

**UNIVERSITY OF TEXAS AT TYLER
DEPARTMENT OF KINESIOLOGY**

COURSE SYLLABUS

**ENDURANCE TRAINING PRINCIPLES
KINE 4304.001
Spring 2024
Monday 9:05-10:00AM; HPC3055**

Instructor: Reuben J. Cowan, M.S.
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Office hours: M 10-11AM; T 11AM-Noon

COURSE DESCRIPTION: Study of principles, guidelines, and procedures related to prescribing exercise training programs aimed at enhancing cardiorespiratory endurance.

PREREQUISITE: KINE 3311, KINE 3112, KINE 3334, KINE 3135

REQUIRED TEXT: Kenney, W. Larry; Physiology of Sport and Exercise, Seventh Edition, (978-1492572299), Human Kinetics Publishers, 2019.

COURSE OBJECTIVES: The main objectives of this course are for the student to be able to identify and understand endurance training and how to optimize it over a lifetime.

EVALUATION:

In-Class Topic Quizzes	100 pts
Training log	150 pts
Checks for Progress (25 pts each)	100 pts
8-Week Training Plan	100 pts
<u>Case Study</u>	<u>50 pts</u>
Total	500 pts

A: 450-500 pts

B: 400-449 pts

C: 350-399 pts

D: 300-349 pts

F: <300 pts

Standard rounding procedures to the nearest whole number will be used, no exceptions.

***Assignments:* Any work turned in late will be penalized 50% each day after the due date. If you miss the announcement for an assignment, it is your responsibility to contact the instructor for information about any assignment issued out and the due date.**

Preparation and Participation: Students are strongly encouraged to ask, and respond to, questions from the course content; vigorous interaction in the class makes for much more interesting sessions for both instructor and students.

Weekly Activity: Students will be required to participate in endurance activity to better understand the topic. If a student is not physically capable of doing endurance activity they will need to provide a doctor's note stating this. Further, students who provide a doctor's note will have to correspond with a healthy individual, do zoom meetings with them, and journal the experiences that that individual is having with endurance training.

Scheduling Conflicts for exams and assignments: Make-up exams and assignments will be given only for University-approved activities (i.e., athletic events, performances, religious observance, etc.). Flat tires, vacations, etc. are not valid reasons for missing an exam or assignment. Since university-approved absences are generally known at the beginning of the semester, it is up to the student to notify the instructor during the first two weeks of class if there is a conflict with any of the scheduled exams. In such an event, a make-up exam will be given prior to the exam to be missed. If a student misses the submission of an assignment due to an approved absence, the student must contact the instructor to inquire into any assignments that were missed and schedule a time to submit or complete an assignment within 1 week of the missed assignment.

COURSE POLICIES/EXPECTATIONS:

1. It is expected that everyone will complete the assignments for each class meeting *prior* to class.
2. If you have special learning needs, please inform me on the first day of class.
3. Please allow a couple of days for test grades to be posted and up to one week for written assignment grades to be posted.
4. Academic dishonesty (cheating, plagiarism, copying, etc.) will not be tolerated and will result in a failing grade for the semester.
5. Emails will be responded to within 24 hours on weekdays and emails sent over the weekend will be responded to the following week.

PLAGIARISM/FRAUD:

As commonly defined, plagiarism consists of passing off as one's own the ideas, words, writings, etc., which belong to another. In accordance with this definition, you are committing plagiarism if you copy the work of another person and turn it in as your own, even if you should have the permission of that person. This includes, but is not limited to, working on lab reports with another student and changing the names on the printed report, copying data from another student for a lab that you did not attend, and forging data from a lab you did not attend.

The work that you hand in is expected to be original and to be your own. There is *no tolerance* for persons who plagiarize and/or cheat. You are expected to consult Subchapter 8-800 of the University of Texas at Tyler Manual of Policies and Procedures for Student Affairs: Student Conduct and Discipline available at www.uttyler.edu/mopp/chapter8.html. *Any* act of cheating or plagiarism will result in dismissal from the course. Per university guidelines, the student(s) will be reported to the department head with failure of the course as the recommended course of action.

COPYRIGHT:

The handouts used in this course are copyrighted. The term "handouts" refers to all materials generated for this class, which include but are not limited to syllabi, quizzes, exams, 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.

The following University policies must appear on each course syllabus or be provided as an informational sheet (web-links to these policies may be used in the print or electronic syllabus) <http://www.uttyler.edu/academicaffairs/syllabuspolicies.pdf>

STUDENTS 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://www2.uttyler.edu/wellness/rightsresponsibilities.php>

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 for these 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

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.

DISABILITY SERVICES:

In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University offers accommodations to students with learning, physical and/or psychiatric disabilities. If you have a disability, including non-visible disabilities such as chronic diseases, learning disabilities, head injury, PTSD or ADHD, or you have a history of modifications or accommodations in a previous educational environment you are encouraged to contact the Student Accessibility and Resources office and schedule an interview with the Accessibility Case Manager/ADA Coordinator, Cynthia Lowery Staples. If you are unsure if the above criteria apply to you, but have questions or concerns please contact the SAR office. For more information or to set up an appointment please visit the SAR office located in the University Center, Room 3150 or call 903.566.7079. You may also send an email to cstaples@uttyler.edu

STUDENT ABSENCE DUE TO RELIGIOUS OBSERVANCE:

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/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.

