

# KIN/BIO 301: Physiology of Exercise Lab

Department of Kinesiology – College of Health Sciences  
University of Rhode Island  
Human Performance Laboratory, Independence Square

**Instructor:** Melissa Lodge, MS  
**Office Location:** 216 Independence Square  
**E-mail:** melissa.lodge@uri.edu  
**Office Hours:** Tuesdays, 11:20am-12:20pm  
**Class Location:** Human Performance Laboratory (2<sup>nd</sup> floor, Room 226) Independence Square  
**Class Meeting Time:** Tuesdays, 9:30-11:20am (from May 23rd to July 25th)

## Course Description

Student participation in laboratory sessions designed to understand the physiology of exercise relating to body composition, EKG, pulmonary, and metabolic functions.

## Class Materials

Textbook: Laboratory Manual for Exercise Physiology 3rd edition. G. Gregory Haff and Charles L. Dumke. Human Kinetics. Looseleaf edition ISBN 9781718208551, Ebook edition ISBN 9781718215320.

Other readings, lab and assignment instructions, and instructional videos will be provided on Brightspace. All of these are required and must be carefully reviewed before class in preparation for pre-lab quizzes.

## Student Learning Outcomes

Upon successful completion of the course, each student will be able to

- Collect and interpret physiological data at rest and during exercise using various testing protocols and equipment.
- Write reports effectively describing the methods, purpose, and results of physiological laboratory tests.
- Select and cite appropriate professional references.

## Classroom Protocol

### Attendance and Class Participation

- Students are expected to attend **every scheduled class meeting** and thoughtfully engage with class materials. Failure to do so will put students at a disadvantage in completing the course successfully.
- Students are expected to fully participate in all interactive class activities. This includes serving as the participant at least once during the course.
- Students are expected to dress in appropriate athletic attire (t-shirt, shorts, athletic shoes) for every lab.
- Students who are ill or who have been instructed to quarantine or isolate should notify instructor immediately, stay at home, and request any needed extensions by email BEFORE due dates are missed.
- Absences will only be excused for reasons outlined in the University Manual AND instructor must be notified of these circumstances before the beginning of the missed class. A minimum of one week's advanced notice is required for absences related to religious holy days or University sponsored activities.  
(<https://web.uri.edu/manual/chapter-8/chapter-8-4/>)
- Students who have an unexcused absence will receive a 10 point deduction on the associated homework assignment or lab report as a result of missing the in class participation component of the assignment.
- Final grades will be reduced by one letter grade for each unexcused absence beyond the first two. This will put students in danger of failing the class.

## Pre-Laboratory Quizzes

- These quizzes (9 quizzes worth 10 points each) will be taken online no later than 10:00 p.m. the night before each lab beginning with Lab 2.
- Quizzes cover procedures and techniques required for that lab session, as well as material from associated reading assignments.
- Students are responsible for reading assigned lab instructions and resources before taking these quizzes in order to be prepared for lab.

## Homework Assignments

- Students will complete one 40-point homework assignment after each lab which will be due by 10:00 p.m. the night before the next lab meeting.
- Assignments will include practice developing portions of a lab report, as well as reporting and analysis of results.
- All assignments must be submitted in Microsoft Word or PDF format via Brightspace on time and in accordance with written and oral instructions that accompany the assignment.
- **Late assignments will not be accepted.** Assignments submitted via email will not be accepted. Links to Google Docs and Pages files will not be accepted.

## Lab Report

- There will be one 100-point full lab report completed following the  $VO_{2max}$  lab.
- This lab report will be due by 10:00 pm the night before the following lab meeting.
- Lab report must be submitted in Microsoft Word or PDF format via Brightspace on time and in accordance with the written and oral instructions that accompany the assignment.
- **Late lab reports will not be accepted.** Lab reports submitted via email will not be accepted. Links to Google Docs and Pages files will not be accepted.

## Course Evaluation

9 Pre-Lab Quizzes (10 pts each)	90 points
9 Homework Assignments (40 pts each)	360 points
Full Lab Report	100 points
<b>Total</b>	<b>550 points</b>

## 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-	

**Grades in KIN/BIO 301 are *earned*** by demonstrating mastery/proficiency in the required knowledge, skills and abilities. Extra credit will not be available.

Mature discussions about the grades that you earn are encouraged but please be aware that any discussion regarding your grade on a specific assignment can result in amending your score in either direction. If you would like to discuss a grade or feedback related to an assignment or exam, you must do so within one week of that grade/feedback being released to students.

