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Lectures: Online: Asynchronous delivery  
Labs: Online: Asynchronous delivery

NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via OWL. Check the website regularly for course announcements.

Calendar Course Description (including prerequisites/anti-requisites):
This course focuses on experiments designed to highlight the physiological response to exercise and to introduce basic techniques for fitness evaluation.

Prerequisite(s): Kinesiology 2230A/B. Priority to BSc Honors Specialization Kinesiology students.  
Corequisite(s): Kinesiology 3337A/B.  
Extra Information: 2 laboratory hours, 1 tutorial hour.

You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course.

Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

NOTE: If you wish to enroll in this course without the stated pre-requisite(s), you must obtain written approval from the course instructor. The approval should then be forwarded to your academic counsellor.

Calendar Description: This course focuses on experiments designed to highlight the physiological response to exercise, and to introduce basic techniques for evaluation and monitoring of these responses.
Course Description: This course introduces techniques used in exercise, research and fitness settings for evaluating and monitoring a person’s physiological response to exercise of varying intensities to better understand how the laboratory protocols and techniques can be used to assess underlying physiological and metabolic responses to exercise. Laboratory protocols are designed as “mini-experiments” and students are required to analyze data and to describe and interpret the data to reflect the underlying “physiology and metabolism” of the response. The course is designed to be formative in nature, where lab data and protocols will be written-up and submitted as portions of “manuscript-style” reports. Students will receive feedback on written work to allow them to develop scientific writing skills to analyze and interpret data collected in the laboratory in context of the published literature. These formative skills will be utilized when students submit two full “manuscript-style” lab reports. All students are expected to participate in laboratory modules, assignments, and lectures.

Learning Objectives:
Upon completion of this course students will be able to:
1. have a better understanding of the physiological and metabolic responses i) associated with non-steady-state and steady-state exercise, and ii) at different intensities and domains of exercise
2. understand specific laboratory equipment and techniques for measuring and monitoring the physiological and metabolic responses to exercise
3. understand the underlying physiological and metabolic principles underlying standard testing procedures
4. analyze data collected in a laboratory setting, and interpret these data to help understand the underlying “physiology and metabolic” processes
5. communicate scientific information in a written report – i.e., describe and report data and findings collected in a laboratory setting and explain and compare these responses using information (i.e., data, ideas) from the published literature.

Lecture Schedule:
<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td>September 9</td>
<td>Course Introduction</td>
</tr>
<tr>
<td>September 15</td>
<td>Components of a Research Paper</td>
</tr>
<tr>
<td>September 22</td>
<td>Introduction and Methodology</td>
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<tr>
<td>September 29</td>
<td>Incremental Exercise Testing</td>
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<tr>
<td>October 6</td>
<td>Results and Discussion</td>
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<tr>
<td>October 12</td>
<td><strong>Thanksgiving</strong></td>
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<tr>
<td>October 13</td>
<td>Anaerobic Power Testing</td>
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<tr>
<td>October 20</td>
<td>Critical Power Testing</td>
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<tr>
<td>October 27</td>
<td>Practical Statistics</td>
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<tr>
<td>November 2-8</td>
<td><strong>Reading Week</strong></td>
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<tr>
<td>November 10</td>
<td>Mechanical Efficiency Testing</td>
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<tr>
<td>November 17</td>
<td>Citations and Plagiarism</td>
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<tr>
<td>November 24</td>
<td>EPOC Testing</td>
</tr>
<tr>
<td>December 1</td>
<td>Scientific Grammar</td>
</tr>
<tr>
<td>December 8</td>
<td>Peer-Review Process</td>
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<tr>
<td>December 11-22</td>
<td><strong>Final Exam Period</strong></td>
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Course Format:
The lecture will support the laboratory protocols and will provide an overview of the laboratory topic with a discussion of the physiology and theory pertaining to the laboratory and will discuss the stages of creating scientific reports.

