



## **HHPK 451.01W TOPICS IN EXERCISE SCIENCE**

COURSE SYLLABUS: SPRING 2020

### **INSTRUCTOR INFORMATION**

**Instructor:** Dr. Vipa Bernhardt  
**Office Location:** NHS 165D  
**Office Hours:** By appointment  
**Email Address:** Vipa.Bernhardt@tamuc.edu

### **COURSE INFORMATION**

#### **Required Materials**

- Required readings will be provided by the instructor via D2L.
- Peer-reviewed journal articles of the student's choice

#### **Course Description**

Advanced topics in exercise science to include biomechanics, exercise physiology, and/or motor learning. Prerequisites: BSC 2401 and 2402 with C or better. 2.5 minimum GPA required. Senior standing.

#### **Student Learning Outcomes**

##### ***Research portion:***

1. Understand the basic tenets of scientific research in various areas of exercise science.
2. Analyze and critically evaluate scientific literature.
3. Compose a research proposal.
4. Evaluate a peer's research proposal.
5. Design and present current issues in exercise science.

##### ***Career Development portion:***

6. Develop a resume.
7. Prepare for job interviews.
8. Create a Linked-In profile.

*The syllabus/schedule are subject to change.*

## COURSE REQUIREMENTS

### Minimal Technical Skills Needed

Using the learning management system D2L, navigating the TAMUC Gee library databases, using computer software (e.g., Microsoft Word and PowerPoint, Adobe Acrobat).

### Instructional Methods

This course is divided into two (2) different sections; a research portion and a career development portion. The research portion has deadlines throughout the semester; make sure to keep up with these. The deadlines for the career development assignments are closer to the end of the semester; it is your choice to submit them early or wait until later in the semester.

The overall goals of the research portion are to write a research proposal and give a research presentation. All other assignments along the way will help you achieve those goals. The goal of the career development portion is to prepare you for the job search after you graduate.

Content delivery will include videos, websites, and other (downloadable) documents. The student is expected to understand the material and then apply it and demonstrate mastery.

### Student Responsibilities or Tips for Success in the Course

This is a capstone research course. Students are expected to independently research a topic of their choosing and write a comprehensive research proposal. The time required for this research process will be much greater than that for the content lectures. Time management will be critical for a successful completion of the course.

Students are responsible for submitting all assignments by the respective deadlines, which are listed at the end of this syllabus and on the course website. Late work may be penalized.

## GRADING

Final grades in this course will be based on the following scale:

Quizzes	10%	Final grades in this course will be based on the following scale: A = 90%-100% B = 80%-89% C = 70%-79% D = 60%-69% F = 59% or Below
Annotated Bibliography 1 & 2	10%	
Research Proposal	20%	
Peer-Review & Edits	10%	
Current Issue Presentation	10%	
Resume	10%	
Job Interview	10%	
Linked-In Profile	10%	
Interview with Professional	8%	
Exit Survey	2%	
<b>Total:</b>	<b>100%</b>	

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## Assessments

All assignments are due via D2L on Sundays 11:59pm, find all due dates at the end of this syllabus and on the course website.

### ***Research Assignments:***

#### **1. Quizzes**

Quizzes are timed, so know and understand the material BEFORE you begin each quiz.

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

The annotated bibliography will help the student to write the research proposal (see below). 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 (if not all) of the sources listed in the bibliography should be included in the final research proposal document.

#### **3. Research Proposal**

Each student will write an independent research proposal which includes three sections: introduction, literature review, and methods. Double-spaced, 12 point font. 1" margins. Each section of the research proposal must be submitted by the respective due dates. Each submission will be checked for potential plagiarism via TurnItIn. The topic must be approved by the professor via email.

#### **4. Peer-Review and Edits of Research Proposal**

Each section of the research 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 via a provided worksheet. The author is expected to use the provided feedback to edit their work for the final submission.

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

Students will be placed randomly into groups of 3 or 4 to work on this assignment. Each group will produce a 20-25 minute voice-over video presentation on a current evidence-based practice on a human performance/exercise science issue. Include current research articles, videos, interviews, etc. Topic must be approved by the professor and cannot be the same as the Research Proposal topic from any group member.

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## **Career Development Assignments:**

### **1. Resume**

Students will prepare a 1-page professional resume. There are two due dates: 1) Prepare your resume using Microsoft Word and upload it to D2L. You will receive feedback from Shanna Jonescu at the Career Development Center. You may also schedule an in-person interview with Shanna for an in-depth 30 minute consultation. 2) Submit the edited resume to D2L for scoring.

