Instructor: Steven Snowden  
Email: ssnowden@angelo.edu  
Phone: 325-942-2173  
Office: CHP 201  
Office Hours: MWF 11-12, TR 9-11

Course Information

Course Description  
This course will reinforce principles and theories covered in KIN 3370 and provide a hands on opportunity to apply principles and theories related to exercise physiology.

Course Credits  
1 credit hour

Prerequisite and Co-requisite Courses  
Pre-req. HSP A&P I and II or BIO 2323/2124 and BIO 2324/2124  
Co-req KIN 3370

Prerequisite Skills  
Example: Accessing Internet websites, using ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are expectations of the KIN 3170.

Program Outcomes  
Upon completion of the program of study for the Kinesiology, the graduate will be prepared to:  
Design muscular strength/endurance weight training programs.  
Design cardiovascular aerobic programs.  
Design speed, agility, and quickness programs.
Student Learning Outcomes

<table>
<thead>
<tr>
<th>Student Learning Outcome</th>
<th>Assignment(s) or activity(ies) validating outcome achievement:</th>
<th>Mapping to Program Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Understand the basic physiology of systems and process</td>
<td>Lab assignments</td>
<td></td>
</tr>
<tr>
<td>Understand bioenergetics. muscular, nervous, cardiorespiratory systems</td>
<td>Lab assignments</td>
<td></td>
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<tr>
<td>Circulatory, pulmonary, gas transport,</td>
<td>Lab assignments</td>
<td></td>
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<tr>
<td>Metabolic, endocrine systems</td>
<td>Lab assignments</td>
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</table>

Course Delivery

This is a face-to-face course with learning resources and supplemental materials posted in Blackboard.

Required Texts and Materials


Recommended Texts and Materials

Technology Requirements

To participate in one of ASU’s distance education programs, you need this technology:

- A computer capable of running Windows 7 or later, or Mac OSX 10.8 or later
- The latest version of one of these web browsers: internet Explorer, Firefox, or Safari
- Microsoft Office Suite or a compatible Open Office Suite
- Adobe Acrobat Reader
- High Speed Internet Access
- Ethernet adapter cable required (wireless connections can drop during tests and Collaborate sessions)
- Webcam

Refer to Angelo State University’s Distance Education website for further technology requirements: [Angelo State University's Distance Education Website](https://www.angelo.edu/technology)

**Topic Outline**

**Communication**

Faculty will respond to email and/or telephone messages within 24 hours during working hours Monday through Friday. Weekend messages may not be returned until Monday.

*Written communication via email:* All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes. In your emails to faculty, include the course name and section number in your subject line.

**Grading**

**Evaluation and Grades**

Course grades will be determined as indicated in the table below.

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Percent/Points of Total Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Labs 2-14 (13 labs)</td>
<td>100%</td>
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<tr>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

**Grading System**

Course grades will be dependent upon completing course requirements and meeting the student learning outcomes.
The following grading scale is in use for this course:

- A = 90.00-100 percent
- B = 80.00-89.99 percent
- C = 70.00-79.99 percent
- D = 60.00-69.99 percent
- F = 0-59.99 percent

**Teaching Strategies**

Students are expected to be “active learners.” It is a basic assumption of the instructor that students will be involved (beyond the materials and lectures presented in the course) discovering, processing, and applying the course information using peer-review journal articles, researching additional information and examples on the Internet, and discussing course material and clinical experiences with their peers.

**Assignment and Activity Descriptions**

*Please note: Rubrics for all assignments and activities are located at the end of this syllabus.*

**Assignment Submission**

**Late Work or Missed Assignments Policy**

Labs are due at the beginning of next class period.

**General Policies Related to This Course**

All students are required to follow the policies and procedures presented in these documents:

- [Angelo State University Student Handbook](#)¹
- [Angelo State University Catalog](#)²

**Student Responsibility and Attendance**

The hope is that students will make substantive contributions which reflect integration of assigned materials as well as any outside readings as appropriate. Scholarly contribution is an expectation. For planning purposes, this class will probably require a minimum of 6-9 study hours per week on average.
Academic Integrity
Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The College of Health and Human Services adheres to the university’s Statement of Academic Integrity.

