UNIVERSITY OF ARKANSAS RICH MOUNTAIN
EXSC 2733
Introduction to Exercise Science
Fall 2022

Class Time: TR 9:30-10:45
Location: Maddox 154
Instructor: Maria Sturluson, M.S. – Exercise Science, B.S. – Kinesiology
Office: Bucks Training Center
Office Hours: By Appointment
Office Phone #: 479-394-7622 – Ext. 1663
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Prerequisite: NONE

Materials:
Exercise Physiology: Nutrition, Energy, and Human Performance, 8th ED
ACSM's Resources for the Personal Trainer, 5th ED
You will need a calculator for this course.

Course Description:
This class is a 3-credit hour course that will help students in preparation to enter their profession as we will cover the introductory topics for Exercise Science, Sports Management, Physical Education, and other related majors. In addition to learning about specific topics, students will prepare their resumes and make a formal presentation at the end of the semester.

Course Objectives:
- To identify potential career choices in the exercise science field
- To define and understand key elements in exercise science
- To learn concepts and the importance of physical activity to maintain a healthy lifestyle
- To understand the relationship between nutrition and a healthy lifestyle
- To learn to calculate caloric intake needs, BMI, and body composition
- To be able to locate anatomical positions and landmarks
- To define and understand muscle movements
- To understand the different energy systems and how they apply to different sports

Course Conduct:
This course is conducted through weekly readings, lectures, homework assignments, and quizzes. A student cannot pass this course without completing the course project and each of the three exams.
The students are encouraged to form study groups. You may seek assistance with homework from Student Support or the instructor. If a student is having extreme difficulty with any of the class material, please make an appointment with the instructor to discuss it. Please expect a minimum of nine hours of work in this class (this includes time in class).

UARM Credit Hour Calculator:
For every course credit hour, the student should expect to spend at least three clock hours per week of concentrated attention on course-related work, including but not limited to time attending class, as well as out-of-class time spent reading, reviewing, organizing notes, preparing for quizzes or exams, and other activities that enhance learning. For a three-hour course the student should expect to spend at least nine hours per week dedicated to the course (this includes time spent in class)

Grading:

Homework Assignments:	60%
Quizzes:	10%
Project:	15 %
Exams:	15%
Total:	**100%**

Grading Scale:
A= 90-100 %
B= 80-90 %
C= 70-80 %
D= 60-70 %
F= 60 % or below

Homework Assignments:
These assignments are worth a total of 60% of the student's grade. Examples of homework assignments may include, but are not limited to, case studies, study questions, and calculations. These homework assignments are designed to ensure that the student can apply the concepts covered in class.

Quizzes:
There will be quizzes over the material covered in class which will be worth 10% of the student's grade. The goal of these quizzes is to make sure that the student is reading over the chapters given. There will be some online quizzes and there will be some in-class quizzes – the student will have **one** attempt to take each quiz.

Project:
This project is worth 15% of the student's grade. It is designed for the student to apply and connect the concepts covered in class. Creativity in this project much appreciated!

Exams:
There will be a total of three exams in this class (two exams, one final). All three exams are worth 15% of the student's grade and must be taken in-class. The student must bring a pencil and calculator for each test. The exams will consist of multiple choice, true/false, matching, and/or short answer questions. All three exams must be completed in order to pass the course.

Grading Policy:

- Students are expected to complete all required assignments by the completion date and time assigned by the instructor. LATE ASSIGNEMENTS WILL NOT BE ACCEPTED. This policy is strictly enforced to facilitate professional skill development. You will be given a zero (0) for any work missed.
- When assignments are submitted online, please make sure they're submitted as a word document or PDF file.
- It is required for you to take **ALL THREE** exams in order to pass the class.
- Grades are based on the total amount of points earned in the course. For final grades, I do round up **IF** you've been turning in assignments, quizzes etc. on time and been showing up to class on time.
- Basically, what I'm saying is: turn in your work and show up on time and you'll do great in this class!

Plagiarism:

"Plagiarism is the presentation of the works, words, or ideas of others as one's own, or the use of others' works, words, and ideas without giving proper acknowledgment."
It is expected that every assignment will be done by the student him-/herself. Academic plagiarism/cheating will not be tolerated in this or any other class at the University of Arkansas Rich Mountain.

Attendance:

This class is an IN-PERSON class; therefore, the student is expected to be in class on time, every time. It is the student's responsibility to immediately contact the instructor if they will be missing class for any reason (sickness, travel, isolation, quarantine, etc.). If a student misses more than 4 classes during the semester, the student will drop a letter grade.
If you are an athlete and will be missing class for travel/games, please inform the instructor and provide a travel/game schedule at the beginning of the semester.
There will be extra credit provided at midterm (25 points) and at the end of the semester (25 points) if the student has zero absences. That means if the student shows up to every single class throughout the entire semester, they'll be given a total of 50 extra credit points.

COVID Policy:

Unfortunately, we do still live in a world where COVID impacts us. Therefore, if a student has been contact-traced or is displaying symptoms, it is the student's responsibility to email the instructor if they will not be attending class. A student who is showing symptoms must email: contact.tracing@uarichmountain.edu to determine the next steps for an excused absence related to COVID or flu. With that being said, contacting an instructor will not guarantee an excused absence.

Face Mask Policy:

It is encouraged but not required to wear face masks in class or public spaces on campus.