Shanna's contact info: [shanna.jonescu@tamuc.edu](mailto:shanna.jonescu@tamuc.edu)  
903-886-5258

### **2. Linked-In Profile**

Students will create a professional Linked-In profile. The profile must consist of the following sections (you may add more!):

- 1) An appropriate, professional photo (10 pts)
- 2) An informative profile headline (10 pts)
- 3) A concise and informative summary (10 pts)
- 4) Education (university only; major, minor, etc) (10 pts)
- 5) Work experience (10 pts)
- 6) Accomplishments (e.g., Honors & Awards, Organizations, Languages, Certifications. 10 pts per category, up to 30 pts)
- 7) Skills (10 pts)
- 8) Network! (0.5 pts per connection, up to 10 pts)

Connect with me within LinkedIn or email me your profile link. Scoring will be completed within one week after the due date.

### **3. Mock Job Interviews**

Students will prepare for future job interviews by answering common interview questions via 1) a phone interview and 2) an in-person or video chat interview. Both interviews will be conducted by Shanna Jonescu. Students are responsible for scheduling and completing the interviews by the respective due dates. Students can practice answering the questions via [www.tamuc.biginterview.com](http://www.tamuc.biginterview.com).

### **4. Interview with a Professional**

Each student will conduct an interview with a professional in their field of interest. It is the student's responsibility to make an appointment with the professional, ask thoughtful questions, and write a 2-3 page summary/reflection. Interview questions can include their education, job history, daily schedule, pros/cons of their job, etc. Include why you chose to interview this individual.

### **5. Exit Survey**

Follow the link provided in D2L and complete the exit survey.

# TECHNOLOGY REQUIREMENTS

## LMS

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements: <https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

[https://documentation.brightspace.com/EN/brightspace/requirements/all/browser\\_support.htm](https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm)

YouSeeU Virtual Classroom Requirements:

<https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>

## ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or [helpdesk@tamuc.edu](mailto:helpdesk@tamuc.edu).

**Note:** Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

## COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your Instructor.

### Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here: <https://community.brightspace.com/support/s/contactsupport>

### Interaction with Instructor Statement

Most communication will be via the D2L or email. For questions via email, I will likely reply within 1 business day. In most cases, feedback on assessments will be provided within 2 weeks of each deadline.

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# **COURSE AND UNIVERSITY PROCEDURES/POLICIES**

## **Course Specific Procedures/Policies**

Students may submit any assignment early; however, assignments will not be graded before each corresponding deadline. Late submissions will not be accepted. Quizzes will be open until the corresponding deadline and will not be reopened in any case.

## **Syllabus Change Policy**

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

## **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. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum:

<https://www.britannica.com/topic/netiquette>

### **TAMUC Attendance**

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

### **Academic Integrity**

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

[Graduate Student Academic Dishonesty 13.99.99.R0.10](#)

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<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10GraduateStudentAcademicDishonesty.pdf>

## **Students with Disabilities-- 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- Room 162

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

Fax (903) 468-8148

Email: [studentdisabilityservices@tamuc.edu](mailto:studentdisabilityservices@tamuc.edu)

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

## **Nondiscrimination Notice**

Texas A&M University-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 Concealed 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 the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

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.

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## COURSE OUTLINE / CALENDAR

All assignments are due on Sundays by 11:59pm. Quizzes are to be completed via D2L. All written assignments are to be submitted via D2L, unless otherwise stated.

Assignment	Due Date (11:59pm)
Quiz 1 – Scientific method	1/19
Quiz 2 – Evidence-based practice	1/19
Quiz 3 – Searching for evidence	1/26
Quiz 4 – Annotated bibliography	2/2
Quiz 5 – Plagiarism	2/23
Quiz 6 – Hypothesis	3/1
Quiz 7 – Proposal Introduction	3/1
Quiz 8 – Proposal Literature review	3/22
Quiz 9 – Proposal Methods	4/5
Quiz 10 – Protecting human subjects in research	4/5
Research proposal topic	1/26 via email
Research question	2/2 via email
Annotated bibliography 1	2/9
Annotated bibliography 2	2/23
Research question fine-tune	3/1 via email
Research proposal introduction	3/8
Research proposal introduction – peer review	3/22
Research proposal literature review	3/29
Research proposal literature review – peer review	4/5
Research proposal methods	4/12
Research proposal methods – peer review	4/19
Complete, edited research proposal	4/26
Current Issue Presentation, topic approval	4/5 via email
Current Issue Presentation	5/3
Resume for consult	2/2
Resume for scoring	2/16
Linked-In Profile	3/1
Make appointment for mock job interviews	3/8 (via Handshake)
Mock Job Interview (phone)	3/29
Mock Job Interview (in-person or video)	4/12
Interview with Professional	4/26
Exit Survey	5/3

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