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.

TECHNICAL INFORMATION:

If you experience technical problems or have a technical question about this course, you can obtain assistance by emailing itsupport@patriots.uttyler.edu or call 903.565.5555.

When you email IT Support, be sure to include a complete description of your question or problem including:

- The title and number of the course
- The page in question
- If you get an error message, a description and message number
- What you were doing at the time you got the error message

Plug-ins and Helper Applications

UT Tyler online courses use Java, JavaScript, browser plug-ins, helper application and cookies. It is essential that you have these elements installed and enabled in your web browser for optimal viewing of the content and functions of your online course. Always ensure that you are using the most update version for the browser you choose to access the online learning content.

NOTE: Mozilla Firefox is the recommended browser for Canvas. (URL: <http://www.mozilla.org/en-US/firefox/new/>)

- **Adobe Reader** allows you to view, save, and print Portable Document Format (PDF) files. (URL: <http://get.adobe.com/reader/>)

- **Java Runtime Environment (JRE)** allows you to use interactive tools on the web. (URL: <http://www.java.com/en/download/>)
- **Adobe Flash Player** allows you to view content created with Flash such as interactive web applications and animations. (URL: <http://get.adobe.com/flashplayer/>)
- **QuickTime** allows users to play back audio and video files. (URL: <http://www.apple.com/quicktime/download/>)
- **Windows Media Player** allows you to view, listen and download streaming video and audio. (URL: <http://windows.microsoft.com/en-US/windows/products/windows-media-player>)
- **RealPlayer** allows you to view and listen to streaming video and audio. (URL: <http://www.real.com/>)

Netiquette Guide

"Netiquette" is network etiquette, the do's and don'ts of online communication. Netiquette covers both common courtesy online and informal "rules of the road" of cyberspace. Review and familiarize yourself with the guidelines provided.

(URL: <http://www.learnthenet.com/learn-about/netiquette/index.php>)

TOBACCO FREE:

- 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, quitlines, and group support. For more information on cessation programs please visit www.uttyler.edu/tobacco-free.

Important Covid-19 Information for Classrooms and Laboratories

Students are required to wear face masks covering their nose and mouth, and follow social distancing guidelines, at all times in public settings (including classrooms and laboratories), as specified by [Procedures for Fall 2020 Return to Normal Operations](#). The UT Tyler community of Patriots views adoption of these practices consistent with its [Honor Code](#) and a sign of good citizenship and respectful care of fellow classmates, faculty, and staff.

Students who are feeling ill or experiencing symptoms such as sneezing, coughing, or a higher than normal temperature will be excused from class and should stay at home and may join the

class remotely. Students who have difficulty adhering to the Covid-19 safety policies for health reasons are also encouraged to join the class remotely. Students needing additional accommodations may contact the Office of Student Accessibility and Resources at University Center 3150, or call (903) 566-7079 or email saroffice@uttyler.edu.

Recording of Class Sessions

Class sessions may be recorded by the instructor for use by students enrolled in this course. Recordings that contain personally identifiable information or other information subject to FERPA shall not be shared with individuals not enrolled in this course unless appropriate consent is obtained from all relevant students. Class recordings are reserved only for the use of students enrolled in the course and only for educational purposes. Course recordings should not be shared outside of the course in any form without express permission.

TENTATIVE SCHEDULE

January 15
WEEK 1

Syllabus; Technology and Data Recording

January 22
WEEK 2

Introduction; Technology and Data Recording Review; Muscle: Part 1

***January 29 - LAST DAY TO WITHDRAW FROM COURSE WITHOUT
PENALTY (12th CLASS DAY)***

January 29
WEEK 3

Muscle Part 1 Review; Start Chapter 5

February 5
WEEK 4

Chapter 5 Review; Start “The Mind”

February 12
WEEK 5

“The Mind” Review; Start Chapters 6 and 7

February 19
WEEK 6

Chapter 6-7 Review; Start Chapter 8

February 26
WEEK 7

Cardiovascular System Wrap-up

March 4
WEEK 8

Workout Review; Start Adaptations to Anaerobic and Aerobic Training

March 11
WEEK 9 SPRING BREAK

March 18
WEEK 10 Chapter 11 Review; Start Chapter 14

***March 25 - LAST DAY TO WITHDRAW FROM COURSE WITH
AUTOMATIC "W"***

March 25
WEEK 11 Chapter 14 Review; Start Chapters 12-13

April 1
WEEK 12 Chapters 12-13 Review; Start Chapters 18-22

April 8
WEEK 13 Review Chapters 18-22; Start Case Study

April 15
WEEK 14 Do Case Study

April 22
WEEK 15 Training Plan Project Discussion and Completion