- **Please make an appointment with your lab instructor to discuss any grading matters.**

## University Policies and Resources

**COVID/Viral Illness Precautions Statement:** The University is committed to delivering its educational mission while protecting the health and safety of our community. As members of the URI community, students are required to comply with standards of conduct and take precautions to keep themselves and others safe.

- Students who are experiencing symptoms of viral illness should **NOT** go to class/work. Those who test positive for COVID-19 should follow the [isolation guidelines](#) from the Rhode Island Department of Health and CDC.

If you are unable to attend class, please notify me prior to the start of class at [melissa.lodge@uri.edu](mailto:melissa.lodge@uri.edu)

**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](http://www.uri.edu/brt). There you will also find people and resources to help.

**Disability, Access, and Inclusion Services for Students 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](http://web.uri.edu/disability), or emailing: [dai@etal.uri.edu](mailto:dai@etal.uri.edu). We are available to meet with students enrolled in Kingston as well as Providence courses.

**Academic Enhancement Center:** The Academic Enhancement Center (AEC) offers face-to-face and online services to undergraduate students seeking academic support beginning Monday, September 12th, 2022. Services are based out of Roosevelt Hall, the Carothers Library room LL004, and online. Peer tutoring is available for STEM-related courses through drop-in centers and small-group tutoring. The Writing Center peer consultants offer feedback focused on supporting undergraduate writers at any stage of a writing assignment. The UCS 160 course and one-to-one Academic Skills Consultations offer strategies for improving 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](http://uri.edu/aec).

- **STEM Tutoring** helps undergraduate students navigate a variety of 100 and 200 level STEM courses and a limited selection of BUS, STA, ECN, and CSC courses. The STEM Tutoring program offers free peer tutoring in-person and online. Students can select occasional or weekly tutoring sessions through the TracCloud system or visit the Drop-In Center, located in the Carothers Library lower level room LL004. The TracCloud application is available through [URI Microsoft 365](#) single sign-on and more detailed information and instructions can be found at [uri.edu/aec/tutoring](http://uri.edu/aec/tutoring).
- **Academic Skills Development** programs teach students how to manage time, study effectively, and address common academic challenges. UCS 160: Success in Higher Education is a one-credit course focused on developing strategic approaches to planning and studying. Academic Consultations are 1 to 1 meetings that help students to identify and address individual academic challenges. Students can schedule an in-person or online consultation with [David Hayes on Starfish](#). **Study Your Way to Success** is a self-guided web portal connecting students to tips and strategies on studying and time manage or information or help with scheduling, contact Dr. Hayes directly at [davidhayes@uri.edu](mailto:davidhayes@uri.edu).
- **The Undergraduate Writing Center** provides peer writing support to students in any class, at any stage of the writing process: from understanding an assignment and brainstorming ideas, to developing, organizing, and revising a draft. Writing consultations are available through: 1) 25- or 50-minute **in-person appointments**, 2) synchronous **online appointments**, and 3) asynchronous **written feedback**. Synchronous appointments hosted by WOnline are video-based, with audio, chat, document-sharing, and live captioning capabilities, to meet a range of accessibility needs. View availability and book online at [uri.mywconline.com](http://uri.mywconline.com). For more information, visit [uri.edu/aec/writing](http://uri.edu/aec/writing).

**ACADEMIC INTEGRITY:** As a learning community of scholars, URI emphasizes the ethical responsibility of all its members to seek knowledge honestly and in good faith. Students are responsible for doing their own work, and academic dishonesty of any kind will not be tolerated. "Violations of academic integrity include, but are not limited to, cheating, plagiarism, or misrepresentation of information in oral or written form. Students who engage in academic dishonesty will be reported through the Student Conduct process. Plagiarism means presenting someone else's idea or writing as if it were your own. If you use someone else's idea or writing, be sure the source is clearly documented." Other guidelines for acceptable student behavior are specified in the university catalog. URI's Student Handbook - <https://web.uri.edu/studentconduct/conduct-system/> - provides guidelines concerning academic honesty in this regard.