The laboratory protocols are intended to reinforce information covered in previous exercise physiology classes and to introduce new material important to the exercise physiology field and that possibly will be discussed in more detail in advanced courses. A brief overview describing the laboratory protocol will be presented at the beginning of each laboratory session and will emphasize set-up, use and care of equipment. It is essential that students prepare for the laboratory sessions having read the relevant material (posted on the course OWL website).
It is important that students check the course OWL on a regular basis for information pertaining to the lecture and laboratory sessions and assignments.

Course Recommended, Required and Supplementary Textbooks:
There is no required textbook for the course. Course Laboratory Manual: laboratory protocols and assigned readings will be posted on the Kin 3330 course OWL.

Course Evaluation:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Value (%)</th>
<th>Due Date</th>
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</thead>
<tbody>
<tr>
<td>Mini Report: Introduction</td>
<td>5</td>
<td>October 6</td>
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<tr>
<td>Mini Report: Results</td>
<td>5</td>
<td>October 20</td>
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<tr>
<td>Mini Report: Discussion</td>
<td>5</td>
<td>October 30</td>
</tr>
<tr>
<td>Lab Report #1</td>
<td>20</td>
<td>November 17</td>
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<tr>
<td>Lab Report #2</td>
<td>30</td>
<td>December 8</td>
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<tr>
<td>Laboratory Quizzes</td>
<td>5</td>
<td>October 27</td>
</tr>
<tr>
<td>Theory Exam</td>
<td>25</td>
<td>November 29</td>
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Assignments are due as stated in the course syllabus and will not be accepted late, except under medical or other compassionate circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. A missed mid-term examination, without appropriate documentation will result in a zero (0) grade. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents, illness or death) or similar circumstances.

NOTE the following important dates:

**Fall 2020**
- First term begins: Wed Sept 9/20
- Thanksgiving: Mon Oct 12/20
- Fall Study Break: Mon Nov 2 to Sun Nov 8/20
- Last Day of Class: Wed Dec 9/20

Course/University Policies

1. **Statement on Use of Personal Response Systems (“Clickers”)**
   If Personal Response Systems (“Clickers”) are used in the course, a reference to the Guidelines for their use (Guidelines are shown below). Instructors are to communicate clearly to students information on how clickers are used including: how the student's privacy will be protected, how clickers may be used by the instructor for data gathering and for evaluating the students, and why they cannot be used by anyone but the student (since the students involved in misuse of a clicker may be charged with a scholastic offence).

2. **Academic offences**: They are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site: https://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf

   A) Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar). All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com http://www.turnitin.com
B) Computer marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

3. **Electronic Device Usage:**

   **During Exams** - Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any of the following electronic devices during ANY of the tests, quizzes, midterms, examinations, or other in-class evaluations: cellphones, smart phones, smart watches, smart glasses, audio players or recorders of any sort, video cameras, video games, DVD players, televisions, laptop/notebook/netbook computers, flashlights or laser pointers.

   **During Lectures and Tutorials:** Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. Please be respectful to your fellow students and turn the sound off. If the professor receives complaints from other students regarding noise or other disruptive behavior (e.g. watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom privileges will be revoked. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. **Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**

4. **Health and Wellness:**

   Information regarding health and wellness-related services available to students may be found at [http://www.health.uwo.ca/](http://www.health.uwo.ca/).

   Students who are in emotional/mental distress should refer to Mental Health@Western ([http://www.health.uwo.ca/](http://www.health.uwo.ca/)) for a complete list of options about how to obtain help.

5. **Support Services**

   There are various support services around campus and these include, but are not limited to:
   1. **Student Development Centre** -- [http://www.sdc.uwo.ca/SSD/](http://www.sdc.uwo.ca/SSD/)
   2. **Student Health & Wellness** -- [http://www.health.uwo.ca/](http://www.health.uwo.ca/)
   4. **Ombudsperson Office** -- [http://www.uwo.ca/ombuds/](http://www.uwo.ca/ombuds/)

6. **Accommodation, Illness Reporting and Academic Considerations:**

   [http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12)

   **Accommodation Policies**

   Students with disabilities work with Accessible Education (formerly SSD) which provides recommendations for accommodation based on medical documentation or psychological and cognitive testing. The accommodation policy can be found here: [Academic Accommodation for Students with Disabilities](http://www.health.uwo.ca/).

