

COURSE and TITLE

KIN 275, Introduction to Exercise Science
Summer 2020, Session 3: ONLINE (5/18/20 to 7/25/20)

PROFESSOR

Matthew J. Delmonico, PhD, MPH
Office: Independence Square, Room 214
Phone: 874-5440
Email: delmonico@uri.edu
<https://web.uri.edu/kinesiology/meet/matthew-delmonico>

REQUIRED TEXT

Fit & Well; 14th Edition, Brief Edition by Fahey, Insel, Roth and Insel. McGraw Hill, 2021.
ISBN10: 1264013086, ISBN13: 9781264013081

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)

COURSE LEARNING OBJECTIVES

By the end of this course the learner will be able to:

1. Understand the field and history of exercise science
2. Access available sources of fitness and wellness information and practice critical thinking regarding the validity of their claims
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. Take measurements using the following laboratory techniques: measuring resting heart rate; circumference measures; determining height, weight and BMI.
9. Describe techniques for assessing each component of fitness.

TECHNOLOGY REQUIREMENTS

To successfully complete this course, you will need access to a computer with reliable, high-speed Internet access and appropriate system and software to support the Brightspace learning platform. Typical technical requirements for users are:

Windows 7 (XP or Vista) 64 MB Ram 28.8 kbps modem (56k or higher recommended) SoundCard & Speakers External headphones with built-in microphone Mozilla Firefox 9.0 or higher	Mac OS X or higher 32 MB Ram 28.8 kbps modem (56k or higher recommended) SoundCard & Speakers External headphones with built-in microphone Mozilla Firefox 9.0 or higher; Safari 5.0 or higher
--	---

Also requires Word 2007 (PC) 2011 (MAC) or newer, PowerPoint, Excel, Adobe Flash, and Adobe Acrobat Reader.

BRIGHTSPACE HELP

Here is the link to access Brightspace <https://brightspace.uri.edu> as well as the Brightspace resource page <https://web.uri.edu/brightspace/>.

CLASSROOM PROTOCOL

For this online course, Brightspace is our “classroom.” Please refer to the [Brightspace YouTube video tutorials](#) before you get started and refer back to them as a resource as needed while you complete this course.

In the online learning environment, “attendance” is measured by your PRESENCE in the site as well as your CONTRIBUTIONS to the site. The importance of regular logins and active participation cannot be overstated.

COURSE NAVIGATION

This online course is asynchronous (that is we do not “meet” at a defined place and time each week), but it is not self-paced. Rather it is designed with due dates for discussions and assignments, and a regular, consistent structure. It is recommended that you devote some time at the beginning of each week to determine what is involved and how much of your time will be required to complete the necessary readings and activities.

STUDENT RESPONSIBILITIES

The work in this course will be intensive and may be different than what you have experienced in more traditional, face-to-face courses. For example, you will need to be internally motivated and accountable so to keep up productivity and participate actively. To ensure your success in this course, please visit the Online Learning website (<http://web.uri.edu/learningonline/>) to access resources on study skill strategies, time management tips, and participation guidelines targeted at online and blended students. If you have any questions about online learning, you can contact The Office of Online Education at <http://web.uri.edu/learningonline/contact-us/>

Due dates for all graded assignments are on the course schedule on Brightspace. You will be responsible for six homework assignments, one research project, six quizzes, and two exams. In addition, you are required to participate in online discussions as described below. Please take advantage of the discussions to engage not only with the instructor, but also with your fellow students.

Finally, if you are having difficulty with the material please seek my assistance by emailing me well before the exam or assignment due date. I am not able to provide assistance with software or computer problems, so if you have issues of this nature please contact the URI Help Desk at <http://www.uri.edu/helpdesk/>, 401-URI-HELP, or in person on the lower level of the Kingston campus library

Technology Proficiency and Online Etiquette: To successfully participate and complete this online course, you will need access to a computer with reliable, high-speed internet access and appropriate system and software to support the Brightspace learning platform. expectations (sometimes called "netiquette") for online discussions, email, and other forms of communication are stated clearly. It recommended that you check this course's Brightspace page and your URI email account at least once per day during this session. Dr. Delmonico plans to respond to student messages within 24 hours.

METHODS OF EVALUATION

Assignments

Exercise and Fitness Assignments

There will be six fitness-related assignments for you to complete that will involve you assessing another person in a "case study" assignment, assessing your own fitness, creating and reflecting on a personal exercise prescription. Details of each assignment will be posted for the weekly lesson.

