

KIN 275: Introduction to Exercise Science

University of Rhode Island
Department of Kinesiology
January Term 2022

Instructor	Dr. Allison Harper
Email	allisonharper@uri.edu
Phone	401-874-5450 (please leave a message)
Course Structure	This is an asynchronous class. There are no required class meetings. The course will be conducted through Brightspace, and all assignments have firm due dates listed in the schedule at the end of this syllabus.
Office Hours	Zoom meeting appointments are available upon request. Please email me with your availability to schedule a meeting.

Course Description

Introduction to the field of exercise science. Principles of exercise, components of health-related physical fitness, weight management, and basic exercise prescription. (3 credit hours).

Student Learning Outcomes

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

1. Access available sources of fitness and wellness information and practice critical thinking regarding the validity of their claims.
2. Apply standard scientific methods in exercise research, including experimentation and logical, written reporting of outcomes.
3. Identify and describe the dimensions of wellness, the basic principles of training, and the five health-related components of physical fitness.
4. Identify and describe physiological training effects and health benefits of cardiorespiratory endurance exercise, strength training, and flexibility training.
5. Identify lifestyle behaviors that affect health risk and suggest appropriate steps in creating a behavior management plan that will promote physical activity.
6. Identify high-risk exercises, and understand the need for special consideration in making exercise recommendations across diverse populations including children, seniors, pregnant women and those with physical challenges or medical concerns.
7. Explain the health risks associated with overweight and obesity and identify lifestyle factors that contribute to weight gain and weight loss
8. Describe controllable and uncontrollable risk factors associated with cardiovascular disease
9. Describe the following laboratory techniques: measuring resting blood pressure and resting heart rate; circumference measures; determining height, weight and BMI.
10. Describe techniques for assessing each component of fitness.

Required Textbook

Fahey, Insel, Roth, & Insel. Fit & Well 14th Edition Brief Edition. McGraw Hill, 2021. ISBN: 9781260696899 (loose leaf) or 9781264143344 (eBook)

13rd Edition is acceptable, but page and chapter numbers referenced in course may not align.

Other Course Materials

Lecture videos, assignments, and other course information will be posted on Brightspace.

- **You are required to check Brightspace and your URI email account several times per module (almost every day)** to keep up with the course material.
- **Time sensitive announcements will be posted on the Brightspace site, should they be necessary.** I strongly recommend checking your account settings to ensure you get alerts for these.

Course Evaluation

5 Quizzes (30 pts each)	150 points
5 Assignments & Labs (30 pts each)	150 points
Research Project (25 & 75)	100 points
5 Discussions (20 pts each)	100 points
Total	500 points

Grading Scale

93-100% = A	80-82.99% = B-	67-69.99% = D+
90-92.99% = A-	77-79.99% = C+	60-66.99% = D
87-89.99% = B+	73-76.99% = C	0-59.99% = F
83-86.99% = B	70-72.99% = C-	

Dr. Harper's Course Policies and Expectations

Course Engagement: Both the readings and lecture videos are used to present relevant material and will contribute to the student's understanding of the subject. Students are responsible for spending enough time with all course materials to feel comfortable discussing and applying the information they present. All items listed in the schedule at the end of this syllabus are required for success in the course.

Assignments and Labs: A series of homework and lab assignments will allow you the opportunity to apply and discuss the concepts presented throughout the course. This will include the opportunity to collect some data and practice data analysis and interpretation. Detailed instructions will be posted on Brightspace.

Discussions: Each module will include a discussion in which you will interact with classmates and apply concepts from the course. An initial post addressing the discussion prompt and several replies to classmates will be required. Grading rubric is available on Brightspace.

Quizzes: A quiz will be administered at the end of each module consisting of 20 true/false and multiple choice questions worth 1.5 points each. You will have 20 minutes to complete each quiz, which will be a sufficient amount of time if you are well-prepared. This time may not be paused, delayed, or re-started for any reason once you begin a quiz.

Late Work: No late assignments, labs, quizzes, or exams will be accepted for credit. Exceptions due to medical emergencies and University sponsored activities may be made only if arranged before the original due date of the assignment or quiz.

