

CALIFORNIA STATE UNIVERSITY, NORTHRIDGE
Department of Kinesiology
KIN 346L – Physiology of Exercise Lab

Course Information:

Course Code: 17318 & 17888
Units: 1
(Intramurals)
Semester/Year: Spring 2008
Location: RE 110A
Meeting Time: W 4:00-5:50, F 8:00-9:50

Instructor Information:

Instructor: Chris McClain, CSCS
Office: RE100A
Phone: (818) 677-3225
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Office Hours: By appointment

Prerequisite: Concurrent enrollment in KIN 346 Lecture.

Required Text: None. All required materials will be provided for you.

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 346 lectures, 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 conclusion of this course, the student will:

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:

Lab Assignments	50% of total grade
Participation	10% of total grade
Final Exam	<u>40% of total grade</u>
TOTAL	100%

Grading Scale:

A	93-100	C	72-77
A-	90-92	C-	70-71
B+	88-89	D+	68-69
B	82-87	D	62-67
B-	80-81	D-	60-61
C+	78-79	F	<60

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.**

Statement on Cheating and Plagiarism:

Any student caught cheating on an exam or written assignment will automatically fail the course, and may be subject to more severe University 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 phones, PDAs, pocket computers, 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.

Date		Lab Topic
Week 1	1/21	Introduction to lab procedures and excel practice lab
Week 2	1/28	Physical Activity for Health and Wellness
Week 3	2/4	Body Composition
Week 4	2/11	Cardiovascular Risk Stratification and Health Screening
Week 5	2/18	Flexibility Testing
Week 6	2/25	Dynamic Muscular Strength and Muscular Endurance
Week 7	3/3	1-RM Testing for Exercise Prescription
Week 8	3/10	Resistance Training Open Forum
Week 9	3/17	No class...SPRING BREAK...be safe!
Week 10	3/24	No class...recover from spring break!
Week 11	3/31	HR and BP Response to Sub-maximal Exercise
Week 12	4/7	Aerobic Exercise Testing- Step Testing and 1.5mile Practice Run
Week 13	4/14	1.5 Mile Run for Time
Week 14	4/21	Simulated Max Aerobic Testing
Week 15	4/28	Aerobic Exercise Prescription and Metabolic Calculations
Week 16	5/5	Lab Final Exam
Week 17	5/12	Last week to turn-in make-up assignments