Americans with Disabilities Act (ADA) Statement:
UA Rich Mountain adheres to the requirements of the Americans with Disabilities Act. If you need an accommodation under this Act due to a disability, please contact the Vice Chancellor for Student Affairs, 394-7622 Ext. 1400.

Title IX and Non-Discrimination Policy:
UA Rich Mountain adheres to a policy that enables all individuals, regardless of race, color, gender, national origin, age, religion, sexual orientation, veteran's status, or disability, to work and study in an environment unfettered by discriminatory behavior or acts. Harassment of an individual or group will not be condoned, and any person (student, faculty, or staff member) who violates this policy will be subject to disciplinary action.
Harassment that is considered discriminatory includes actions or conduct (verbal, graphic, gestural, or written) directed against any person or group with the intent to demean or create a hostile or threatening environment. It is not the intent of this policy to infringe upon or limit educational, scholarly, or artistic expression. Any person who believes he or she has been discriminated against should contact the Title IX Coordinator to obtain assistance and information concerning the filing of a complaint.
At the same time the university prohibits discriminatory practices, it promotes equal opportunity through affirmative action. Non-discriminatory affirmative action equal opportunity policies apply to recruitment, hiring, job classification and placement, work conditions, promotional opportunities, demotions/transfers, terminations, training, compensation, choice of contractors and suppliers of goods and services, educational opportunities, disciplinary action, recreational and social activities, use of facilities, housing, and university-sponsored programs. For more information please to go https://www.uarichmountain.edu/title-ix-policy

Arkansas Clean Air Act:
In compliance with the Arkansas Clean Air Act, the University of Arkansas Rich Mountain is a smoke and tobacco free campus. Faculty, staff, students, and guests are to refrain from the use of tobacco products while on campus.

Student Misconduct:
Students committing misconduct are subject to disciplinary sanction(s) and/or restrictions. Misconduct or prohibited behavior includes, but is not limited to, endangerment, harassment, disruption, sexual misconduct, dishonesty, illegal drugs and/or alcohol, fire and safety issues, gambling, property violations, computer violations or other violations as listed in detail in the UARM catalog.

Academic Calendar:
Please be aware of the important dates listed on the Academic Calendar on the school's website: https://www.uarichmountain.edu/academic-calendar-final-exam-schedule

Food and Drinks:
Students are encouraged not to drink or eat in classrooms.

UA Rich Mountain Mission:
The University of Arkansas Rich Mountain provides transformative education to all learners.

Course Calendar (Subject to Change!!)
Fall 2022:

Week #:	Chapter(s)/Topics:	Assignments:
Week 1 (August 23-25th)	T: Syllabus & Introductions R: No Class – Online Assignment Due	Sunday (8/28): Syllabus Quiz + Homework Assignment Due
Week 2 (Aug. 30th – Sep. 1st)	T: Intro to Exercise Science R: Body Composition (Ch. 28)	Sunday (9/4): Quizzes + Homework Due
Week 3 (September 6-8th)	T: Essentials of Movement (Bones, muscles, and joint movements) R: Skeletal Muscle (Ch. 18)	Sunday (9/11): Quizzes + Homework Due
Week 4 (September 13-15th)	T: Fitness Assessment R: Fitness Assessment (Meet in the Weight Room)	Sunday (9/18): Quizzes + Homework Due
Week 5 (September 20-22nd)	T: Weight-Control/Obesity (Ch. 29/30) + Exam Review R: **Exam #1**	Sunday (9/25): Quizzes + Homework Due
Week 6 (September 27-29th)	T: Intro to Nutrition (Ch. 1-3) R: Carbohydrates & Protein	Sunday (10/2): Quizzes + Homework Due
Week 7 (October 4-6th)	T: Fats R: Vitamins, Minerals, & Water	Sunday (10/9): Quizzes + Homework Due
Week 8 (October 11-13th)	T: Energy & Activity (Ch. 4-6) R: Energy Expenditure (Ch. 9-10)	Sunday (10/16): Quizzes + Homework Due
Week 9 (October 18-20th)	T: Cardiovascular System (Ch. 15-16) R: Cardiovascular System (Ch. 15-16)	Sunday (10/23): Quizzes + Homework Due
Week 10 (October 25-27th)	T: Activity in High Altitude (Ch.24) R: **Exam #2**	Sunday (10/30): Quizzes + Homework Due

Week 11 (November 1-3rd)	T: Anaerobic vs Aerobic Training (Ch. 21) R: Energy Systems (Ch. 7)	Sunday (11/6): Quizzes + Homework Due
Week 12 (November 8-10th)	T: Muscular Strength – Training to Become Stronger (Ch.22) R: Continued – Meet in the Weight Room	Sunday (11/13): Quizzes + Homework Due
Week 13 (November 15-17th)	T: Hormones (Ch. 20) R: Hormones (Ch. 20)	Homework will be turned in Thursday (11/17) before break.
Thanksgiving Break (November 21-25th)	Thanksgiving Break	No school, no homework!
Week 14 (Nov. 29- Dec. 1st)	T: Biomechanics R: How to Program a Workout/Workout Routine	Sunday (12/4): **Final Project Due**
Week 15 (December 6-8th)	T: TBD R: Final Exam Review	Sunday (12/11)
Week 16 (Finals Week)	**Final Exam** Tuesday 12/13: Covers All Chapters and Material Covered in Class	