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University of New Orleans

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EDHP 3330

Exercise Physiology

Lab Methods

Instructor: Marc Bonis, Ph.D.
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Class: Independent study
Office: ED348K
Office hours: Tuesdays and Wednesdays 12:30 -2:00pm and by appointment

Course Description:

Course prerequisites: Bios 1301,1303, 1311, 1313; EDHP 2110; Math 1115 and 1116 or 1125 and 1126. The course focuses on methods and procedures of assessing human functional responses to acute and chronic exercise stress, and reviews methods of scientifically collecting and reporting data.

Objectives:

Upon completion of this course, the student will be able to convert the theoretical aspects of human physical performance into practical application by learning the methods of assessing and reporting of the systematic physical stressing of the metabolic, cardiorespiratory, and muscular systems. This will be accomplished through:

- The application of information from professional literature, instruction, and support resources.
- The organization of physical performance response to standard testing procedures.
- The recognition and the development of action plans through system assessment of the physical performance response from the various component systems.

Grading

A: 100 - 90	Methods Testing	50%
B: 89 - 80	Mid-term Exam	5%
C: 79 - 70	Assignments:	30%
D: 69 - 60	Paper :	10%
F: ≤ 59	Final Exam:	<u>5%</u>
		100%

Required Textbooks:

ACSM's Guidelines for Exercise Testing and Prescription - Paperback by American College of Sports Medicine (Author)

ISBN-13: 978-1609139551 ISBN-10: 1609139550 Edition: Ninth

ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription – Paperback by American College of Sports Medicine (Author)

ISBN-13: 978-1609139568 ISBN-10: 1609139569 Edition: Seventh

	Week	Topic
Week 1:	8/18	Introduction
Week 2:	8/24	Lesson 1 - Anthropometrics
Week 3:	8/31	Lesson 2&3 – Body Composition - Field
Week 4:	9/7	Lesson 4 - Assessments
Week 5:	9/14	Lesson 5 – Hydrostatic Weighing
Week 6:	9/21	Lesson 6 - VO ₂ - submax
Week 7:	9/28	Lesson 7 - VO ₂ max
Week 8:	10/5	Mid-Term Exam
Week 9:	10/12	Fall Break
Week 10:	10/19	Lesson 8 - Metabolic Cart
Week 11:	10/26	Lesson 9 - Monark 30
Week 12:	11/2	Lesson 10 - Accelerometers
Week 13:	11/9	Lesson 11&12 – DXA & ECG
Week 14:	11/16	Testing
Week 15:	11/23	Thanksgiving
Week 16:	11/30	Testing
Week 17:	12/7	Final Exam

Moodle will be used for assignments, labs, and notes

COURSE POLICIES

Academic Integrity

Academic integrity is fundamental to the process of learning and evaluating academic performance. Academic dishonesty will not be tolerated. Academic dishonesty includes, but is not limited to, the following: cheating, plagiarism, tampering with academic records and examinations, falsifying identity, and being an accessory to acts of academic dishonesty. Refer to the Student Code of Conduct for further information. The Code is available online at <http://www.studentaffairs.uno.edu>.

Accommodations

It is University policy to provide, on a flexible and individualized basis, reasonable accommodations to students who have disabilities that may affect their ability to participate in course activities or to meet course requirements. Students with disabilities should contact the Office of Disability Services as well as their instructors to discuss their individual needs for accommodations. For more information, please go to <http://www.ods.uno.edu>.

Assignments.

Written assignments are due in class on the date and time indicated in the syllabus. All written homework assignments should be typed with 12 point font, unless otherwise indicated. A professional-looking appearance is required which includes *proofreading* all of your work.

LAB ASSIGNMENTS

- There will be 10 lab assignments during the course.
- Each assignment will be worth 3 points for a total of 30 points of the final grade.
- Written reports of your lab assignments will be due the next scheduled lab.

PAPER

Select a health appraisal, a risk assessment, or an exercise test from the ACSM's Guidelines text. Explain what it is used for and describe the procedure. From the ACSM's Resource text select an aspect of health or physical performance that is affected or impacted by this procedure and elaborate on the connection between the two..

- The paper is due no later than 11/20/15.
- The paper format will consist of the following format: purpose of the test, test description, impact and discussion of the test, and a minimum of five references from the Resource Text.
- * The paper should be no greater than 3 typewritten pages.
- * It should be written in double-spaced, APA format.
- * It should be written in 12-pt, Times New Roman font.
- * It should be written in the 3rd person.
- * The paper is worth 10% of the final grade.

