HHPK 489 – Topics in Exercise Science
Fall 2015

Instructor:	Dr. Vipa Bernhardt, Assistant Professor
Office:	Field House 006
Office Hours:	By appointment
E-mail:	Vipa.Bernhardt@tamuc.edu

COURSE INFORMATION

Required Text

No required textbook. Readings for the course will be assigned from contemporary peer-reviewed journals that feature research from the discipline of health and human performance. Documents will be available in the "Doc Sharing" folder within e-college.

Course Description

Advanced topics in exercise science. The goal of this course is to provide students an overview of research methods in general, as well as specific methods typically utilized in health and human performance. Additionally, students will learn to critically read and analyze research articles.

Learning Objectives

1. Understand the basic tenets of scientific research in various areas of investigation in health and human performance.
2. Be able to understand and critically examine publications.
3. Develop a resume.
4. Develop a portfolio.
5. Write a research proposal.
6. Conduct a peer-review.

COURSE REQUIREMENTS

This course will be divided into two (2) different sections. Section 1 includes reading/critiquing/discussing research and writing a research proposal. Section 2 includes career preparedness.

Quizzes

Quizzes will have a time limit. Students will have only one attempt at each quiz. Be sure you have prepared thoroughly before you begin a quiz.

Online Discussions:

For each paper that you will read, you will participate in an online discussion. Discussion questions will be posted on the same day as the paper and you will have one week to respond. Remember, in order for it to be a discussion, you have to read and understand someone else's point on a subject matter and then thoughtfully respond. You will be required to make at least three (3) *thoughtful* discussion posts (your own or in response to someone else's post). Each post should be at least 100 words.

Assignments

All assignments will have a "Dropbox". When you drop an assignment for me to grade, it MUST be a WORD document, and it must be titled appropriately with your last name and the name of the assignment (for example: "Bernhardt resume").

Research Paper

The objectives of the paper are to write a research proposal which includes three sections: introduction (1-2 pages), review of relevant literature (5-6 pages), and methods (experimental design & statistics, 1-2 pages). Put your name on the cover page, but not on subsequent pages. Each section will be handed in on the calendar due date for peer-review to help you along the way. Your references (10 minimum) and in-text citations must be in acceptable (consistent) format. Topic must be approved by the professor no later than September 16, 2015.

Peer-Review of Research Paper

Each section of the research paper will be handed in on the calendar due date via e-college Dropbox. 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 (submit peer review via Dropbox). Due dates for reviews are listed in the course outline.

Senior Portfolio

A professional binder with sections (tabs) for students to accumulate resources from this course. Minimal requirements for portfolio sections include:

a) Resume
b) Cover letter

c) One page statement of career goals (paragraph each for short, mid-range, long-term)
d) 5 employment postings (not just links) from 5 different websites that you actually qualify for (not dream jobs)
e) Interview checklist for one company
f) 2 human performance articles
g) Power point presentation you developed for any HHP class
h) The research proposal from this course
i) The peer-review you prepared for this course
j) Certifications/conferences attended/awards/memberships, etc.

Course Grading:

1.	Quizzes	10%
2.	Discussions	20%
3.	Other Assignments	10%
4.	Research Paper	30%
5.	Peer-Review	10%
6.	Senior Portfolio	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)

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.

COMMUNICATION AND SUPPORT

Interaction with Instructor Statement:

The best way to reach me is via email (Vipa.Bernhardt@tamuc.edu) as I check it frequently. In most cases, I will reply within 24 hours to your MyLeo email address. Please be courteous and professional in all of your interactions with me and fellow students.

eCollege Student Technical Support

Texas A&M University-Commerce provides students technical support in the use of eCollege. The student help desk may be reached by the following means 24 hours a day, seven days a week.

- Chat Support: Click on 'Live Support' on the tool bar within your course to chat with an eCollege Representative.
- Phone: 1-866-656-5511 (Toll Free) to speak with eCollege Technical Support Representative.
- Email: helpdesk@online.tamuc.org to initiate a support request with eCollege Technical Support Representative.
- Help: Click on the 'Help' button on the toolbar for information regarding working with eCollege (i.e. How to submit to Dropbox, How to post to Discussions etc…)

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course specific procedures:

1. Because this is an online course, you may never meet me or your other classmates face-to-face. That means that written communication must be clear in all circumstances.
2. While completing assignments, etc within the e-college environment, be professional. In other words, quality matters. Write clearly with correct spelling, punctuation, and grammar. Actively prepare by reading the assigned materials. Share your thoughts (i.e. ask and answer questions). Have course materials with you when you are online (you can use materials during quizzes, etc).
3. END DATES: The "end dates" (11:59pm on the date) listed for sections are the LAST chance to submit work for that section. I do NOT accept late assignments.
4. If you have a question or concern, e-mail me. Please include in the subject of the e-mail ("HHPK 595") and the subject of the message. I will respond promptly during the week.
5. You MUST check your e-mail regularly in case I need to communicate with you.
6. I will not e-mail you junk, and I request that you do the same for me and your classmates.
7. If you have a question or concern, communicate with me!

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:

<div align="center">

Office of Student Disability Resources and Services
Texas A&M University-Commerce
Gee Library 132
Phone (903) 886-5150 or (903) 886-5835
Fax (903) 468-8148
StudentDisabilityServices@tamuc.edu

</div>

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.

TENTATIVE COURSE OUTLINE

Section 1

Week	Topics	Assignments	Due dates
8/31	Syllabus and Intro		
9/7	What is a research proposal		
9/14	Research proposal - introduction	Research paper topic approval	9/16
9/21	Peer review – why and how?		
9/28	Research proposal - literature review	Introduction for research paper due	9/30
10/5	Formatting/References	Peer Review (Intro) due	10/7
10/12			
10/19	Research proposal -methods	Literature Review due	10/21
10/26	Human subjects approval/IRB	Peer Review (lit review) due	10/28
11/2	Data collection, participants, recruitment		
11/9	Responding to reviewers' comments and editing	Methods for research paper due	11/11
11/16		Peer Review (methods) due	11/18
11/23	Critiquing research - conclusions		
11/30	Presenting research	Complete research paper due	12/2
12/7	Critiquing research – funding, motivation	Portfolio due	12/9
12/14			

Section 2

Week	Topics	Assignments	Due dates
8/31	Career choices in HHP	Introductions – career choices	9/9
9/7	How to write a resume	Resume due	9/23
9/28	How to write a cover letter	Cover letter due	10/14
10/19	Prepare for the interview	Interview checklist	11/4
11/2	Prepare for the interview	FAQ during an interview	11/18
		Portfolio due	12/9

This schedule is tentative and is subject to change. Also, this is NOT all-inclusive (i.e., Reading Assignments, etc.).