

**Sam Houston State University**  
**KINE 5390-01: Exercise Science Lab Practicum**  
**Spring 2018**  
**College of Health Sciences | Department of Kinesiology**

**Course instructor:** Dr. Jennifer J. Didier      **Email:** [Jennifer.Didier@shsu.edu](mailto:Jennifer.Didier@shsu.edu) \*\*Best Option\*\*  
**Office:** 211 Health and Kinesiology Center      **Phone:** 936-294-1183  
**Sport and Human Performance Center for Research and Testing (SHPCRT):** 248 & 249 HKC, Biomechanics Lab  
HKC 147

<b>Office Hours</b>	By appointment – face-to-face or online Online virtual office will be checked M-F prior to 10am
<b>Class Time</b>	Online, you must log in at least 2 x per week to keep up with the class.
<b>Class Location</b>	Blackboard
<b>Course Description</b>	This course is designed to educate the student on advanced laboratory methods typically utilized in applied exercise science. The student will gain experience on equipment used for assessment and evaluation of persons with varying needs. A research project is a major component of this course. Prerequisite: Graduate standing. Credit 3.
<b>IDEA Objectives</b>	In this course, the following objectives will be the main focus (as assessed by the IDEA course evaluation system: <b>Essential:</b> Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course. <b>Important:</b> <ol style="list-style-type: none"><li>1. Learning how to apply course material (to improve thinking, problem solving, and decisions).</li><li>2. Gaining factual knowledge (terminology, classifications, methods, trends).</li></ol>
<b>Textbooks/Materials</b>	Robertson, D. G. E., Caldwell, G. E., Hamill, J., Kamen, G., & Whittlesey, S. N. (2013). Research methods in biomechanics, 2nd ed. Champaign, IL: Human Kinetics. ISBN 978-0-7360-9340-8  Webcam and microphone  Calculator with trigonometric functions.  Various handouts, articles, etc. throughout the semester  You must use your <b>SHSU email account or go through Blackboard.</b>
<b>Course Format</b>	Online with lab day

**Course Goal:** To develop basic competencies associated with research and practice-based data collection and how the settings relate and differ.

## Course Objectives:

After successful completion of this course, each student will be able to:

- A. Demonstrate competency in conducting research in exercise science/sport and human performance.
- B. Explain the importance of research ethics.
- C. Create an institutional review board protocol.
- D. Create an informed consent.
- E. Demonstrate competency on selected pieces of laboratory equipment.
- F. Distinguish how the process of data collection differs for research versus applied settings.
- G. Plan a research project.
- H. Prepare a manuscript for publication in an appropriate setting for the student's career path.

## Lab Day: April 9, 2018

### Lab Day Policy (updated for Fall 2017)

- All students enrolled in any of our SHP courses will be required to complete CITI training - "Social and Behavioral Research Students or (for Faculty)" <http://www.shsu.edu/dotAsset/61740e04-e6fc-4ab4-a99c-99933c76a7fd.pdf>.
- This certificate will be due by a minimum of 1 month before the lab days. \*\*Once you have completed the CITI training it is good for 5 years. You can just submit your certificate for each class once it is completed.
- A critical aspect of the Sport and Human Performance program is hands-on experience. This is why we have kept the lab day component while the majority of the program is held online. As the program has now grown too large to accommodate all students coming for a single lab day, please note the following. The 'lab day' and lab day assignments will still account for at least 10% of your grade if this course is part of the lab day for the semester. This specific course may not be part of the lab day for this semester. If this is the case, there may not be lab day assignments for the course. In lieu of lab day assignments, course assignments will provide related application and/or research experiences.
  - If you require rescheduling you will need to provide all of your SHP professors a minimum of 2 weeks notice. If you miss the scheduled lab day due to a last minute University approved absence, you are required to contact your professors immediately. Lab makeups will only be scheduled for extreme reasons and will be arranged through your professor.
- The lab days are physically at the SHSU Sport and Human Performance Center for Research and Testing, in the Health and Kinesiology Center (HKC), room 248, 249, & 147. These days will be set and announced at the beginning of each semester, but scheduled during the last 1/3 of the semester. This will allow time to arrange your work and life schedule so that you can attend on the set days.
- You will also be required to prepare for lab days which will include assignments, watching videos, creating videos, using apps or computer programs, etc. During your lab days you will use the equipment for testing and/or data collection, as well as report, submit, and discuss these preparatory assignments.
- You are required to wear/bring athletic attire and be prepared to use the lab equipment.