Grading of Paper

- Structure (2 pts) - Double-spaced, 12-pt., Times New Roman, APA format, 3rd person.
- Grammar (2 pts) - Spelling, grammar, and complete sentences.
- Content (6 pts) - Introduction, annotated articles, and conclusion.

Tests

The mid-term exam will be on 10/05/15 and the final exam will be on 12/07/15. Both are worth 5 points each of the final grade.

Methods Testing

- Beginning on 11/16/15 lab methods testing will begin for students.
- Student scheduling for methods testing will be determined by lot.
- Students will be tested on the following methods and the instruments used in the procedures:
 - Anthropometric tests
 - Field tests
 - Submaximal tests
 - Maximal tests
 - Body Composition tests
 - Physical activity tests
- Methods testing will account for 50% of the final grade

Fall 2015 Semester Information

Important Dates*

Last day to adjust schedule w/out fee 08/18/2015

Semester Classes Begin 08/19/2015

Last day to adjust schedule w/fee,
or withdraw with 100% refund 08/25/2015

Last day to apply for December commencement 09/25/2015

Final day to drop a course or resign 10/14/2015

Mid-semester examinations 10/05-10/09/2015

Final examinations 12/07-12/11/2015

Commencement 12/18/2015

**Note: check Registrar's website for Saturday and A/B sessions, and for items not listed here: <http://www.registrar.uno.edu>*

Fall Semester Holidays

Labor Day 09/07/2015

Mid-semester break..... 10/15-10/16/2015

Thanksgiving..... 11/26-11/27/2015

Withdrawal Policy – Undergraduate only

Students are responsible for initiating action to resign from the University (withdraw from all courses) or from a course on or before dates indicated in the current Important dates calendar. Students who fail to resign by the published final date for such action will be retained on the class rolls even though they may be absent for the remainder of the semester and be graded as if they were in attendance. Failure to attend classes does not constitute a resignation. Check the dates on the Registrar's website, <http://www.registrar.uno.edu>. Please consult The Bulletin for charges associated with dropping and adding courses.

Incomplete Policy – Undergraduate only

The grade of I means *incomplete* and is given for work of passing quality but which, because of circumstances beyond the student's control, is not complete. The issuance of the grade of I is at the discretion of the faculty member teaching the course. For all graduate and undergraduate students, a grade of I becomes a grade of F if it is not converted before the deadline for adding courses for credit (as printed in the Important Dates Calendar) of the next regular semester including summer semester.

Repeat Policy

When a student is permitted to repeat a course for credit, the last grade earned shall be the one which determines course acceptability for degree credit. A student who has earned a C or better in a course may not repeat that course unless, (1) the catalog description indicates that the course may be repeated for credit, or (2) the student's Dean gives prior approval for documented extenuating circumstances.

Academic Dishonesty Policy

<http://www.uno.edu/student-affairs-enrollment-management/documents/academic-dishonesty-policy-rev2014.pdf>

Safety Awareness Facts and Education

Title IX makes it clear that violence and harassment based on sex and gender is a Civil Rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, etc. If you or someone you know has been harassed or assaulted, you can find the appropriate resources here: <http://www.uno.edu/student-affairs-enrollment-management/>

UNO Counseling Services and UNO Cares

UNO offers care and support for students in any type of distress. Counseling Services assist students in addressing mental health concerns through assessment, short-term counseling, and career testing and counseling. Find out more at <http://www.uno.edu/counseling-services/>. First-year students often have unique concerns, and UNO Cares is designed to address those students succeed. Contact UNO Cares through <http://www.uno.edu/fye/uno-cares.aspx>.

Emergency Procedures

Sign up for emergency notifications via text and/or email at E2Campus Notification: <http://www.uno.edu/ehso/emergency-communications/index.aspx>. All emergency and safety procedures are explained at the Emergency Health and Safety Office: <http://www.uno.edu/ehso/>.

Diversity at UNO

As the most diverse public university in the state, UNO maintains a Diversity Affairs division to support the university's efforts towards creating an environment of healthy respect, tolerance, and appreciation for the people from all walks of life, and the expression of intellectual point of view and personal lifestyle. The Office of Diversity Affairs promotes

these values through a wide range of programming and activities.

<http://diversity.uno.edu/index.cfm>

Learning and Support Services

Help is within reach in the form of learning support services, including tutoring in writing and math and other supplemental instruction. Visit the Learning Resource Center in LA 334, or learn more at <http://www.uno.edu/lrc/>.

Affirmative Action and Equal Opportunity

UNO is an equal opportunity employer. The Human Resource Management department has more information on UNO's compliance with federal and state regulations regarding EEOC in its Policies and Resources website: <http://www.uno.edu/human-resource-management/policies.aspx>