

**HDPE 222-01: Foundations of Exercise Science
Spring 2008**

Instructor: Dawn S. Tarabochia
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Office Hours:
Monday 11:00 a.m. - 1:00 p.m.
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And by Appointment

Teaching Assistant: Rochelle Kirwan
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Office: Herrick Hall, The Basement, Room 6.
Office Hours: T / R 12:30 – 1:30 p.m.

Course Information

Time: T / R 9:30 – 10:45 a.m.
Location: Reid 105
Credit: 3 hours

Required Text

Kamen, G. (Ed.), Foundations of Exercise Science, Lippincott Williams & Wilkins: Philadelphia, 2001.

Course Description

Exercise Science encompasses a growing number of sub-disciplines, each aimed at integrating the unique demands of movement and the basic science associated with the sub-discipline. The aim of this course is for students to learn the science of exercise and movement by demonstrating knowledge of the major sub-disciplines from the prospective of definition, basic science, and application to health, fitness, athletic performance. Exercise physiology, sports nutrition, health, biomechanics, sports psychology and motor/neural control of movement will be examined in detail. The major goals of this course are for students to:

1. Understand the field of exercise science and how the sub-disciplines relate to each other.
2. Demonstrate knowledge of the basic science concepts specific to each sub-discipline
3. Demonstrate ability to apply basic science concepts to exercise, movement, and health.
4. Gain knowledge of key exercise science issues relating to the adaptations that occur in response to changes in activity levels and athletic training.

WebCT

Students can access syllabus, assignments and other handouts via WebCT (webct.montana.edu). Instructions for WebCT uses are available through the “Student Quick Resource Guide” found at the website and “Problems Logging On” will give information on user ID and password. Go to a help session if you have difficulty logging into WebCT and getting the course materials.

Grading

Essay Response to Questions / Projects

- To promote thoughtful application of course material to practical situations, three separate questions/projects will be given to the class during the course of the semester. Students will use course materials to write an essay/project demonstrating understanding of fundamental concepts addressed by questions. Each of the three essays/projects will be worth 50 points.

Quizzes

- There will be 12 quizzes given in class and worth 10 points each. The aim of these quizzes is to encourage students to keep up on course material. Quizzes will be worth 100 points in the final grade. Points earned above 100 will be counted as bonus (extra credit) points.

Exams

- Two exams will be given during the course of the semester. Each exam will be worth 100 points.

Final Exam

- A final examination covering material from the final third of the course will be given. This exam is NOT comprehensive. The final exam will be worth 100 points. The exam must be taken on the scheduled date of
Friday, May 9 12:00 – 1:50 in Reid 105.

Summary of Grading

Essay / Projects	3 x 50 pts.	150 pts.
Quizzes	12 x 10 pts.	100 pts.
Exams	2 x 100 pts.	200 pts.
Final Exam	1 x 100 pts.	100 pts.
Total Points		550 points

Overall Grading Scale

93-100	512-550	A	77-79.9	423-439	C+
90-92.9	495-511	A-	73-76.9	401-422	C
87-89.9	478-494	B+	70-72.9	385-400	C-
83-86.9	456-477	B	67-69.9	369-384	D+
80-82.9	440-455	B-	60-66.9	330-368	D
			< 60	≤ 330	F

Student Conduct Code (according to MSU policy)

Behavioral Expectations

Montana State University expects all students to conduct themselves as honest, responsible and law-abiding members of the academic community and to respect the rights of other students, members of the faculty and staff and the public to use, enjoy and participate in the University programs and facilities. For additional information reference www2.montana.edu/policy/student_conduct/cg600.html

Collaboration

University policy states that, unless otherwise specified, students may not collaborate on graded material. Any exceptions to this policy will be stated explicitly for individual assignments. If you have any questions about the limits of collaboration, you are expected to ask for clarification.

Plagiarism

Paraphrasing or quoting another's work without citing the source is a form of academic misconduct. Even inadvertent or unintentional misuse or appropriation of another's work (such as relying heavily on source material that is not expressly acknowledged) is considered plagiarism. If you have any questions about using and citing sources, you are expected to ask for clarification.