- During on-campus activities and exams/quizzes, students will be required to store their belongings in open areas, which may include bins and/or shelves. These dates will be available in advance on the class schedule and/or arranged with the professor. Please plan accordingly in order to properly store your valuables.
- The lab day for spring 2018 will be Monday, April 9 (9am – 3:30pm with a lunch break).
  - Tentative schedule: 8:30-9:00 Ice Breaker, Intro, 9 – 9:30; Equipment/Data Collection 9:30-12:00; 12:00-1:00 Lunch/Break, 1:00-2:30 Research Development, Presentations 2:30-3:30.

### **Course Expectations:**

- 1) **Attendance:** This is an online class. Participation will be noted by examining log-in information.
  - 2) **Professionalism/Participation:** It is expected that students be active, enthusiastic, and collegial participants. Disruptive behavior will result in the student being asked to refrain from interacting with classmates for a specified period. A second violation and the student will be dropped from the class.
  - 3) **Examinations and Assignments:** Exams will be administered only on the specified dates. No make-up exams will be given; however, the instructor reserves the right to give make-up exams because of unforeseen valid emergencies which can be officially documented in writing. Assignments are due by the end of the day (11:59PM) on the assigned date unless otherwise specified. Late assignments will not be accepted. Assignments must be turned in electronically unless otherwise specified.
    - a) **"Oops Card":** Each student will be granted one "Oops Card". This can be used to submit one assignment late. You must indicate you will use the "Oops Card" prior to the assignment submission deadline. The assignment is due 48 hours after the original due date. This is the only time late assignments will be accepted. Use it wisely. The "Oops Card" may not be used for examinations (quizzes) or discussion boards.
    - b) **Grading Policy:** I am happy to review your grade on any assignment or test. However, keep in mind that the grade following review will stand even if it is a LOWER score. Should you wish for me to review the grade on an assignment or test, you must provide via EMAIL a written explanation of why you think your score was unjustified including specific references to assignment directions, relationship to the rubric (if applicable), parts of the assignment/test you believe to be of issue, and justification/explanation based upon the textbook, other assigned materials, or materials cited in your assignment. Appeals must be submitted within one week of the posting of the grade.
    - c) **Make-up Policy:** Late assignments are not accepted with the exception of the use of the "Oops Card" (allows a single assignment to be submitted 48 hours after the initial due date, professor must be notified prior to the initial due date, may NOT be used on discussion board, quizzes, or exams). All electronically submitted assignments are allowed a 1 hour grace period to allow for potential computer issues. Assignments submitted more than 1 hour following the due date and time will not be graded and will receive a 0. Exams/quizzes are given on the given date/time or during the given window for online quizzes and exams. Make-up exams will not be given. However, the instructor reserves the right to allow make-up exams because of unforeseen valid emergencies which can be officially documented in writing.
1. **Exam Information**

Exams will be administered only on the specified dates. You will have a 2 day window to begin your exam using ProctorFree, but each exam will have a 15-45 minute time limit.

You will also need a WEBCAM for this course when you take exams and for your final assignment. The Webcam

will need to be connected to your computer or laptop. Exams are to be taken using ProctorFree and no outside help (closed book = no notes, no book, no websites and no other outside help).

- If you use additional resources, including but not limited to, websites, cell phones, electronic devices, books, notes, etc... while taking your exam I will propose you receive a 0 for the exam grade.
- If you do not use ProctorFree I will propose you receive a 0 for your exam grade and you will have to take the comprehensive exam.
- If you **do not record an exam with** ProctorFree you will have to take the COMPREHENSIVE makeup exam during the last week of classes.
- Cell phones are not to be used at any time during your exam. Be sure to have an actual calculator for any calculations on the exam.
- If there are any violations recorded during the comprehensive makeup exam I will propose you are given a 0 on the comprehensive exam.
- There is a delay between when I grade your exam and when I complete the review of your exam videos so your grade may be proposed to change to a 0 at a later time in the semester if you have violated any of the above points, even if you previously had a higher score recorded.
- You will be contacted if a violation occurs and will have the right to due process which will include submitting documentation to the Dean of Students regarding the incident(s).

Exams will identify IDEA Objectives:

- 5 **Gaining a basic understanding of the subject** (e.g. factual knowledge, principles, methods, or theories)
- 5 Learning to **apply course material** (to improve thinking, problem solving, and decisions
- 5 **Developing specific skills**, competencies, and points of view needed by professionals in the field most closely related to this course.

- 4) Exam Proctoring: Students enrolled in this course are expected to complete proctored exams. Exam proctoring services at Sam Houston State University are provided by the DELTA Center, free of charge to SHSU distance education students, via ProctorFree®. If a proctoring service beside ProctorFree, is utilized (such as ProctorU®) it will be the student's responsibility to schedule and pay for such service.