Online Discussions

You are required to participate in weekly online discussions. Each week I will post a new discussion topic that is open by Saturday morning and closes the following Friday at 11:59 p.m. Your participation is worth 25 points per week with the lowest weekly score dropped. For those points, I will expect you to post a well-thought-out response to my topic and reply to at least two other posts. Replies may not be a simple "I agree/disagree" type of response; you must explain your reasons for agreeing or disagreeing. All posts are expected to be at least several sentences in length and demonstrate that you put some thought into your post. Spelling and grammar will count, so please proof-read your responses before posting.

Some discussions will ask you to participate in a small activity, such as answering a questionnaire from your textbook or to look for information online and discussing your answers. Your initial post (which is a response to a specific question or topic I will pose) is due each week by Tuesday evening at 11:59 p.m. eastern time and your response posts are due by Friday at 11:59 p.m. eastern time. Any posts made after these deadlines will not be graded, so be sure to post on time. The discussion boards are your chance to interact with your instructor and other students in the class. Please use this time to further your knowledge and share your insights into each topic.

Netiquette for Online Course Communications

- Be polite and respectful of one another and avoid personal attacks.
- Keep dialogue friendly and supportive, even when you disagree or wish to present a controversial idea or response.
- Be careful with the use of humor and sarcasm as emotion is difficult to sense through text.
- Be helpful and share your expertise as it will help create communication and collaboration.

- Contribute constructively and completely to each discussion. Avoid short repetitive “I agree” responses and do not make everyone else do the work.
- Give thought and editing to your written work. Re-read all e-mail and discussion before sending or posting as email is considered a permanent record.
- Be brief and succinct.
- Use descriptive a subject heading for each e-mail message.
- Respect privacy and avoid forwarding a personal message without permission.
- ALWAYS cite in-text and use references. Include web addresses, authors, names of articles, journal, web site, or book name, date of publication,
- Keep responses professional and educational. Do not advertise or send chain letters.

Exams

Two Brightspace-based examinations will be administered in this course. Exam material will come from materials assigned in the Weekly Lessons. Students are required to take exams on scheduled exam days. No make-up exams will be given without PRIOR approval of the instructor. Once you begin an exam, you are locked in and must complete that exam in the given amount of time. Make sure you are using a reliable internet connection and computer. No make-up exams will be given once you start the exam, and there are no exceptions to this rule.

Quizzes

Six quizzes will be administered over the course of the semester, three before each exam. There will be no make-up quizzes, but your lowest quiz score will be dropped. Once you begin a quiz you will have 10 minutes to complete it and submit your answers.

Research Project

One research project will require you to choose a health-related component of fitness and find, summarize, and analyze five scientific journal articles related to that topic. This project will be divided into two parts. Part one will serve as a partial draft to allow you to get feedback before submitting the full project and is due by Friday, June 19. The full project is due by Friday, July 17.

COURSE EVALUATION

Exam 1:	100 points
Exam 2:	100 points
Online Discussions (25 pts/week, lowest dropped):	200 points
Research Project:	100 points
Homework Assignments:	150 points
<u>Six quizzes (10 pts each, lowest dropped):</u>	<u>50 points</u>
Total	700 points

Grading Scale

651 – 700 points = A	560 – 580 points = B-	469 – 489 points = D+
630 – 650 points = A-	539 – 559 points = C+	420 – 468 points = D
609 – 629 points = B+	511 – 538 points = C	≤ 419 = F
581 – 608 points = B	490 – 510 points = C-	

Response time for grading of course assessments (assignments, papers, quizzes and exams) will vary based on the complexity of each but will be graded in a timely way to give you timely feedback so that you can track your course progress.

Extra Credit: There are no extra credit assignments, projects, or papers available aside from any extra credit offered by Dr. Delmonico to all students.

Assignment Submission Policy

Late assignments are not accepted and will not get credit. Assignments submitted in any manner other than via Brightspace assignments (i.e. by email, hard copy, etc.) will not be accepted. Assignments submitted in file formats other than those specified in the assignment instructions will not be accepted as I will likely not be able to open them.

ACADEMIC SUPPORT SERVICES

Office of Disability Services

Americans With Disabilities Act Statement

Any personal learning accommodations that may be needed by a student covered by the “Americans with Disabilities Act” must be made known to the university as soon as possible. This is the student's responsibility. Information about services, academic modifications and documentation requirements can be obtained from the The Office of Affirmative Action, Equal Opportunity and Diversity (AAEOD).

<https://web.uri.edu/affirmativeaction/>

Any student with a documented disability is welcome to contact me early in the semester so that we may work out reasonable accommodations to support your success in this course. Students should also contact Disability Services for Students, Office of Student Life, 330 Memorial Union, 401-874-2098.