University of Rhode Island Policies and Resources

URI Honor System: Students are responsible for being familiar with and adhering to University Honor System. URI's Student Handbook (<http://web.uri.edu/studentconduct/student-handbook/>) provides guidelines concerning academic honesty. Students are expected to be honest in all academic work. A student's name on any written work, quiz or exam shall be regarded as assurance that the work is the result of the student's own independent thought and study. Work should be stated in the student's own words, properly attributed to its source. Students have an obligation to know how to quote, paraphrase, summarize, cite and reference the work of others with integrity. ***The name of any student who cheats on an assignment or exam will be turned into the Vice President of Student Affairs.***

Disability, Access, and Inclusion Statement: Your access in this course is important. Please send me your Disability, Access, and Inclusion (DAI) accommodation letter early in the semester so that we have adequate time to discuss and arrange your approved academic accommodations. If you have not yet established services through DAI, please contact them to engage in a confidential conversation about the process for requesting reasonable accommodations in the classroom. DAI can be reached by calling: 401-874-2098, visiting: web.uri.edu/disability, or emailing: dai@etal.uri.edu. We are available to meet with students enrolled in Kingston as well as Providence courses.

Religious Holy Days: Sections 8.51.11-12 of the University Manual (<http://web.uri.edu/manual/chapter-8/chapter-8-4/>): 8.51.11 Students who plan to be absent from classes or examinations for religious holy days that traditionally preclude secular activity (see 6.20.11 for how such information is made available) shall discuss this with the appropriate instructor(s) in advance of the holy day. The instructor(s) shall then make one of the following options available: a. the same quiz, test, or examination to be administered either before or after the normally scheduled time; b. a comparable alternative quiz, test, or examination to be administered either before or after the scheduled time; c. an alternative weighting of the remaining evaluative components of the course which is mutually acceptable to the student and instructor(s).

University Sanctioned Events: Students who expect to be absent from classes or examinations for University sanctioned events shall discuss this with the instructor **at least one week in advance** of the sanctioned event(s). The instructor concerned shall then offer the student an alternative listed in section 8.51.11 of the University Manual (<http://www.uri.edu/facsen/8.50-8.57.html>). For these purposes University sanctioned events shall be those events approved for class excuses by the Provost and Vice President for Academic Affairs, a Vice President, a Dean, or the Director of Intercollegiate Athletics. No event shall be regarded as University sanctioned until the Provost and Vice President for Academic Affairs has been notified. Disagreements over the validity of an event being categorized as University sanctioned shall be mediated by the Provost and Vice President for Academic Affairs. If agreement cannot be reached, the Provost and Vice President for Academic Affairs shall decide the matter and that decision shall be final.

- *Students are expected to make arrangements to complete any exams/assignments/other projects prior to the absence.*
- *It is the student's responsibility to make the instructor aware of all absences during the semester in a timely fashion.*

Technology Proficiency: The Department of Kinesiology expects its students and graduates to be proficient in the use of technology to retrieve and process information, and to communicate professionally using a variety of media. The specific tools and skills required varies with individual courses, but in general, students should be proficient in web navigation and search engines, word processing, spreadsheet manipulation, and basic graphing tasks.

Technology requirements of this course include:

- Using the Internet to conduct research and complete online assignments, quizzes and exams.
- Using word processing and PowerPoint for completion of course assignments.
- Communicating with the instructor and other students in the class via email.
- Use of the Brightspace learning management system.
- Taking photos and recording videos and sharing them on Brightspace.

Academic Enhancement Center: Located in Roosevelt Hall, the AEC offers free face-to-face and web-based services to undergraduate students seeking academic support. Peer tutoring is available for STEM-related courses by appointment online and in-person. The Writing Center offers peer tutoring focused on supporting undergraduate writers at any stage of a writing assignment. The UCS160 course and academic skills consultations offer students strategies and activities aimed at improving their studying and test-taking skills. Complete details about each of these programs, up-to-date schedules, contact information and self-service study resources are all available on the AEC website, uri.edu/aec.

Anti-Bias Syllabus Statement: We respect the rights and dignity of each individual and group. We reject prejudice and intolerance, and we work to understand differences. We believe that equity and inclusion are critical components for campus community members to thrive. If you are a target or a witness of a bias incident, you are encouraged to submit a report to the URI Bias Response Team at www.uri.edu/brt. There you will also find people and resources to help.

Other Assistance: Are you or someone you know experiencing a hardship, such as at risk for going hungry or no place to live? If so, URI has resources to provide confidential help. [Rhody Outpost](#) provides URI students who are food insecure with emergency food services and resources. Rhody Outpost is housed at St. Augustine's Episcopal Church on 15 Lower College Road. Contact them at rhodyoutpost@gmail.com, or [401-874-2568](tel:401-874-2568). Please contact the Office of Vice President for Student Affairs at [401-874-2427](tel:401-874-2427) for help with emergency housing.