   **Academic Consideration for Student Absence**

   [https://www.uwo.ca/fhs/kin/undergrad/academic/consideration/index.html](https://www.uwo.ca/fhs/kin/undergrad/academic/consideration/index.html)

   Students will have up to two (2) opportunities during the regular academic year to use an on-line portal to self-report an absence during the term, provided the following conditions are met: the absence is no more than 48 hours in duration, and the assessment for which consideration is being
Generally, students can expect some form of feedback on their performance in a course before the drop date.

- November 12th, 2020 (for first term half-courses)
- November 30th, 2020 (for full-year courses)
- March 7th, 2021 (for second term half- or full year courses)
A+ 90-100 One could scarcely expect better from a student at this level
A  80-89 Superior work that is clearly above average
B  70-79 Good work, meeting all requirements and eminently
C  60-69 Competent work, meeting requirements
D  50-59 Fair work, minimally acceptable.
F  below 50 Fail

Rounding of Grades (for example, bumping a 79 to 80%): This is a practice some students request. This practice will not occur here. The edges of this course are clear and sharp. The mark attained is the mark you achieved and the mark assigned; there is no rounding to the next grade level, or ‘giving away’ of marks. Please don’t ask me to do this for you; the response will be “please review the course outline where this is presented”.

9. Contingency Plan for an In-Person Class Pivoting to 100% Online Learning: In the event of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction, all remaining course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on OWL for students to view at their convenience). The grading scheme will not change. Any remaining assessments will also be conducted online as determined by the course instructor

10. Online Etiquette: Some components of this course will involve online interactions. To ensure the best experience for both you and your classmates, please honour the following rules of etiquette:
- please “arrive” to class on time
- please use your computer and/or laptop if possible (as opposed to a cell phone or tablet)
- ensure that you are in a private location to protect the confidentiality of discussions in the event that a class discussion deals with sensitive or personal material
- to minimize background noise, kindly mute your microphone for the entire class until you are invited to speak, unless directed otherwise
- [suggested for classes larger than 30 students] In order to give us optimum bandwidth and web quality, please turn off your video camera for the entire class unless you are invited to speak
- [suggested for cases where video is used] please be prepared to turn your video camera off at the instructor’s request if the internet connection becomes unstable
- unless invited by your instructor, do not share your screen in the meeting

The course instructor will act as moderator for the class and will deal with any questions from participants. To participate please consider the following:
- if you wish to speak, use the “raise hand” function and wait for the instructor to acknowledge you before beginning your comment or question
- remember to unmute your microphone and turn on your video camera before speaking
- self-identify when speaking.
- remember to mute your mic and turn off your video camera after speaking (unless directed otherwise)

General considerations of “netiquette”:
- Keep in mind the different cultural and linguistic backgrounds of the students in the course.
- Be courteous toward the instructor, your colleagues, and authors whose work you are discussing.
- Be respectful of the diversity of viewpoints that you will encounter in the class and in your readings. The exchange of diverse ideas and opinions is part of the scholarly environment. “Flaming” is never appropriate.
- Be professional and scholarly in all online postings. Cite the ideas of others appropriately.

Note that disruptive behaviour of any type during online classes, including inappropriate use of the chat function, is unacceptable. Students found guilty of Zoom-bombing a class or of other serious online offenses may be subject to disciplinary measures under the Code of Student Conduct.
11. **Online Learning Support**  
If you require support with online learning tools and resources, please refer to the Faculty of Health Sciences Online Teaching and Learning Support [Jira request links](#) for students.

12. **Student Code of Conduct**  
The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed and set out the disciplinary procedures that the University will follow. For more information, visit [https://www.uwo.ca/univsec/pdf/board/code.pdf](https://www.uwo.ca/univsec/pdf/board/code.pdf)