

**HHPK 451 – Topics in Exercise Science  
Fall 2017**

**Instructor:** Dean Culpepper, Ph.D.

**Office:** Field House 100 K

**Office Hours:** By appointment

**E-mail:** dean.culpepper@tamuc.edu

**Class Meeting Time:** Online

**COURSE INFORMATION**

**Required Text**

Course Handouts and Research Articles provided by instructor.

**Course Description**

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

**Learning Objectives**

Research portion:

1. Understand the basic tenets of scientific research in various areas of exercise science.
2. Be able to understand and critically evaluate scientific literature.
3. Write a research proposal.
4. Conduct a peer-review.
5. Present current issues in exercise science.

Career Development portion:

6. Develop a resume and cover letter.
7. Prepared for a job interviews.
8. Develop a portfolio.

## **COURSE REQUIREMENTS**

### **Online Participation:**

This class will rely heavily on your participation in class. Discussions within small groups or the whole class are required. Posting requirements for online discussions will be stated clearly for each discussion.

### **Research Assignments:**

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

The annotated bibliography is a list of peer-reviewed journal articles along with a summary and evaluation. 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 8 sources, part 2 an additional 8 (for a total of at least 16 sources). Most (or all) of the sources listed should be included in the research proposal.

#### **2. Research Proposal**

Each student will write an independent 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 (16 minimum) and in-text citations must be in acceptable (consistent) format. Topic must be approved by the professor (see schedule for approval due date).

#### **3. 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 reviewer(s) to be turned in with the complete, edited research proposal.

#### **4. Current Evidence-Based Practice Presentation**

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

### **Career Development Assignments**

#### **1. Professional resume and cover letter**

Each student will meet virtually with the staff at the Career Development office for a 30 minute session for assistance. There are three (3) due dates: 1) make an appointment with Career Development, 2) go to the scheduled appointment with printed copies of your resume and cover letter, 3) submit edited, clean copy of resume and cover letter to Dropbox.

## **2. Job Interview**

Prepare for future job interviews by answering **common interview questions** and by completing a virtual **mock interview**. The mock interview will be recorded using [www.perfectinterview.com/tamuc](http://www.perfectinterview.com/tamuc). Create an account with your leomail address, record an interview and share it with me.

## **3. Professional portfolio**

The portfolio consists of a 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 (one 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 (combined)
- f) The research proposal from this course
- g) The rebuttal note you prepared for this course
- h) Power point presentation you developed for this or another HHP class
- i) Other relevant career-related documents (certificates, professional reference letters, awards, etc)

## **Extra Credit Opportunities**

Opportunities for you to earn extra credit points will be given throughout the semester. Several are listed at the end of the syllabus, others may be provided. No extra credit can be given that is not provided as an opportunity to the entire class. Extra credit is capped at 4%.

## **Course Grading:**

Participation 10%  
Annotated Bibliography 10%  
Research Proposal 20%

Peer-Review & Rebuttal 10%  
Current Issue Presentation 10%  
Resume & Cover letter 10%  
Job Interview 10%  
Speaker Panel 10%  
Portfolio 10%

**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](mailto: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.
- **\_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**

#### ***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.

Consequences of plagiarism and academic dishonesty may include failing the assignment, receiving a reduced grade in the course, failing the course, reporting to department head, etc.

## **University specific procedures:**

### ***Student Conduct***

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. 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.

### ***Campus Concealed Carry***

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.

### ***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

Gee Library 132

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

[StudentDisabilityServices@tamuc.edu](mailto: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.**