*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 following are examples of academic dishonesty.*

- *Using material, directly or paraphrasing, from published sources (print or electronic) without appropriate citation*
- *Claiming disproportionate credit for work not done independently*
- *Unauthorized possession or access to exams*
- *Unauthorized communication during exams*
- *Unauthorized use of another's work or preparing work for another student*
- *Taking an exam for another student*
- *Altering or attempting to alter grades*
- *The use of notes or electronic devices to gain an unauthorized advantage during exams*
- *Fabricating or falsifying facts, data or references*
- *Facilitating or aiding another's academic dishonesty*
- *Submitting the same paper for more than one course without prior approval from the instructors*

**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. The Department refers students deficient in these skills to the information and assistance offered by Information Technology Services. <http://web.uri.edu/its/>

Technology skills required in 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 and Brightspace forums.
- Using Brightspace tools such as Assignments, Quizzes, and Lessons to complete class activities.

**STUDENT SUPPORT SERVICES:** The following student support services are provided by the university and available to all URI students:

- Student support services such as counseling center: <https://web.uri.edu/counseling>
- Food assistance: <https://web.uri.edu/rhody-outpost>

**BRIGHTSPACE SUPPORT SERVICES:** The ITS Service Desk, located in the URI Library, is prepared to help students should they encounter problems with Brightspace. Please read through the following information:

1. For login problems, call the Service Desk at 874-4357.
2. The Service Desk Website, <https://web.uri.edu/its servicedesk/> opens in new window, posts the semester operating schedule as well as a link at the top to virtual help sessions.

3. Recommended browsers (those with the most QA testing effort against them) are Google Chrome, Safari, and Mozilla Firefox. The mobile versions of these browsers also work well with the majority of operations in Brightspace. Internet Explorer is not recommended.

URI ONLINE LIBRARY RESOURCES: <https://web.uri.edu/library/>

## KIN 301 Summer 2023 -- Tentative Course Schedule

\*Each class starting with Lab 2 will begin with a brief pre-lab quiz covering the assigned reading materials.

Dates	Topic	Due Dates	Read Before Class*
Lab 1: 5/23	Course Intro & Reading Research	Homework 1 due 5/22	<ul style="list-style-type: none"> <li>Syllabus</li> <li>Start Here Research Resources</li> </ul>
Lab 2: 5/30	HR & BP	Homework 2 due 5/29	<ul style="list-style-type: none"> <li>Chapter 4</li> <li>Lab Instructions (4.1 &amp; 4.3)</li> <li>HR/BP Resources</li> </ul>
Lab 3: 6/6	Anaerobic Power & Lactate	Homework 3 due 6/5	<ul style="list-style-type: none"> <li>Chapters 11 &amp; 13</li> <li>Lab Instructions (11.1, 13.7 &amp; 11.3)</li> <li>Anaerobic Power &amp; Lactate Resources</li> </ul>
Lab 4: 6/13	RMR/RER	Homework 4 due 6/12	<ul style="list-style-type: none"> <li>Chapter 5</li> <li>Lab Instructions (5.1 &amp; 5.2)</li> <li>RMR/RER Resources</li> </ul>
Lab 5: 6/20	VO <sub>2</sub>	Homework 5 due 6/19	<ul style="list-style-type: none"> <li>Chapter 7</li> <li>Lab Instructions (7.2 &amp; Cycle Test instructions from Brightspace)</li> <li>VO<sub>2</sub> Resources</li> </ul>
Lab 6: 6/27	EKG	Homework 6 due 6/26	<ul style="list-style-type: none"> <li>Chapter 16</li> <li>Lab Instructions (16.1 &amp; 16.3)</li> <li>EKG Resources</li> </ul>
<b>**Lab 7: 7/7**</b>  Lab meets Friday this week since Tuesday is a holiday	Pulmonary Function	Homework 7 due 7/6	<ul style="list-style-type: none"> <li>Chapter 14</li> <li>Lab Instructions (14.1 &amp; 14.2)</li> </ul>
Lab 8: 7/11	VO <sub>2max</sub>	Lab Report due 7/10	<ul style="list-style-type: none"> <li>Chapter 10</li> <li>Lab Instructions (10.1 &amp; 10.2)</li> <li>VO<sub>2max</sub> Resources</li> </ul>
Lab 9: 7/18	Biodex & Force Plate	Homework 8 due 7/18	<ul style="list-style-type: none"> <li>Reading and Lab Instructions posted on Brightspace</li> <li>Muscular Fitness Resources</li> </ul>
Lab 10: 7/25	Body Composition	Homework 9 due 7/24	<ul style="list-style-type: none"> <li>Chapter 15</li> <li>Lab Instructions posted on Brightspace</li> <li>Body Comp Resources</li> </ul>

