



HHPK 451.01W TOPICS IN EXERCISE SCIENCE

COURSE SYLLABUS: FALL 2021

INSTRUCTOR INFORMATION

Instructor:	Dr. Vipa Bernhardt
Office Location:	NHS 165D
Office Hours:	Virtually, by appointment
Email Address:	TR 2-3:30, R 10-12, or by appointment
Preferred Form of Communication:	Email
Communication Response Time:	Within 48 hours

COURSE INFORMATION

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. Design and compose a research proposal.
4. Evaluate a classmate's research proposal.
5. Analyze and present current issues in exercise science.

Career Development portion:

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

Required Materials

- Computer/laptop and a reliable internet connection.
- Microsoft Office (Powerpoint and Word)
 - TAMUC provides MS Office 365 for free
(http://www.tamuc.edu/facultyStaffServices/academictechnology/_documents/Office-365-Students.pdf)
- Required readings and videos will be provided by the instructor via D2L.
- Peer-reviewed journal articles of the student's choice

COURSE REQUIREMENTS

Minimal Technical Skills Needed

Using the learning management system D2L, navigating the TAMUC 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 overall goals of the research portion are to write a research proposal and give a research presentation by the end of the semester. The goal of the career development portion is to prepare you for the job search now and after you graduate. All assignments along the way will help you achieve those goals. Content delivery will include videos, websites, worksheets, and other (downloadable) documents. The specific content has been chosen to help you understand the material and then be able to apply it and demonstrate mastery of the various skills.

Student Responsibilities or Tips for Success in the Course

This is a capstone research course, meaning that you will work on a culminating senior project throughout the semester. You will independently research a topic of your choice within the exercise science field 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. Although this course is online, it is not a self-paced course. There are deadlines each week to help you with managing your time well.

GRADING

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

The syllabus/schedule are subject to change.

Quizzes	10%
Annotated Bibliography 1 & 2	10%
Research Proposal	20%
Peer-Review & Edits	10%
Research Presentation	10%
Resume	10%
Linked-In Profile	10%
Job Interviews (phone & virtual)	10%
Interview with Professional	8%
<u>Exit Survey</u>	<u>2%</u>
Total:	100%

Assessments

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 you prepare for writing the research proposal (see below). There are two due dates (1 and 2): part 1 has to include at least 5 sources, part 2 an additional 10 (for a total of at least 15 sources). Most, if not all, of the sources listed in the bibliography should be included in the final research proposal document.

3. Research Proposal

You 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 proposal 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. Research Proposal Presentation

You will create a 10-15 minute presentation of your research proposal. The presentation has to include an introduction to the topic, the objective and hypothesis, a short literature review, and methods. Make sure to include citations and references.

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Career Development Assignments:

1. Resume

You will prepare a 1-page professional resume. There are two due dates: Due date #1 - Resume for consultation: Prepare your resume using Microsoft Word and upload it to D2L. You will receive direct feedback from one of the career coaches at the Career Development Center via the email you provide on your resume. If you prefer, you may also schedule an in-person meeting with them for an in-depth 30 minute consultation. The career coaches' names and contact information will be provided in D2L. Due date #2 - Resume for scoring: Submit the edited resume to D2L for scoring.

2. Linked-In Profile

You 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 (college and/or university degrees only) (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)

Find my profile and send me a connection request.

3. Mock Job Interviews

You will prepare for future job interviews by answering common interview questions via 1) a phone interview and 2) an in-person or live-Zoom) interview. Both interviews will be conducted by a career coach at the Career Development Center. You are responsible for scheduling and completing the interviews by the respective due dates.

4. Interview with a Professional

You will conduct an interview with a professional in your field of interest. It is your 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

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.

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, coffee shops, 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 instructors. The best way to reach me is via email, I usually reply within 24 hours. Feedback on assessments will usually be provided within 2 weeks after the due date.

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>

Counseling Center

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling [903-886-5145](tel:903-886-5145). For more information regarding Counseling Center events and confidential services, please visit www.tamuc.edu/counsel.

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

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COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

You are encouraged to submit any assignment early; however, assignments may not be scored before each corresponding due date. It is important to stay on track with the assignments for the research proposal, so late submissions may receive a 10% penalty per day late, unless communicated with the instructor ahead of time (at least 2 days in advance of the respective due date).

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as a pandemic or 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).
<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>

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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

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	9/5
Quiz 2 – Evidence-based practice	9/5
Quiz 3 – Searching for evidence	9/12
Quiz 4 – Annotated bibliography	9/12
Research proposal topic	9/12 via email
Research question	9/19 via email
Quiz 5 – Plagiarism	9/26
Annotated bibliography 1	9/26
Quiz 6 – Hypothesis	10/3
Annotated bibliography 2	10/10
Research question fine-tune	10/10 via email
Quiz 7 – Proposal Introduction	10/10
Research proposal introduction	10/17
Research proposal introduction – peer review	10/24
Quiz 8 – Proposal Literature review	10/24
Research proposal literature review	10/31
Research proposal literature review – peer review	11/7
Quiz 9 – Proposal Methods	11/7
Quiz 10 – Protecting human subjects in research	11/7
Research proposal methods	11/14
Research proposal methods – peer review	11/21
Complete, edited research proposal	12/5
Research Presentation	12/12
Resume for consult	9/17 (Friday)
Resume for scoring	10/10
Make appointments for mock job interviews	10/17
Linked-In Profile	10/24
Mock Job Interview (phone)	11/5 (Friday)
Mock Job Interview (in person or video)	11/19 (Friday)
Interview with Professional in your Field	12/5
Exit Survey	12/12

Tentative Extra Credit Opportunities:

10/19, 5:00-6:00pm – Exercise is Medicine Workshop on Physical Activity

10/20, 8:00-12:00 – Exercise is Medicine Day

10/21, TBD – Texas ACSM Lecture series, Dr. Green

12/1, TBD – Take Paws/Destress Fest

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