Accommodations for Students with Disabilities
ASU is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student’s responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at ADA@angelo.edu. For more information about the application process and requirements, visit the Student Disability Services website. The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford
Director of Student Disability Services
Office of Student Affairs
325-942-2047
dallas.swafford@angelo.edu
Houston Harte University Center, Room 112

Incomplete Grade Policy
It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required. See ASU Operating Policy 10.11 Grading Procedures for more information.
**Plagiarism**

Plagiarism is a serious topic covered in ASU’s Academic Integrity policy in the Student Handbook. Plagiarism is the action or practice of taking someone else’s work, idea, etc., and passing it off as one’s own. Plagiarism is literary theft.

In your discussions and/or your papers, it is unacceptable to copy word-for-word without quotation marks and the source of the quotation. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list.

Papers are subject to be evaluated for originality. Resources to help you understand this policy better are available at the ASU Writing Center.

**Student Absence for Observance of Religious Holy Days**

A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence. See ASU Operating Policy 10.19 Student Absence for Observance of Religious Holy Day for more information.

**Copyright Policy**

Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.

**Syllabus Changes**

The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. It is the student’s responsibility to look for such communications about the course on a daily basis.

**Title IX at Angelo State University**

Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The
term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex.

You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D. You may submit reports in the following manner:

Online: www.angelo.edu/incident-form
Face to face: Mayer Administration Building, Room 210
Phone: 325-942-2022
Email: michelle.boone@angelo.edu

Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).

For more information about resources related to sexual misconduct, Title IX, or Angelo State’s policy please visit: www.angelo.edu/title-ix.

Course Schedule

<table>
<thead>
<tr>
<th>Week/Date</th>
<th>Topic/Assignments/Assessments DUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1 Jan 13</td>
<td>Syllabus and discuss lab 1</td>
</tr>
<tr>
<td>Week 2 Jan 20</td>
<td>MLK</td>
</tr>
<tr>
<td>Week 3 Jan 27</td>
<td>Lab 2 Pre-test Screening</td>
</tr>
<tr>
<td>Week 4 Feb 3</td>
<td>Lab 3 Flexibility Testing</td>
</tr>
<tr>
<td>Week 5 Feb 10</td>
<td>Lab 4 Blood Pressure</td>
</tr>
<tr>
<td>Week 6 Feb 17</td>
<td>Lab 5 Resting Metabolic Rate</td>
</tr>
<tr>
<td>Week 7 Feb 24</td>
<td>Lab 6 Oxygen deficit and EPOC</td>
</tr>
<tr>
<td>Week 8 Mar 2</td>
<td>Lab 7 Submax Ex. Testing</td>
</tr>
<tr>
<td>Week 9 Mar 9</td>
<td>Spring Break</td>
</tr>
</tbody>
</table>

Syllabus and discuss lab 1
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<tr>
<th>Week/Date</th>
<th>Topic/Assignments/Assessments DUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 10 Mar 16</td>
<td>Lab 8 Aerobic Power Field Assessment</td>
</tr>
<tr>
<td>Week 11 Mar 23</td>
<td>Lab 9 Max Oxygen Consumption</td>
</tr>
<tr>
<td>Week 12 Mar 30</td>
<td>Lab 10 Blood Lactate Threshold Assessment</td>
</tr>
<tr>
<td>Week 13 Apr 6</td>
<td>Lab 11 Musculoskeletal Fitness Assessment</td>
</tr>
<tr>
<td>Week 14 Apr 13</td>
<td>Lab 12 Anaerobic Fitness Measurements</td>
</tr>
<tr>
<td>Week 15 Apr 20</td>
<td>Lab 13 Pulmonary Function Test</td>
</tr>
<tr>
<td>Week 16 Apr 27</td>
<td>Lab 14 Body Comp Assessment</td>
</tr>
</tbody>
</table>

**Grading Rubrics**

**Student Evaluation of Faculty and Course**

Students in all programs are given the opportunity to evaluate their courses and the faculty who teach them. Evaluations are most helpful when they are honest, fair, constructive, and pertinent to the class, clinical experience, or course. Faculty value student evaluations, and use student suggestions in making modifications in courses, labs and clinical experiences.

Angelo State University uses the IDEA (Individual Development and Educational Assessment) system administered through Kansas State University for all course evaluations. The Office of Institutional Research and Assessment administers IDEA for the entire university, online and has established a policy whereby students can complete course evaluations free from coercion.

1. Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories)
2. Learning to apply course material (to improve thinking, problem solving, and decisions)
3. Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course
4. Acquiring skills in working with others as a member of a team
5. Learning appropriate methods for collecting, analyzing, and interpreting numerical information

**End of Syllabus**

1 [https://www.angelo.edu/student-handbook/](https://www.angelo.edu/student-handbook/)