

# CONTEMPORARY ISSUES IN EXERCISE SCIENCE

## KINE 5306 Topics in Motor Performance

### Course Syllabus

#### INSTRUCTOR INFORMATION

##### Scott Spier, Ph.D.

Office: Herrington Patriot Center (HPC) 2186 (Inside the Exercise Physiology Lab)

Office hours: Tu/Wed/Th 12:30 - 2:00 p.m., or by appointment

Email: [sspier@uttyler.edu](mailto:sspier@uttyler.edu) (do not use "patriots" in the address; it won't be delivered to me)

Phone: 903-566-7427

#### COURSE DESCRIPTION

This course will discuss current issues in exercise and sports from a scientific perspective. The issues discussed will relate to topics that are currently debated and may not have a consensus or topics in which a consensus has been reached but old viewpoints still persist in the field. All topics will be discussed based on the physiological, biomechanical, ethical, and/or competitive aspects of the issue. Individual topics will vary by semester and may include, but are not limited to, issues related to doping in sport, nutrition in sport, the female and/or adolescent athlete, gender/sex issues in sport, physiological determinants and training issues affecting strength and/or endurance, and exercise and health.

#### COURSE PREREQUISITES

Although there is no official prerequisite for this course, it is assumed that every student has successfully completed courses in *Anatomy & Physiology* and in *Exercise Physiology* at the undergraduate level.

#### MATERIALS

**Textbook:** There is no required textbook for this course. Any good exercise physiology text, though not required, may be helpful, particularly if you need a refresher on the basics of exercise physiology.

**Assigned Readings:** Readings from review articles and/or original research papers will be assigned in each module. Some of the assigned readings may be difficult to understand if you do not have the appropriate scientific background. An exercise physiology text should provide the appropriate background for a better understanding of the assigned articles. If not, you may need to consult additional resources.

**Technical requirements:** Minimum technological requirements that must be met in order to complete this course can be found in the **UT Tyler Student Resources** link in the **GETTING STARTED** module in Canvas. If you have technical problems, please refer those to Campus Computing Services (I cannot help you with technical issues).

#### GENERAL STUDENT LEARNING OUTCOMES (SLOs)\*

Students who successfully complete this course will be able to:

1. Understand current issues in exercise and sport in which there is considerable debate and/or misunderstanding;
2. Explain the physiological, biomechanical, ethical, and/or competitive considerations underlying the controversy or misunderstanding of these issues;
3. Critically evaluate these issues from scientific, ethical, and/or competitive viewpoints;
4. Draw conclusions based on a thorough scientific consideration of all aspects of the problem.

## COURSE STRUCTURE AND DELIVERY

This class meets online on **Canvas**. You will find that this class is very similar to a traditional on-campus class in that it will consist of recorded lectures, readings, review of research literature, discussions, written assignments, quizzes, and/or exams. In contrast to a traditional on-campus class, assignments in this course can be completed *asynchronously*. In other words, there will be no scheduled meeting times in this class. You may access course content and complete assignments at your convenience, though you still must meet assignment and testing deadlines.

The content of this course is organized into modules and will be accessed in the **Modules** tab in Canvas. Within each *module*, you will find learning objectives, assigned readings, and recorded lectures and videos associated with the reading assignments. Assignments, quizzes, and/or exams will also be found in the *Modules* tab. The first module, **Getting Started**, will explain the different Canvas functions you will use in this class.

## INSTRUCTIONAL METHODS

Instructional methods will include lecture, discussion, and evaluation of research articles. Student activities may include, though may not be limited to: (a) required readings; (b) writing assignments on topics and/or research articles related to the course SLOs; (c) participating in small-group and whole-class projects and discussions; and (d) completing quizzes and exams.

## COURSE COMMUNICATION

**Course Announcements:** Announcements will be posted on Canvas periodically during the semester. Please check these frequently so you do not miss any important information.

**E-mail communication:** The best method for contacting me is by email ([sspier@uttyler.edu](mailto:sspier@uttyler.edu)). All email correspondence should (1) use your Patriots email account or use the email tool in Canvas (i.e., do not send email from your personal account); (2) include **KINE 5306** in the subject line; (3) use correct grammar and punctuation; (4) use or sign your name somewhere in the email. Failure to follow these instructions may delay or prevent a response to the email. I'll make every effort to respond to emails on the same day; however, it may take 1 to 2 business days to respond. Please note that e-mails received on the weekends (late Friday through early Monday) will generally be responded to on the following Monday.

## COURSE REQUIREMENTS AND EVALUATION

**Quizzes (30%):** Each major topic will have a quiz covering the material discussed in the lecture(s). You will be allowed to take each quiz twice with only the higher score counting.

**Written Assignments (70%):** For each major topic (7 total, due approximately every two weeks), you will be required to write a short paper that summarizes and critically evaluates the topic. Details for these short written assignments will be provided in their respective modules in Canvas.

