

CALIFORNIA STATE UNIVERSITY, NORTHRIDGE
Department of Kinesiology

Kinesiology 346 Lab-Physiology of Exercise Lab

Course Information

Course Code: 13178 and 17317
Units: 1
Semester/Year: Spring 2008
Location: Redwood Hall 110A
Meeting Times:
Course# 13178 Tue 2:00-3:50 p.m.
Course# 17317 Thur 2:00-3:50 p.m.

Instructor Information

Instructor: Rick Andrews, MS, CSCS
Office: Redwood Hall 279 (KN279)
Phone: (818) 677-7565
E-mail: richard.andrews@csun.edu
Office Hours: Tue/Thur 1:30-2:00p.m.

Prerequisite: Completed or concurrent enrollment in KIN 346 Lecture.

Required Text: None. All labs will be provided to students.

Dress Code:

Exercise physiology lab testing procedures are best learned through active participation, you learn by doing. **Therefore, exercise apparel and shoes must be worn to every class meeting-no questions. Failure to dress appropriately will result in a zero grade for that lab session.**

Course Description:

Observation experiments, and demonstrations intended to augment KIN 346, Physiology of Exercise. Lab experiences in this course are designed to provide students exposure to various measurements commonly used in the study of exercise physiology. It will also provide students with a first hand opportunity to collect and analyze data vital to the completion of scientific research in exercise physiology. Although this course is designed to supplement the KIN 346 lecture, this lab is separate from lecture in grading and topics in lab may deviate from those covered in your 346 lecture.

Course Objectives: At the end of the semester the student will be able to:

1. Understand laboratory theories and procedures in the evaluation of physiological aspects of the human body as it relates to exercise, sport, and health.
2. Understand the effects of acute and chronic exercise on physiological measurements of the human body.
3. Understand specific test procedures for both field and laboratory assessments of exercise physiology.

Student Grades/Evaluations:

Labs 50% of total grade
Final Exam 40% of total grade
Attendance/Participation 10% of total grade

Grading Scale:

A	93-100%	C-	70-72%
A-	90-92%	D+	68-69%
B+	88-89%	D	63-67%
B	83-87%	D-	60-61%
B-	80-82%	F	<60%
C+	78-79%		
C	73-77%		

Attendance and Late Assignments:

Attendance is mandatory for every lab. It is not possible to provide make-up opportunities given the time to set up and arrange the use of the equipment and locations we will use for our labs, therefore I expect you to be at every lab session. If you miss a lab, you simply lose the points assigned for the lab. Lab assignments will be due in class at the beginning of the next class period. Late labs can only be turned in at the beginning of class the following week.

Late lab assignments will be penalized by 50% for each week late.

Cheating and Plagiarism:

Any student caught cheating on an exam or written assignment will automatically fail that exam or assignment, and possibly the course as well, and will be reported to the University and may be subject to more severe discipline. Please refer to the California Code of Regulations, Section 41301, Title 5 as found in the university catalog.

Students with Disabilities:

This instructor, in conjunction with California State University Northridge, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodations, please contact the office of Students With Disabilities Resources located in 110 Student Services Building, or call (818) 677-2684 for an appointment. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

Statement on Personal Communication Devices:

All students are reminded to turn off all personal communication devices (cell and mobile phones, pagers, etc.) at the start of each class period, and to leave these devices turned off for the duration of the class period. If you need to leave your personal communication device on for emergency purposes only, you must notify the instructor before the class period begins. Due to the disruptive nature of these personal communication devices on the educational process, failure to comply with these rules will result in a loss of points toward the student's overall class grade. Specifically, five percent (5%) will be deducted from the student's overall class grade for each disruptive occurrence.

Tentative Lab Schedule- Subject to Change Without Notice As Needed.

	<u>Dates</u>	<u>Lab Topic</u>
Week 1	Jan 22/24	Introduction, Health Screening, and Excel Practice Lab
Week 2	Jan 29/31	Quantifying Physical Activity
Week 3	Feb 5/7	Flexibility, Warm-Up, and Stretching
Week 4	Feb12/14	Muscular Strength
Week 5	Feb 19/21	Muscular Strength
Week 6	Feb26/28	Muscular Endurance
Week 7	March 4/6	Body Composition
Week 8	March11/13	Body Composition
Week 9	March 18/20	SPRING BREAK – NO CLASS!
Week 10	March 25/27	HR and Blood Pressure Response to Exercise
Week 11	April 1/3	Pulmonary Testing
Week 12	April 8/10	Field Testing for VO ₂ max Prediction
Week 13	April 15/17	Sub-Max Aerobic Testing for VO ₂ max Prediction
Week 14	April 22/24	VO ₂ Max Testing
Week 15	April 29 May 1	VO ₂ Max Testing
Week 16	May 6/8	Final Exam Review
Week 17	May 13/15	Lab Final Exam