



HHPK 355.01W EVIDENCE BASED PRACTICE

COURSE SYLLABUS: SPRING 2026

INSTRUCTOR INFORMATION

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|---|-------------------------|
| Instructor: | Nicole Varone |
| Office Location: | |
| Office Hours: | Via zoom by appointment |
| Email Address: | nvarone@twu.edu |
| Preferred Form of Communication: | Email |
| Communication Response Time: | Within 48 hours |

COURSE INFORMATION

Course Description

This course introduces the principles of Evidence-Based Practice (EBP) and prepares students to use clinical outcomes, available research, and data to enhance patient/client care. Topics include formulating a research question, searching for evidence, and critical appraisal of the literature.

Prerequisites: 2.5 minimum GPA required.

Student Learning Outcomes

Upon successful completion of this course, you will be able to

1. Understand the scientific method and evidence-based practice.
2. Examine how professionals conduct evidence-based practice.
3. Analyze and critically evaluate scientific literature.
4. Communicate scientific findings to the general public.

Required Materials

- Computer/laptop and a reliable internet connection.
- Microsoft Office (Powerpoint and Word)
- Required readings and videos will be provided by the instructor via D2L.
- Peer-reviewed journal articles of the student's choice

The syllabus/schedule are subject to change.

COURSE REQUIREMENTS

Minimal Technical Skills Needed

Using the learning management system D2L, navigating the TAMUC library databases, accessing Microsoft Word and PowerPoint, Adobe Acrobat, and Adobe Express.

Instructional Methods

The overall goals of the course are for students to understand the process of evidence-based practice and how to apply it in their professional career. 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. Students will be working in small groups on several assignments over the course of the semester.

Student Responsibilities or Tips for Success in the Course

You will be working independently as well as in small groups. Each assignment description below begins with instruction on whether you will do the assignment individually or as a team. Individual assignments must be uploaded by each student. Team assignments may be uploaded by a team leader or by all team students. Include all team members' names on each team assignment. Please note that some assignments requirements must be emailed to your instructor. Time management, teamwork and collaboration, and project management skills will be critical for a successful completion of this course. The time required for this research process will be much greater than that for the content lectures. 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

| | |
|-----------------------------------|-------------|
| Interviews with Professional (2x) | 20% |
| Infographic (2x) | 40% |
| Annotated Bibliography 1 & 2 | 10% |
| Final Project | 30% |
| Total: | 100% |

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

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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. All assignment details and instructions can be found in D2L. All assignments must be in the specified Microsoft Word, Power-point, or image format. Assignments uploaded in .pages format will not be assessed.

1. Interviews with Practicing Exercise Science Professionals

Individually, identify two (2) professionals in exercise science, rehabilitation, coaching, fitness, wellness, or related field. Schedule an appointment with each of them and conduct an interview about how they use the scientific method to inform their practice. In Microsoft Word, summarize the interview and reflect on their answers. Aligns with SLOs #1,2.

2. Infographics

As a team, choose a topic in kinesiology/exercise science and an original research article within that topic. Turn the article into an infographic as an image or Microsoft Power-point slide. You will be scored on the final project, as well as feedback on other teams' infographics, team member evaluations, and self-reflection. Your team will create two infographics. Aligns with SLOs #1,3,4.

3. Annotated Bibliography 1 and 2

Individually, select additional research articles on the topic you chose in #2. The annotated bibliography will help you and your team develop the Final Project (see below). 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). Aligns with SLO #3.

4. Final Project

As a team, synthesize the information you learned from every member's annotated bibliographies and create a video, research poster, brochure, or similar to share with the general public. Include your research question and conclude with you/your team's opinion whether the presented evidence is strong enough to change practice. You will be scored on the final project, as well as feedback on other teams' projects, team member evaluations, and self-reflection. Aligns with SLOs #1,3,4.

Extra Credit

There MAY be extra credit opportunities provided throughout the semester. Extra credit is capped at 4% of the total grade.

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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 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 D2L and/or email. 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.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

You are encouraged to submit any assignment early; however, assignments may not be graded before each corresponding due date. It is important to stay on track with the

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assignments, so late submissions may receive a 10% penalty per day late, unless communicated with the instructor ahead of time.

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 via D2L and/or email.

University Specific Procedures

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)

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

You will be expected to use Artificial Intelligence (AI) in this course. In fact, some assignments will require it. Learning to use AI is an emerging skill and I will provide basic tutorials about how to leverage it for your work.

However, be aware of the limits of generative AI systems:

- AI can be a valuable tool for augmenting human decision-making and critical thinking, but it is not a replacement.
- AI is a tool, just like a pencil or a computer. However, unlike most tools you need to acknowledge using it. Pay close attention to whatever information you use in your own work that is produced from AI, and document it. Undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).
- AI is vulnerable to discrimination because it can inadvertently (or intentionally) perpetuate existing biases present in the data it is trained on. For example, if an AI system is trained on data that contains a bias against a certain group of people, the system may make decisions that are unfair or discriminatory towards that group. If you provide minimum effort prompts, you will get low quality results. You will need to refine your prompts to get better outcomes. This will take time and practice.
- Don't trust anything the systems says. Assume it is wrong, unless you already know the answer and can verify with trusted sources. You are responsible for any errors or omissions provided by the tools.
- Use your best judgement to determine if/where/when to use these tools. They don't always make products easier and/or better.
- Large language models and chatbots are "look back" machines. They don't advance knowledge (yet). ChatGPT-3.5 uses data from 2021 and earlier. Since you will be researching trending topics in kinesiology, you should try to be on the cutting edge and there may be several research articles on your topic that have been published since then.

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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>

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. For more information regarding Counseling Center events and confidential services, please visit www.tamuc.edu/counsel.

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

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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.

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) |
|--|---------------------------|
| Survey – contact info | 1/18 via email |
| Team contract, Research proposal topic | 1/25 via email |
| Interview with Professional about EBP #1 | 2/1 |
| Research question | 2/1 via email |
| Infographic #1 | 2/8 |
| Infographic #1 feedback, team member eval, self-reflection | 2/15 |
| Infographic #2 | 2/22 |
| Infographic #2 feedback, team member eval, self-reflection | 3/1 |
| Annotated bibliography #1 | 3/8 |
| Annotated bibliography #2 | 3/22 |
| Interview with Professional about EBP #2 | 3/29 |
| Outline | 4/12 |
| Final Project | 4/26 |
| Final Project feedback, team member eval, self-reflection | 5/1 |
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