Grading will be based on a modified 10-point scale as detailed below:

A = 89.5 - 100%; B = 79.5 - 89.49%; C = 69.5 - 79.49%; D = 59.5 - 69.49%; F = 59.5% and below

## COURSE POLICIES

**Professionalism:** Students are expected to display a professional attitude in all aspects of the course, including discussions in Canvas and FlipGrid and communication with the instructor and classmates.

**Quality of work:** All assignments, including exams, presentations, participation, and projects, will be graded with rigor appropriate for graduate course work. All written assignments should incorporate correct grammar, spelling, and a logical flow of ideas.

**Policy regarding late submission of an assignment:** No assignments or discussion posts will be accepted past their deadlines. Since completion of some assignments in this course depends on the completion of previous assignments (e.g., discussion posts), it is imperative that you submit your assignments on time.

***Make-up work:*** Make-up exams and assignments will be given only according to University policy. On rare occasions (and for a valid reason), make-up exams can be scheduled by pre-arrangement with the instructor *before* the date of the exam.

***Feedback on exams/assignments:*** I will strive to give timely feedback on all assignments. You should expect feedback on discussion posts within a couple of days and feedback on papers and exams within 1 week (I will notify you if I expect feedback to take a little longer for a particular assessment).

***Getting help:*** If you find yourself struggling in the class (especially if you fail an exam), you should meet with me as soon as possible so that we can determine what steps you need to take to succeed in the class.

If you have trouble with writing assignments, please contact the Writing Center on campus at 903-565-5995. They have tutors and other resources available to assist you with your written assignments.

## **UNIVERSITY POLICIES** (From the *Handbook of Operating Procedures* and the UT Tyler Website)

### **STUDENT RIGHTS AND RESPONSIBILITIES**

To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link: <http://www.uttyler.edu/wellness/rightsresponsibilities.php>

### **ACADEMIC DISHONESTY**

At The University of Texas at Tyler students and faculty are responsible for maintaining an environment that encourages academic integrity. Students and faculty members are required to report an observed or suspected case of academic dishonesty immediately to the faculty member in charge of an examination, classroom or laboratory research project, or other academic exercise.

Since the value of an academic degree depends on the absolute integrity of the work done by the student for the degree, it is imperative that students maintain a high standard of individual honor in scholastic work. Scholastic dishonesty includes but is not limited to cheating, plagiarism, and collusion:

"Cheating" includes:

- a. Copying from the paper of another student, engaging in written, oral or any other means of communication with another student, or giving aid to or seeking aid from another student when not permitted by the instructor;
- b. Using material during an examination or when completing an assignment that is authorized by the person giving the examination or making the work assignment;
- c. Taking or attempting to take an examination for another student, or allowing another student to take an examination for oneself;
- d. Using, obtaining, or attempting to obtain by any means, the whole or any part of, any unadministered examination or work assignment.

"Collusion" includes the unauthorized collaboration with another person in preparing written work that a student offers for credit.

"Plagiarism" includes the unacknowledged incorporation of the work of another person in work that a student offers for credit.

If you have any questions regarding plagiarism, please consult Chapter 8 of the Student Affairs Manual of Policy and Procedures.

This class will be conducted in full compliance with the UT Tyler "no tolerance" policies concerning documented cases of plagiarism and/or academic dishonesty. Any act of cheating or plagiarized work submitted will result in a grade of zero for that assignment and further disciplinary action may be taken. Please make use of the UT Tyler Writing Center if you have concerns about plagiarism.

**GRADE APPEAL PROCEDURE** A student who wishes to contest a grade given by an instructor must initiate the procedure by contacting the instructor who assigned the grade. The instructor and the student should informally review the criteria for assignment of grades and the student's performance. The instructor may affirm the grade or revise the grade. If the student is not satisfied after the informal discussion with the instructor, then the student may initiate a formal grade appeal by completing a Grade Appeal Form that may be obtained from the Office of Student Records. Normal grade appeals should be filed at the earliest date possible, but no later than six months from the final date of assignment. The instructor and the student should complete the appropriate parts of the form clearly indicating the instructor's rationale for the grade given and the student's basis for the grade appeal. At each administrative level of the appeal process, an attempt will be made to resolve the issue. If the instructor holds one of the administrative positions used in the appeal process, then that level is omitted. If no resolution is reached at a particular level, then the appeal is forwarded with the recommendation of the administrator at that level with all documentation. If the appeal is to be considered by the vice president for academic affairs, then a copy of the Grade Appeal Form shall be forwarded by the academic dean of the students. The Office of the President is the final step in the appeal process at The University of Texas at Tyler.

### **Campus Carry**

We respect the right and privacy of students 21 and over who are duly licensed to carry concealed weapons in this class. License holders are expected to behave responsibly and keep a handgun secure and concealed. More information is available at <http://www.uttyler.edu/about/campus-carry/index.php>

### **UT Tyler a Tobacco-Free University**

All forms of tobacco will not be permitted on the UT Tyler main campus, branch campuses, and any property owned by UT Tyler. This applies to all members of the University community, including students, faculty, staff, University affiliates, contractors, and visitors. Forms of tobacco not permitted include cigarettes, cigars, pipes, water pipes (hookah), bidis, kreteks, electronic cigarettes, smokeless tobacco, snuff, chewing tobacco, and all other tobacco products. There are several cessation programs available to students looking to quit smoking, including counseling, quit lines, and group support. For more information on cessation programs please visit [www.uttyler.edu/tobacco-free](http://www.uttyler.edu/tobacco-free).

