



**TEXAS A&M UNIVERSITY-COMMERCE**  
**DEPARTMENT OF HEALTH AND HUMAN PERFORMANCE**  
**HHPK 450 Physiology of Exercise – Laboratory**  
**Spring 2013**

**Instructor:** Mr. Robert Reed  
**Graduate Assistant:** Ms. Brittany Bettes  
**Office:** Field House 212  
**Telephone:** Cell: (214)-926-5040  
**E-mail:** Email: rreed@tamuc.edu  
Email: bbettes@leomail.tamuc.edu  
**Class time:** Tues. OR Thurs. 2:00 - 3:15, FH 103  
**Office hours:** M/W 11:00am-2:00pm, T/R 1:00pm-2:00pm, or by **appointment**  
**Required Text:** Instructor will provide necessary lab materials. Labs will reflect information learned in lecture, and is recommended that participants bring cumulative class notes to lab, as well as the textbook

**Required Materials:** Textbook, calculator, athletic attire, and pen/pencil and paper.

**Required Lab Dates**

Week	Dates
1	1/22 & 1/24
2	1/29 & 1/31
3	2/5 & 2/7
4	2/12 & 2/14
5	2/19 & 2/21
6	2/26 & 2/28
7	3/5 & 3/7 <b>TEST 1 - tentative</b>
8	3/11 Spring Break, no lab
9	3/19 & 3/21
10	3/26 & 3/28
11	4/2 & 4/4
12	4/9 & 4/11
13	4/16 & 4/18
14	4/23 & 4/25 <b>TEST 2 - tentative</b>

**Course Grading:**

1. Labs	150 points	60%
2. Tests (2 @ 15% each)	75 points	30%
3. Attendance	25 points	10%
<b>Total:</b>	<b>250 points</b>	<b>100%</b>

**Grading Scale:**

<b>100 – 90%</b>	<b>A</b>
<b>89 – 80%</b>	<b>B</b>
<b>79 – 70%</b>	<b>C</b>
<b>69 – 60%</b>	<b>D</b>
<b>59 – 0%</b>	<b>F</b>

**Attendance Policy:**

Attendance for labs is **MANDATORY**. There will be no lab during the first week of classes or during the two final weeks of the semester. In addition, there will be no labs during Spring break. All lab write-ups are to be conducted in class and due at the end of class. If the lab write-up is not turned in, you have till the next class session to turn in your work. After that time, lab write-ups will not be accepted. If for any reason you are going to be late or are unable to attend lab, please notify me ahead of time or you will be counted absent. Failure to notify me in advance will result in an absence that cannot be made up and you will receive a grade of zero for that week. If I am notified ahead of time in regard to the absence, there will be a **one week** time limit for making up missed labs and handing in late reports. After that, the grade will be recorded as a zero. **Excused absences must meet the standards of a University excused absence, which can be found online.**

Some of the labs that we will do will require hands-on activities in which it will be **required** to wear some form of athletic attire and/or athletic shoes. Participation in these labs is mandatory and will count towards your cumulative lab grade (60%) for the semester. If you are physically unable to participate in these labs, some form of University excused absence or doctor's note will be requested from you for each lab you are unable to participate in.

**Tests/Practicals:**

There will be two tests administered during the lab of this course, in addition to any tests administered in the lecture. The format of these tests will vary; you will be informed of the test format in class so you know what to expect. There are two weeks set aside for testing in the calendar above for the week of March 5<sup>th</sup> and April 23<sup>rd</sup>, but will only serve as tentative dates. These tests are set at 75 points (30%) of your total lab grade.

**Student Conduct:**

This course will cover exercise physiology. Students should feel comfortable discussing their individual views and experiences concerning each subject. Students should also respect each others' differences and respect each other as each issue is discussed. **If the instructor deems that individual students are not being respectful toward each other or the instructor, then these students will be asked to leave (and eventually drop the course if the negative conduct continues).** Please refer to pages 42 – 45 of the TAMU-C Student Guidebook's Codes of Conduct for details.

### **Students with Disabilities:**

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

#### **Office of Student Disability Resources and Services**

**Texas A&M University-Commerce**

**Gee Library, Room 132**

**Phone (903) 886-5150 or (903) 886-5835**

**Fax (903) 468-8148**

**[StudentDisabilityServices@tamu-commerce.edu](mailto:StudentDisabilityServices@tamu-commerce.edu)**

**Plagiarism/academic dishonesty**--Plagiarism is copying another's work as your own without proper acknowledgment. Be aware that the intent to deceive the reader does not have to be present for plagiarism to occur. Also ignorance of the definition of plagiarism is also not an excuse and will result in the same consequences as for someone who is educated. Plagiarism is also not restricted to copying the writings of others, nor to stealing from established authors; it includes the ideas of your fellow students. If you plagiarize in this class (including cheating on tests) you will receive an automatic "F". If you are in any doubt as to whether your work constitutes plagiarism or academic dishonesty, please discuss this with me confidentially.