



TEXAS A&M UNIVERSITY
COMMERCE

HHPK 451 – Topics in Exercise Science Spring 2018

Instructor: Dr. Vipa Bernhardt
Office: Field House 006
Office Hours: By appointment
E-mail: Vipa.Bernhardt@tamuc.edu
Class Meeting Time: TR 11:00-11:50, FH 102

COURSE INFORMATION

Required Materials

- Required readings will be provided by the instructor via e-college Doc Sharing.
- Peer-reviewed journal articles of the student's own choosing and as selected by the instructor.
- A flash drive or other external hard drive on which to save your work.

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. Prepare for a job interviews.
8. Create a Linked-In profile.

COURSE REQUIREMENTS

Participation:

Participation, both individual and in groups, is essential in this class. Discussions within student pairs, small groups, or the whole class are required.

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 final research proposal. Submit to Dropbox.

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. Each section of the research proposal will be submitted online to the Dropbox as well as in printed format by the due dates. The online submission is used for checking the paper for potential plagiarism via TurnItIn, the printed paper will be used for peer-reviews (see next section). Also, bring your work saved on a flash drive to class on the due date for editing your work in class. Topic must be approved by the professor (see schedule for approval due date).

3. *Peer-Review and Edits of Research Proposal*

On the due dates of the various sections of the proposal, students will be paired up. The student pairs will work together to provide constructive criticism on each other's proposals. Bring an electronic copy of your work to class. The author will create a document listing all issues raised by the reviewer as well as any changes made to the 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, plus 5 minutes Q&A. 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 with the COEHS Career Development professional Brad Chilcote (brad.chilcote@tamuc.edu) for a 30 minute consultation/evaluation. There are three (3) due dates: 1) make an appointment with Mr. Chilcote, 2) go to your scheduled

appointment with 2 printed copies of your resume and cover letter, and 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 an in-person (with Mr. Chilcote) or virtual **mock interview** using www.perfectinterview.com/tamuc.

3. **Speaker Panel**

Student teams must bring a guest speaker from our field to present at a speaker panel to be held during the last week of classes (before finals week, time to be arranged). Each guest will have 10-15 minutes to speak about their education and job history, followed by a question and answer session. Students will receive credit for successfully bringing speakers to this event, asking thoughtful questions, and writing a summary/reflection on what they learned from the panel speakers.

4. **Linked-In Profile**

Students will create a professional Linked-In profile. Email me your profile link by the due date. The profile must consist of the following sections (you may add more!):

- a) An appropriate photo
- b) An informative profile headline
- c) A concise and informative summary
- d) Education (major, minor, study abroad, etc)
- e) Work experience
- f) Volunteer experience, internships, unpaid work, etc
- g) Organizations
- h) Honors & Awards, certifications
- i) Skills
- j) Start building your network by connecting with 20 people!

COURSE GRADING

Participation	10%	
Annotated Bibliography	10%	
Research Proposal	20%	
Peer-Review & Edits	10%	
Current Issue Presentation	10%	
Resume & Cover letter	10%	
Job Interview	10%	
Speaker Panel	10%	
Linked-In Profile	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:

- High speed internet access
- Microsoft Word and PowerPoint
- Adobe Acrobat Reader

You also need access to your personal MyLeo account and MyLeo email. 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.

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. 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. Contact IT support at HelpDesk@tamuc.org or call 903-468-6000.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course specific procedures:

- Classes will start promptly. Students are expected to be in class, seated, on time.
- 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.

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

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

Week	Date	Topics	Assignments/Due Dates
1	1/16	Syllabus & Evidence-based practice	
	1/18	Process of EBP	
2	1/24	Fact of Fiction? Sources of evidence	
	1/25	Reading & interpreting research evidence Developing a question	
3	1/30	Searching for and evaluating evidence	
	2/1	Library instruction	Research proposal topic approval
4	2/6	Resume & Cover letter	
	2/8	Annotated bibliography and Research proposal guidelines	Schedule apt for career dev consults by 2/9 for 2/12-23
5	2/13		
	2/15	Spring Career Boot Camp	10am-2pm RSC Conference
6	2/20	In-class workshop	Annotated bibliography 1
	2/22	Plagiarism	
7	2/27	The peer review process In-class workshop	Research proposal - introduction
	3/1	Job Interview	Resume & Cover letter due
8	3/6		
	3/8	How to write a proposal – literature review	Annotated bibliography 2
	3/13 & 3/15	Spring break – no class	
9	3/20		
	3/22	In-class workshop	Research proposal - Literature review
10	3/27	How to write a proposal - methods	EBP presentation teams and topic approval
	3/29	Ethical principles in research	
11	4/3	Placebos in research	
	4/5	In-class workshop	(Virtual) Mock Interview Research Proposal - Methods

12	4/10		
	4/12	Analyzing and interpreting research results	
13	4/17		
	4/19	Current EBP presentations	
14	4/24	Current EBP presentations	Complete, edited research proposal
	4/26	Current EPB presentations	Linked-In profile
15	5/1	Speaker panel	
	5/3	Exit surveys	Speaker panel reflection

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

Alumni Ambassador	TBD		
Spring Career & Internship Fair	3/7/2018	1:00pm-3:00pm	RSC Conf.
Health & Human Performance Networking Brunch	TBD		