Technical Requirements for ProctorFree

	PC Users	Mac Users
Operating System	Windows Vista, 7 or 8 (prefer 8.1 for windows 8)	OS X 10.8+ Snow Leopard, with a target of OS X 10.9 Mavericks.
Installation Space	2GB Hard Drive, 1GB Ram	2GB Hard Drive, 1GB Ram
JAVA	JVM 1.7 or higher	Open JAVA 1.7 or higher
Hardware	Microphone, Keyboard, Mouse, Webcam	Microphone, Keyboard, Mouse, Webcam
Web Browser	Firefox 13+ Chrome 18+ Safari 6.x+ Internet Explorer 8+	Firefox 13+ Chrome 18+ Safari 6.x+ Internet Explorer 8+
Tech Support	Please call or email (855-759-6569) or <a href="mailto:support@proctorfree.com">support@proctorfree.com</a> 24/7/365. Or, contact the SHSU Online Support Desk at 936-294-2780 or <a href="mailto:blackboard@shsu.edu">blackboard@shsu.edu</a> .	

- 5) **Class Materials:** The textbooks are a requirement of the course. Additional materials may be assigned. You are responsible for reading the materials assigned. Any and all materials assigned are “fair game” for exams. You are expected to read the material before and be prepared to discuss the material assigned in class. You are also expected to complete all readiness activities before the associated class. Failure to do so may result in removal from the classroom.
- 6) **Sexual Harassment:** In accordance with administrative policy, sexual harassment is reprehensible and will not be tolerated by the university. Behavior in the course must conform to the university policy.
- 7) **Drop/add/withdraw:** It is your responsibility to make sure that you are officially enrolled in this course. If, at any point, you decide to attend this course no longer, it is your responsibility to officially drop or withdraw from enrollment. Failure to do so may result in a failing grade.
- 8) **Syllabus subject to change:** The syllabus, while a guide to provide expectations, does not and cannot cover every possible situation that may arise within a course. The instructor reserves the right to modify the syllabus should the need arise. The syllabus also does not address every possible behavior that may result in failing the course. It is your responsibility to act in a fashion befitting an adult and college student. Content may change in keeping with new research and literature, and events beyond the control of the instructor could occur. Students will be informed of any substantive occurrences that will produce syllabus changes.
- 9) **Email Etiquette:** Most communication about the course (general questions, questions about assignments, etc.) should be through the “Virtual Office” on Blackboard. Email should only be utilized for communicating about grades, etc. When communicating with me via email, you must follow the etiquette below; otherwise I reserve the right of not replying to your email.
  - a) Be sure to include a meaningful subject line, including your class number; this helps clarify what your message is about and may also help me prioritize reading your email. This determines where your email will be filed. If you have a question, indicate that in the subject line.
  - b) Just like a written letter, be sure to open your email with a greeting like Dear Dr. Didier:
  - c) Use standard spelling, punctuation, and capitalization. THERE'S NOTHING WORSE THAN AN EMAIL SCREAMING A MESSAGE IN ALL CAPS. Stay away from abbreviations and do not use emoticons (those little smiley faces).
  - d) Write clear, short paragraphs and be direct and to the point; I consider your email communication as business.
  - e) Be friendly and cordial, but do not try to joke around (jokes and witty remarks may be inappropriate and, more commonly, may not come off appropriately in email).
- 10) **Electronic submission of assignments:** Assignments must be submitted to Blackboard. Assignments must conform to the guidelines below:
  - a) Submitted in the **.docx or PDF** format. Use “save as” to make sure you are saving your files in the correct format.
    - i) Files submitted in other formats may not be graded and will receive a 0 (zero) if I am unable to open them.
    - ii) You will receive 1 warning about file format. After that, a 0 will be recorded if I cannot open the file.
  - b) Check to make sure the file attachment went through. If the attachment is not there, the assignment will be considered late. If you do not see a piece of paper by your name, the file did not attach.
  - c) Do not wait until the last minute to submit your assignment. If you are unable to upload the

assignment, it will be considered late. (There is a 1 hr grace period on assignments to allow for differences in computer time, slow uploads, etc.)