Academic Misconduct

Section 420 of the Student Conduct Code describes academic misconduct as including but not limited to plagiarism, cheating, multiple submissions, or facilitating others' misconduct. Possible sanctions for academic misconduct range from an oral reprimand to expulsion from the university. Any form of cheating on quizzes or exams in this course will result in a score of 0 on the quiz or exam for the first offense a grade of F in the course if an additional offense occurs.

Academic Expectations

Section 310.00 in the MSU Conduct Guidelines states that students must:

- A. be prompt and regular in attending classes;
- B. be well prepared for classes;
- C. submit required assignments in a timely manner;
- D. take exams when scheduled;
- E. act in a respectful manner toward other students and the instructor and in a way that does not detract from the learning experience; and
- F. make and keep appointments when necessary to meet with the instructor.

In addition to the above items, students are expected to meet any additional course and behavioral standards as defined by the instructor.

Students with Disabilities

If you have a documented disability for which you are or may be requesting an accommodation(s), you are encouraged to contact your instructor and Disabled Student Services as soon as possible.

Student Educational Records

All records related to this course are confidential and will not be shared with anyone, including parents, without a signed, written release. If you wish to have information from your records shared with others, you must provide written request/authorization to the office/department. Before giving such authorization, you should understand the purpose of the release and to whom and for how long the information is authorized for release.

Cell Phones

Do not use your cell phone in class. This meaning talking, listening to music, texting, etc... Please be sure that your phone or ringer is turned off.

Contract of Agreement

Please understand that your enrollment and attendance in this course throughout the 2008 spring semester acts as a contract. It is understood that you agree to comply with all policies and responsibilities outlined in this syllabus.

Email

I will be using the course email list to provide you with assignments and scheduling changes. It is your responsibility to ensure through the campus system that your email address is up-to-date. Furthermore, it is your responsibility to check your email regularly.

Important Dates to Remember

Monday, January 21	No Classes
Wednesday, January 23	Last Day to Add
Wednesday, January 30	Last Day to Drop Online
Wednesday, February 6	Last Day to Drop Without a Grade
Monday, February 18	No Classes
March 10 – 14	Spring Break
Friday, March 21	No Classes
Friday, April 18	Last Day to Drop Classes
Monday, May 9	Final Exam Noon – 1:50 p.m.

Tentative Course Outline

'08	Tuesday		Thursday
		1/17	Course Review
1/22	Chapter 2 Exercise Physiology	1/24	Chapter 2 Exercise Physiology
1/29	Chapter 2 Exercise Physiology Project 1 Assigned	1/31	Chapter 4 Nutrition
2/5	Chapter 4 Nutrition	2/7	Chapter 4 Nutrition Project 1 Due
2/12	Chapter 3 Exercise Training	2/14	Chapter 3 Exercise Training
2/19	Chapter 3 Exercise Training	2/21	Exam 1 Ch. 2,4, 3
2/26	Chapter 9 Biomechanics	2/28	Chapter 9 Biomechanics
3/4	Chapter 9 Biomechanics Project 2 Assigned	3/6	Chapter 10 Biomechanics
3/11	Spring Break	3/13	Spring Break
3/18	Chapter 10 Biomechanics	3/20	Chapter 5 Health Benefits
3/25	Chapter 5 Health Benefits Project 2 Due	3/27	Chapter 5 Health Benefits
4/1	Exam 2 Ch. 9,10, 5	4/3	Chapter 13 Neural Control
4/8	Chapter 13 Neural Control	4/10	Chapter 13 Neural Control Project 3 Assigned
4/15	Chapter 14 Motor Learning	4/17	Chapter 14 Motor Learning
4/22	Chapter 14 Motor Learning Project 3 Due	4/24	Chapter 12 Sports Psychology
4/29	Chapter 12 Sports Psychology	5/1	Chapter 12 Sports Psychology
	FINAL EXAM – ch., 13, 14,12 FRIDAY MAY 9 NOON – 1:50 p.m. Reid 105		