

THE UNIVERSITY OF TEXAS AT EL PASO
COLLEGE OF HEALTH SCIENCES
KINESIOLOGY DEPARTMENT

KIN 4323 Current Issues in Exercise Science: Physical Activity and Health

COURSE DESCRIPTION

An introduction to the history of physical activity and health, adaptations to training, and benefits of physical activity as related to specific disease states and conditions. Students will be required to read and discuss pertinent literature in physical activity and health.

COURSE PREREQUISITES

KIN 4312 and 4313

COURSE OBJECTIVES

Each student will demonstrate knowledge and understanding of:

1. History of physical activity and health
2. Physiological adaptations to exercise training
3. Current physical activity recommendations
4. Ethnic and sex differences in engaging in physical activity
5. The effects of physical activity and cardiorespiratory fitness on mortality, obesity, diabetes, metabolic syndrome, and cardiovascular disease
6. Current literature in physical activity and health

REQUIRED TEXTS

Bouchard C, Blair SN, Haskell WL. Physical Activity and Health. Champaign, IL: Human Kinetics, 2007.

Articles and homework assignments are posted on WebCT.

GRADING SCALE

A = 90-100%
B = 80-89%
C = 70-79%
D = 60-69%
F = below 60%

EVALUATION OF STUDENTS

Exams	45%
Quizzes	25%
Assignments/homework	25%
Participation	5%

NOTE:

- Each student must take all exams.
- Each exam must be taken at the designated time unless arrangements are made in advance.
- Class assignments are due at the time designated by the instructor.
- Late assignments **WILL NOT** be accepted.
- Extra credit may be given by instructor at instructor's discretion. You will be given extra credit opportunities during exams.
- **To pass this class you must earn a grade of C or better.**
- Students must engage in class discussions to pass the class.
- **Extra credit opportunities, including extra credit questions on an exam or project, should not exceed 2% of the overall semester grade. All extra credit opportunities for a given class should be relevant to the mission and vision of the department.**

SCHOLASTIC HONESTY AND DISCIPLINE

Students are encouraged to study together and to share their knowledge freely during the learning process, as well as cooperate to the best of their ability on group projects. However, during exams and quizzes no assistance from other students or outside sources is allowed (materials such as books and notes may not be used unless otherwise indicated by the instructor). Students should handle their answer sheets discretely by keeping them out of easy view of others. Students may discuss individual written assignments (i.e. homework, lab work, etc.) but these assignments must be the student's own work. "Scholastic dishonesty – which includes the attempt of any student to present the work of another as his or her own, or any work which s(he) has not honestly performed, or attempting to pass any examination by improper means – is a serious offense and will subject the student to disciplinary action. The aiding and abetting of a student in any dishonesty is held to be an equally serious offense. All alleged acts of scholastic dishonesty will be reported to the Dean of Students for disposition. It is the Dean of Students' responsibility to investigate each allegation, dismiss the allegation, or proceed with disciplinary action in a manner which provides the accused student his or her rights of due process.

PROFESSIONAL CONDUCT

During this course you will be expected to deal with your subject area, your colleagues, and yourself as a professional. Demonstrate pride in your chosen profession through both your actions and your attitude. This includes being **on time** for class and coming to class prepared. **Attendance is expected. Punctuality and attendance will directly affect participation credit at instructor's discretion.**

NOTE: The Kinesiology Program seeks to provide reasonable accommodations for all qualified individuals with disabilities with respect to equal educational opportunities. It is the student's responsibility to present proper documentation to the faculty member in a timely manner in order to arrange for appropriate accommodations.

ADDITIONAL COURSE INFORMATION

The level of presentation and the textbook used in this course necessitate a current understanding of the concepts presented in other courses such as Kin 4312. You are expected to read through the text material **before** class to review these concepts.

QUIZZES

Regular quizzes on reading material will be given at the beginning of class. No make up quizzes are allowed. If you are late to class and miss a quiz you will receive a zero for that quiz.

HOMEWORK

Homework assignments may be given. Homework is due at the beginning of class. No late homework assignments will be accepted. No exceptions. **Homework must be typed or it will not be accepted.**

Below are questions that all students should think about while reading through articles.

1. What was the purpose of the study or review article?
2. Why is this important? What was the significance of the study/review article?
3. What methods were used and how did they relate to the purpose?
4. Evaluate the paper. Did they do what they set out to do? Did they do it well?
5. What were the main findings of the study?
6. What is the take-home message from this study or review article? Why is this important?

Class members should read the papers before class and be prepared to discuss them. Students may also bring in related material to add to the information in the paper during the class discussion.