- d) Some assignments may utilize plagiarism detection, such as TurnItIn or SafeAssign. This will be set up through Blackboard and may require the assignment be submitted in 2 locations.
  - e) Assignments must be presented in a visually appealing manner (meaning, easy to read and follow) using APA 6<sup>th</sup> edition as a guideline unless the assignment specifies otherwise.
  - f) Blogs, discussion boards, journals, etc. should be completed within Blackboard (not by submitting a file). You may choose to copy and paste from a file, but please submit within the text box so your assignment is easy for everyone to view. Failure to follow this directive will count as your file warning.
- 11) **Academic Honesty:** Academic honesty is expected in all work. Ignorance is not an excuse. Penalties will include 0 points for the assignment or exam and loss of any extra credit opportunities. Failure of the course may also be used as a penalty at the discretion of the instructor.
- a) **Self Plagiarism:** "Self-plagiarism represents a significant problem in academia as it serves to undermine the learning process and outcomes that are a key feature of each course that is offered as a part of a student's curriculum. As a result, the Department of Health and Kinesiology has a strict policy in place to prevent self-plagiarism in the classroom. Self-plagiarism is defined as the submission of any type of assignment that contains content that is recycled from other assignments or a prior publication that one submits for course credit in another course.
  - i) Each instructor is provided the discretion to evaluate whether a student has engaged in self-plagiarism on a course assignment. If a student is unsure whether use of prior content would constitute self-plagiarism, they must consult with the instructor of the course within a reasonable period of time prior to the due date of the assignment. In most cases, this consultation should take place a minimum of 10 business days prior to submission. Following submission of the assignment, if the instructor deems that the student has engaged in self-plagiarism, he or she has the right to state that the student has violated Section 5.3 of The Texas State University Rules and Regulations dealing with Academic Honesty and the student is thereafter subject to any and all penalties and punishments present in the policy. This may include failure of the assignment and/or failure of the course. Additionally, the student may be referred to the Department Chair of Health and Kinesiology, the Dean of the College of Health Sciences, the Dean of Students, and/or the Provost and Vice-President for Academic Affairs for further academic review."

**Grade Appeals:** Grade appeals must be submitted within 30 days of the end of the semester (after grades are posted). Additional information may be found in the current catalog.

#### **Tentative Course Outline:**

<b>Week</b>	<b>Topic</b>
1	Start Here
2	Conducting Research
3	Research Project
4	Kinematics
5	Kinematics
6	Kinetics
7	Kinetics
8	Kinetics (Spring Recess is after this week)
9	Kinetics
10	EMG
11	Phys

12	Phys
13	Misc
14	Misc
15	Wrap Up
16	Finals Week

### **Evaluation:**

1. Start Here (15)
  - a. Icebreaker DB: 10
  - b. Syllabus Quiz: 10
2. Research Process (25)
  - a. CITI Training: 10
  - b. Ethical Research Blog: 10
  - c. Topic DB: 5
3. Lab Day (30)
  - a. Lab Day Attendance: 15
  - b. Lab Day Presentation: 10
  - c. Lab Day Reflection: 5
4. Project (100)
  - a. Refining Topic: 10
  - b. Methods: 10
  - c. IRB: 10
  - d. Outline: 15
  - e. First Draft: 20
  - f. Final Draft: 35
5. Content Modules (135)
  - a. Kinematics Quiz: 20
  - b. Kinetics Quiz: 20
  - c. Kinematics & Kinetics Research DB: 20
  - d. EMG Blog: 15
  - e. Physiological Research Quiz: 20
  - f. Miscellaneous Quiz: 20
  - g. Phys & Misc DB: 20

**Cut-off for grades: Percentage based on number rounded to the whole number (when rounded to the tenths place, 269.5 becomes 270 but 269.4 becomes 269). Percentages are NOT rounded.**

- A: 90% (270-300 points)
- B: 80% (240-269 points)
- C: 70% (210-239 points)
- F: < 70% (< 210 points)

Please see the current Graduate Catalog for additional information on academic requirements for graduate school: <http://www.shsu.edu/home/catalog.html>

### **University Policy and Guidelines**

#### **Academic Policies**

- a. Class attendance policy (see [SHSU Class Attendance policy AP 800401](#)) – each faculty member is obligated to clarify her/his classroom policy regarding absences in writing to each student enrolled in class.
- b. [Procedures in cases of Academic Dishonesty AP 810213](#) (be sure to include statement regarding plagiarism)
- c. [Academic Grievance Procedures for Students AP 900823](#)
- d. [Students with Disabilities AP 811006](#)
- e. [Student Absences on Religious Holy Days AP 861001](#)
- f. [Use of Telephones and Text Messengers in Academic Classrooms and Facilities AP 100728](#)

**OR FOLLOW THE LINK TO THE ADDITIONAL INFORMATION** <http://www.shsu.edu/syllabus/>