**CLASS ATTENDANCE** Responsibility for class attendance rests with the student. When a student has a legitimate reason for being absent, the instructor has the option of permitting make-up work. The university reserves the right to consider individual cases of nonattendance. In general, students are graded on the basis of intellectual effort and performance. In many cases, class participation is a significant measure of performance, and nonattendance can adversely affect a student's grade. When, in the judgment of the instructor, a student has been absent to such a degree as to jeopardize success in the course, the instructor informs the Office of Student Records that the student is to be dropped from the course.

**APPROVED STUDENT ABSENCES** Students who anticipate being absent from class due to a *religious observance* are requested to inform the instructor of such absences by the second class meeting of the semester. Student Absence for *University-Sponsored Events and Activities* If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed. On those occasions when it may be necessary for students to miss a regularly scheduled class in order to participate in an official university event or activity, faculty sponsors and program directors are requested to observe the following procedures:

- a. Faculty sponsors or program directors should draft a memorandum to the vice president for academic affairs. This memorandum should include information concerning the nature of the event, the date(s) on which students would be absent from class, and the names of the students involved.
- b. Copies of the memorandum addressed to the vice president should be given to each of the students listed on the memorandum.
- c. Students should be directed to communicate with their instructor(s) prior to the date of the planned absence. It is expected that students will not abuse the privilege of being absent from class for authorized university activities, and that make-up assignments will be made at the discretion and convenience of the instructor.

**GRADE REPLACEMENT/FORGIVENESS AND CENSUS DATE POLICIES** Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. Grade Replacement Contracts are available in the Enrollment Services Center or at <http://www.uttyler.edu/registrar>. Each semester's Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar. Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract. The Census Date is the deadline for many forms and enrollment actions that students need to be aware of. These include:

- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
- Receiving 100% refunds for partial withdrawals. (There is no refund after the Census Date)
- Schedule adjustments (section changes, adding a new class, dropping without a "W" grade)
- Being reinstated or re-enrolled in classes after being dropped for non-payment
- Completing the process for tuition exemptions or waivers through Financial Aid

If you are repeating this course for a grade replacement, you must file an intent to receive grade forgiveness with the registrar by the 12th day of class. Failure to file an intent to use grade forgiveness will result in both the original and repeated grade being used to calculate your overall grade point average. A student will receive grade forgiveness (grade replacement) for only three (undergraduate student) or two (graduate student) course repeats during his/her career at UT Tyler (2006-2008 Catalog, P. 35).

**DISABILITY/ACCESSIBILITY SERVICES:** In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University of Texas at Tyler offers accommodations to students with learning, physical and/or psychological disabilities. If you have a disability, including non-visible a diagnosis such as a learning disorder, chronic illness, TBI, PTSD, ADHD, or you have a history of modifications or accommodations in a previous educational environment, you are encouraged to visit <https://hood.accessiblelearning.com/UTTyler> and fill out the New Student application. The Student Accessibility and Resources (SAR) office will contact you when your application has been submitted and an appointment with Cynthia Lowery, Assistant Director Student Services/ADA Coordinator. For more information, including filling out an application for services, please visit the SAR webpage at <http://www.uttyler.edu/disabilityservices>, the SAR office located in the University Center, # 3150 or call 903.566.7079.

**STATE-MANDATED COURSE DROP POLICY** Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the census date (See Academic Calendar for the specific date). Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Enrollment Services Center and must be accompanied by documentation of the extenuating circumstance. Please contact the Enrollment Services Center if you have any questions.

**SOCIAL SECURITY AND FERPA STATEMENT:** It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

**EMERGENCY EXITS AND EVACUATION:** Everyone is required to exit the building when a fire alarm goes off. Follow your instructor's directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.

#### **UT TYLER RESOURCES FOR STUDENTS**

- [UT Tyler Writing Center](#) (903.565.5995), [writingcenter@uttyler.edu](mailto:writingcenter@uttyler.edu)
- [UT Tyler Tutoring Center](#) (903.565.5964), [tutoring@uttyler.edu](mailto:tutoring@uttyler.edu)
- The Mathematics Learning Center, RBN 4021, this is the open access computer lab for math students, with tutors on duty to assist students who are enrolled in early-career courses.
- [UT Tyler Counseling Center](#) (903.566.7254)

## **COPYRIGHT**

All handouts used in this course, including those delivered via Canvas, are copyrighted. The term "handouts" refers to all materials generated for this class, which include but are not limited to syllabi, quizzes, exams, assignment sheets, recorded lectures, outlines, lab problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy the handouts, unless I expressly grant permission.