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Tentative Schedule – January 2022

Due Date Information: Initial discussion posts and some homework assignments are due 11:59 p.m. on the **second** day of the module. Discussion reply posts, other assignments, and all quizzes are due 11:59 p.m. on the **last** day of the module. See check list below for details.

Dates	Topic(s)	Check List of Learning Activities & Assessments* <i>Use this to make sure you don't miss anything!</i>
<i>Module 1</i> Monday 1/3 – Wednesday 1/5	Course Introduction Historical Perspective Wellness Principles of Fitness	<input type="checkbox"/> Watch Course Introduction video <input type="checkbox"/> Read Syllabus <input type="checkbox"/> Read Start Here section <input type="checkbox"/> Discussion 1 - Introductions (first post due Tuesday 1/4, replies due Wednesday 1/5) <input type="checkbox"/> Read Chapter 1 <input type="checkbox"/> Watch Dimensions of Wellness lecture <input type="checkbox"/> Watch Behavior Change lecture <input type="checkbox"/> Read Tipton's Historical Perspective article <input type="checkbox"/> Read Chapter 2 <input type="checkbox"/> Watch Components of Fitness lecture <input type="checkbox"/> Watch Principles of Fitness lecture <input type="checkbox"/> Submit Assignment 1 – Case Study (due Wednesday 1/5) <input type="checkbox"/> Take Quiz 1 (due Wednesday 1/5)
<i>Module 2</i> Thursday 1/6 – Sunday 1/9	Cardiorespiratory Endurance	<input type="checkbox"/> Read Chapter 3 <input type="checkbox"/> Watch Energy Systems lecture <input type="checkbox"/> Watch Cardiorespiratory Endurance lecture <input type="checkbox"/> Discussion 2 – Cardiorespiratory Endurance (first post due Friday 1/7, replies due Sunday 1/9) <input type="checkbox"/> Watch Developing Cardiorespiratory Exercise Programs lecture <input type="checkbox"/> Submit Assignment 2 – CR Fitness Lab (due Sunday 1/9) <input type="checkbox"/> Take Quiz 2 (due Sunday 1/9)
<i>Module 3</i> Monday 1/10 – Wednesday 1/12	Muscular Strength & Endurance	<input type="checkbox"/> Read Chapter 4 <input type="checkbox"/> Watch Muscle Anatomy & Physiology lecture <input type="checkbox"/> Complete first part of Assignment 3 – Muscle Fitness Lab (due Tuesday 1/11) <input type="checkbox"/> Discussion 3 – Muscular Fitness (first post due Tuesday 1/11, replies due Wednesday 1/12) <input type="checkbox"/> Watch Resistance Training lecture <input type="checkbox"/> Submit Assignment 3 – Muscle Fitness Lab (due Wednesday 1/12) <input type="checkbox"/> Take Quiz 3 (due Wednesday 1/12) <input type="checkbox"/> Submit Research Project Part 1 (due Wednesday 1/12)

<p><i>Module 4</i></p> <p>Thursday 1/13 – Monday 1/17</p>	<p>Flexibility Body Composition</p>	<input type="checkbox"/> Read Chapter 5 <input type="checkbox"/> Watch Flexibility lecture <input type="checkbox"/> Watch Low Back Health lecture <input type="checkbox"/> Discussion 3 – Flexibility (first post due Friday 1/14, replies due Monday 1/17) <input type="checkbox"/> Read Chapter 6 <input type="checkbox"/> Watch Obesity & BMI lecture <input type="checkbox"/> Watch Weight Management lecture <input type="checkbox"/> Submit Assignment 4 – Body Comp Lab (due Monday 1/17) <input type="checkbox"/> Take Quiz 4 (due Monday 1/17)
<p><i>Module 5</i></p> <p>Tuesday 1/18 – Thursday 1/20</p>	<p>Complete Fitness Programs Special Populations</p>	<input type="checkbox"/> Read Chapter 7 <input type="checkbox"/> Watch Complete Fitness Programs lecture <input type="checkbox"/> Discussion 4 – Special Populations (first post due Wednesday 1/19, replies due Thursday 1/20) <input type="checkbox"/> Submit Assignment 5 – Fitness Program (due Thursday 1/20) <input type="checkbox"/> Take Quiz 5 (due Thursday 1/20)
<p>Friday 1/21</p>	<p>Final Research Project</p>	<input type="checkbox"/> Submit Complete Research Project (due Friday 1/21)