Instructor: Dr. Vipa Bernhardt, Assistant Professor  
Office: Field House 006  
Office Hours: By appointment  
E-mail: Vipa.Bernhardt@tamuc.edu  
Class Meeting Time: M 4:30-7:10, Field House 004 and exercise laboratory

COURSE INFORMATION

Required Text

Journal articles will be chosen by the instructor and/or the students throughout the semester. Recommended textbook is Powers and Howley. Exercise Physiology: Theory and Application to Fitness and Performance. New York: McGraw-Hill, 2012.

Course Description

Special Topics in human performance.

Learning Objectives

The student will

1. Gain experience in research design, implementation, analysis, etc.
2. Conduct exercise physiology measurements.
3. Write a research paper.
4. Present research results.

COURSE REQUIREMENTS

Class Participation, Group Activities:

This class will rely heavily on your participation in class. Discussions within small groups or the whole class are required. Don’t be shy!

Research Design

Each student will design a small research project that can be completed within the semester. Topics, methods, and implementation will be discussed in small groups and/or with the whole class to check for feasibility, ethical considerations, etc.
Research Paper

The objectives of the paper are to write up the results of the research conducted in class. The paper includes the following sections: introduction, methods, results, discussion, references. Your references and in-text citations must be in acceptable (consistent) format.

Peer-Review of Research Paper

Each section of the research paper will be handed in on the calendar due date to the professor in printed format. Each paper will be randomly assigned to another student for peer-review. The reviewer will thoroughly read the paper and provide constructive criticism to the author to improve the paper.

Research Presentation

Students will develop a 20-30 slide power point presentation on the research they conducted throughout the class. Talk time 25 minutes, plus 5 minutes Q&A.

Course Grading:

1. Class participation 25%
2. Research Design 20%
3. Research Paper 25%
4. Peer-review of research paper 10%
5. Research presentation 20%

Total: 100%

Grading Scale: 100 – 90% A
89 – 80% B
79 – 70% C
69 – 60% D
59 – 0% F

TECHNOLOGY REQUIREMENTS

The following information on technological requirements has been provided to assist you in preparing to use technology successfully in this course. You should have access to a computer with:

- Internet access/connection – high speed recommended (not dial-up)
- Microsoft Office (more specifically, MS Word and PowerPoint)
- Adobe Acrobat Reader
- Access to TAMUS library system
You also have access to a personal MyLeo account and a MyLeo email address. This is the email address that I will use to send you information regarding this course. Please check it regularly, and be sure to send me emails from this address, also.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course specific procedures:

Academic Honesty Policy

Texas A&M University-Commerce does not tolerate plagiarism and other forms of academic dishonesty. Conduct that violates generally accepted standards of academic honesty is defined as academic dishonesty. "Academic dishonesty" includes, but is not limited to, plagiarism (the appropriation or stealing of the ideas or words of another and passing them off as one's own), cheating on exams or other course assignments, collusion (the unauthorized collaboration with others in preparing course assignments), and abuse (destruction, defacing, or removal) of resource material. Be aware that the intent to deceive the reader does not have to be present for plagiarism to occur. For more information, please go to http://www.plagiarism.org/. If you are in any doubt as to whether your work constitutes plagiarism or academic dishonesty, please discuss this with me confidentially.

University specific procedures

Student Conduct

This course will cover topics related to health and human performance. Students may have widely differing views. Students should feel comfortable discussing their individual views and experiences concerning each subject. Students should also respect each other’s differences and points of view. If the instructor deems that individual students are not being respectful toward each other or the instructor, then these students will be asked to drop the course. Please refer to pages 42–45 of the TAMU-C Students' Guidebook Codes of Conduct for details. All students enrolled at the university shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. (See Code of Student Conduct from Student Guide Handbook).

ADA statement

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
A&M-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

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<td>Research design</td>
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<td>02/02</td>
<td>Measurements in human performance</td>
<td>Research topic approval</td>
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<td>02/16</td>
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<td>03/23</td>
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<td>Research paper (at minimum: intro, methods, some results)</td>
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