



## HPK 451 – Topics in Exercise Science Fall 2016

### **Instructor Information**

*Dean Culpepper, PhD*

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### **Required Textbook**

Armstrong & Kraemer. ACSM's Research Methods. 1<sup>st</sup> ed. Wolters Kluwer.

Peer-reviewed journal articles of the student's own choosing and as selected by the instructor.

### **Course Description**

Advanced topics in exercise science to include biomechanics, exercise physiology, and/or motor learning.

### **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 scientific publications.
3. Write a research proposal.
4. Conduct a peer-review.
5. Develop a resume.
6. Present current issues in exercise science.
7. Develop a portfolio.

### **Quizzes:**

Quizzes will have a time limit. Online quizzes will be limited to one attempt at each quiz. Be sure you have prepared thoroughly before you begin a quiz. You are to work alone and not share questions or answers between classmates.

### **Online Discussions:**

Weekly discussions are required. Each answer to the posted discussion will be due by Thursday and the reply to two of your classmates is due by Sunday. The requirements for online discussions will be stated clearly for each discussion and specific details related to each week can be found in eCollege.

### **Career Development Assignments**

Students will develop a professional resume and cover letter. Each student will meet with the staff at the Career Development office for a 30 minute session for assistance. There are two due dates: the first one is to make an appointment with Career Development, the second is to go to the appointment with printed copies of your resume and cover letter.

Students will also prepare for future job interviews by answering common interview questions and by putting together a professional portfolio (see section on Portfolio below).



You are required to attend the October 20<sup>th</sup> from 5:30 to 8pm. Please make arrangements now to attend. If you cannot attend, contact Dean Culpepper, no later than Sept 10<sup>th</sup>.

### **Annotated Bibliography 1 and 2**

The annotated bibliography is a list of peer-reviewed journal articles along with a summary and/or evaluation of the source. This will help prepare the student for the research proposal (develop a hypothesis, write literature review). There are two due dates (1 and 2): part 1 has to include at least 5 sources, part 2 an additional 5 (for a total of at least 10 sources). All of the sources should be included in the research proposal.

### **Research Proposal**

The objectives of the paper are to write a research proposal which includes three sections: introduction (1-2 pages), literature review (5-6 pages), and methods (1-2 pages). Double-spaced, 12 point font. 1" margins. Do NOT put your name on the paper (only on the completed research proposal due later in the semester). Each section of the research proposal will be submitted online as well as in printed format by the due date. The online submission is used for checking the paper for potential plagiarism via TurnItIn, the printed paper is used for distributing to peer reviewers (see next section). References (10 minimum) and in-text citations must be in acceptable (consistent) format. Topic must be approved by the professor (see schedule for due date).

### **Peer-Review and Rebuttal of Research Proposal**

Each section of the paper will be randomly assigned to another student(s) for double-blind peer-review. The reviewer(s) will thoroughly read the paper and provide constructive criticism to the author to improve the paper. Due dates for reviews are listed in the course outline. The author will provide a point-by-point rebuttal to the issues raised by the reviewers to be turned in with the complete, edited research proposal.

### **Current Issue Presentation**

Student teams will develop a 20-30 slide power point presentation on a current human performance/exercise science issue to share with the class for 20-25 minutes, plus 5 minutes Q&A. Make this creative with videos, current articles, etc. Topic must be approved by the professor (see schedule for due date).

### **Tapped Interview**

Student teams (no more than two) must tape an interview from a professional in our field. Each guest will have 10-15 minutes to speak about their education and job history. Your questions must be approved prior to conducting the interview. Overall, you need to report and present your interview in a professional manner.

### **Electronic Senior Portfolio**

A professional binder with sections (tabs) for students to accumulate resources from this course.  
Requirements:

- 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) Annotated bibliography
- f) 2 complete journal articles from the bibliography list
- g) The research proposal from this course
- h) The peer-review and rebuttal note you prepared for this course
- i) Power point presentation you developed for this or another HHP class



- j) Other relevant career-related documents (certificates, references, awards, etc)

**Course Grading:**

1. Quizzes	5%
2. Online discussions	10%
3. Career Development assignments	10%
4. Annotated Bibliography	5%
5. Research Proposal	25%
6. Peer-Review & Rebuttal	10%
7. Current Issue Presentation	10%
8. Speaker Interview	10%
9. Senior Portfolio	15%

**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.

**ACCESS AND NAVIGATION**

This course will be facilitated using eCollege, the Learning Management System used by Texas A&M University-Commerce. To get started with the course, go to: <https://leo.tamuc.edu/login.aspx>. You will need your CWID and password to log in to the course. If you do not know your CWID or have forgotten your password, contact Technology Services at 903.468.6000 or [helpdesk@tamuc.edu](mailto:helpdesk@tamuc.edu).

**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:**

- Regular attendance is mandatory. University absences will be handled on an individual basis and should be dealt with **prior** to the date of absence. If you have a University or a legal excuse for an absence, you must inform the instructor prior to the start of class.
- Please see syllabus for due dates on all assignments. Late assignments will incur a 10% point deduction per day late.
- Students are expected to actively participate during each class period.

### ***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  
Texas A&M University-Commerce  
Gege Library 132  
Phone (903) 886-5150 or (903) 886-5835  
Fax (903) 468-8148  
StudentDisabilityServices@tamuc.edu

**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.**

### **Campus Conceal Carry Statement**

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to (<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>) and/or consult your event organizer). Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

TENTATIVE COURSE OUTLINE

Week	Date	Chapter	Topics	Assignments
1	1/19		Syllabus and Intro	
	1/21	1	Research methods	Introductions – career choices
2	1/26	3	Choosing your research project	
	1/28		Career choices in HHP	
3	2/2	4	Searching the scientific literature	Research paper topic approval
	2/4		References/bibliography	
4	2/9		Resume/cover letter	Deadline to make appt with Career Development
	2/11	6	Understanding research	Annotated bibliography 1
5	2/16			
	2/18	22	Peer review process	
6	2/23			
	2/25		Job interview	Last day to meet with Career Development
7	3/1	5	Fundamentals of study design	Introduction for research paper
	3/3			Resume/Cover letter
8	3/8	12	Ethics principles in research	Peer Review (Intro)
	3/10			FAQ job interview
	3/15 & 3/17		Spring break – no class	
9	3/22			Annotated bibliography 2
	3/24	7	Experimental design I	Current issue topic approval
10	3/29			Review of literature
	3/31	8	Experimental design II	
11	4/5*			Peer Review (lit review)
	4/7	10	Veracity of data	
12	4/12			Methods for research paper
	4/14			



13	4/19			Peer Review (methods)
	4/21		Current issue presentations	
14	4/26		Current issue presentations	Complete, edited research paper and Rebuttal
	4/28		Current issue presentations	
15	5/3		Speaker panel I	
	5/5		Speaker panel II	Portfolio

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

**Career Development Events – Extra credit opportunities**

Career Clinic	2/10/2016	10:00am-2:00pm	Student Center
Lion Job Shadow	2/19/2016	ALL DAY	Various Locations
Spring Career & Internship Fair	3/9/2016	1:00pm-4:00pm	Student Center
Health & Human Performance Networking Brunch	4/28/2016	10:00am-12:00pm	Student Center