From the University Manual: 6.40.10 and 6.40.11 Accommodations for Qualified Students with Disabilities.

Students are expected to notify faculty at the onset of the semester if any special considerations are required in the classroom. If any special considerations are required for examinations, it is expected the student will notify the faculty a week before the examination with the appropriate paperwork.

PROFESSIONAL CONDUCT

Cheating and plagiarism are serious academic offenses, which are dealt with firmly by the College and University. Scholastic integrity presumes that students are honest in all academic work. **Cheating** is the failure to give credit for work not done independently (i.e., submitting a paper written by someone other than yourself), unauthorized communication during an examination, or the claiming of credit for work not done (i.e., falsifying information). **Plagiarism** is the failure to give credit for another person's written or oral statement, thereby falsely presuming that such work is originally and solely your own.

If you have any doubt about what constitutes plagiarism, visit the URI Student Handbook, and University Manual sections on plagiarism and cheating at

<http://web.uri.edu/studentconduct/student-handbook/>.

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 Instructor.

Please note the following section from the University Manual:

8.27.17. Instructors shall have the explicit duty to take action in known cases of cheating or plagiarism. The instructor shall have the right to fail a student on the assignment on which the instructor has determined that a student has cheated or plagiarized. The circumstances of this failure shall be reported to the student's academic dean, the instructor's dean, and the Office of Student Life. The student may appeal the matter to the instructor's dean, and the decision by the dean shall be expeditious and final.

Such action will be initiated by the instructor if it is determined that any written assignment is copied or falsified or inappropriately referenced.

Any good writer's handbook as well as reputable online resources will offer help on matters of plagiarism and instruct you on how to acknowledge source material. If you need more help understanding when to cite something or how to indicate your references, PLEASE ASK.

Please note: Students are responsible for being familiar with and adhering to the published "*Community Standards of Behavior: University Policies and Regulations*" which can be accessed in the University Student Handbook.

COURSE SCHEDULE*

Week	Topics	Course Learning Objective(s)	Reading	Assessments Due*
1 5/18 - 5/22	<ul style="list-style-type: none"> Introduction, History of Physical Activity, Current Field of Exercise Science Wellness, Fitness, and Lifestyle Management 	1, 2, 6	<ul style="list-style-type: none"> Article: <i>The History of "Exercise Is Medicine" in Ancient Civilizations</i> F&W: Chapter 1 	<ul style="list-style-type: none"> Quiz 1 (includes Syllabus material) Discussion Posts
2 5/23 - 5/29	<ul style="list-style-type: none"> Principles of Physical Fitness Research Project Assignment Details Case Study Assignment Quiz 2 Discussion 	2, 3, 5	<ul style="list-style-type: none"> F&W: Chapter 2 ACSM Position Stand 1 	<ul style="list-style-type: none"> Case Study Assignment Quiz 2 Discussion
3 5/30 - 6/5	Cardiorespiratory Endurance	4, 9	F&W: Chapter 3	<ul style="list-style-type: none"> CR Endurance Assignment Quiz 3 Discussion Posts
4 6/6 - 6/12	Muscular Strength & Endurance	4, 9	F&W: Chapter 4	<ul style="list-style-type: none"> Muscular Fitness Assignment Research Project Part 1 Due Discussion Posts
5 6/13 - 6/19	Exam 1 Preparation			<ul style="list-style-type: none"> Exam 1 Study Guide 1 Discussion Posts
6 6/20 - 6/26	Flexibility & Low Back Health	4	F&W: Chapter 5	<ul style="list-style-type: none"> Side Bridge Assignment Quiz 4 Discussion Posts
7 6/27 - 7/3	Body Composition	8, 9	F&W: Chapter 6	<ul style="list-style-type: none"> Circumference Assignment Quiz 5 Discussion Posts
8 7/4 - 7/10	Weight Management	8	ACSM Position Stand 2	<ul style="list-style-type: none"> Quiz 6 Discussion Posts
9 7/11 - 7/17	Putting Together a Complete Exercise Program	7, 9	F&W: Chapter 7	<ul style="list-style-type: none"> Fitness Reflections Assignment Final Research Projects Due Discussion Posts
10 7/18 - 7/24	Course Wrap Up and Exam 2			<ul style="list-style-type: none"> Exam 2 Study Guide 2 Due

*Initial discussion posts are due by 11:59 p.m. Tuesday of each week. Discussion replies and ALL other assignments, quizzes, and exams are due by 11:59 p.m. Friday of each week. NO late assignments are accepted. You are welcome to work ahead as soon as assignment is opened.

*Please see the materials posted on Brightspace for more detailed instructions on writing this research paper including the grading rubric.