**Introduction to Exercise Science**

**KINE 4315 Lecture and Laboratory**

**Spring 2014**

**Instructor:** Brad Heddins, M.S. **Office:** 149 Activities Bldg

**Phone:** 817-272-1335 **Office Hours:**  Monday, Wednesday 10:00 a.m.-12:00 p.m.

**e-mail:** [**heddins@uta.edu**](mailto:heddins@uta.edu) Or By Appointment

**Course:** KINE 4315 Sections 001, 002, 003, 004

**Credit:** 3 semester credit hours

**Time and Place of Class Meetings:** Lecture: Trimble Hall #115, TuTh 11:00 a.m. – 12:20 p.m. Labs meet in room 150 MAC (Downstairs Kinesiology Labs).

**Faculty Profile:** [**https://www.uta.edu/ra/real/editprofile.php?pid=441&onlyview=1**](https://www.uta.edu/ra/real/editprofile.php?pid=441&onlyview=1)

**Description of Course Content:** Classroom and laboratory experiences provide the student with an opportunity to become familiar with the assessment of physical fitness including graded exercise testing, basic ECG interpretation, body composition, muscular strength and endurance and flexibility. The student will also learn risk factor identification, exercise leadership and prescription.

**Requirements:**  Basic math skills including algebra. There is no extra credit work for this course or retaking of exams.  Attendance in lecture is not required but strongly suggested. No makeup notes will be posted. Attendance in lab is mandatory and missing lab will result in a zero for that day.

**Prerequisites:**  KINE 3315, MATH 1302

**Required Textbooks:**

ACSM’s Guideline for Exercise Testing and Prescription. Lippincott Williams & Wilkins, 9th Edition, 2013.

Dunbar C. & Saul B. ECG Interpretation for the Clinical Exercise Physiologist. Lippincott Williams & Wilkins. 2009.

KINE 4315 Lab book ($16). To be purchased at the KINE front desk the first week of class beginning August 19th at 1:00 p.m. Payments must be made by credit card or money order only. No cash transactions allowed. Not available in the bookstores.

**\* Grades and occasional notes will be posted on Blackboard.**

Other resource texts may be presented throughout the semester.

**Student Learning Outcomes:** Lecture and laboratory sessions are designed to provide the student with a scientific basis and practical application for exercise prescription for resistance training, cardiovascular conditioning and flexibility programs, health risk appraisal, aspects of fitness leadership, and special populations. This curriculum is designed to prepare the student for the exercise prescription related knowledge, skills and abilities required for the ACSM Health/Fitness Instructor Certification. The following are ACSM KSA’s addressed in this course:

1. Knowledge of and skill to demonstrate exercises for enhancing musculoskeletal flexibility.
2. Basic knowledge of exercise physiology as it relates to exercise prescription.
3. Knowledge of and ability to discuss the physiological basis of the major components of physical fitness: flexibility, cardiovascular fitness, muscular strength, muscular endurance, and body composition.
4. Knowledge of the components of fitness: cardiorespiratory fitness, muscular strength, muscular endurance.
5. Demonstrate an understanding of the components of physical fitness, the effects of aerobic and strength and/or resistance training on the fitness components and the effects of chronic disease.
6. Knowledge of the benefits and precautions associated with resistance and endurance training in adults.
7. Knowledge of common orthopedic and cardiovascular considerations for adults participants and the ability to describe modifications in exercise prescription that are indicated.
8. Knowledge of cardiovascular, respiratory, metabolic, and musculoskeletal risk factors that may require further evaluation by medical or allied health professionals before participation in physical activity.
9. Knowledge of cardiovascular risk factors or conditions that may require consultation with medical personnel before testing or training, including inappropriate changes in resting or exercise heart rate and blood pressure, new onset discomfort in chest, neck, shoulder, or arm, changes in the pattern of discomfort during rest or exercise, fainting or dizzy spells, and claudication.
10. Knowledge of respiratory risk factors or conditions that may require consultation with medical personnel before testing or training, including asthma, exercise-induced bronchospasm, extreme breathlessness at rest or during exercise, bronchitis, and emphysema.
11. Knowledge of metabolic risk factors or conditions that may require consultation with medical personnel before testing or training, including body weight more than 20 above optimal, BMI 1 30, thyroid disease, diabetes or glucose intolerance, and hypoglycemia.
12. Knowledge of musculoskeletal risk factors or conditions that may require consultation with medical personnel before testing or training, including acute or chronic back pain, osteoarthritis, rheumatoid arthritis, osteoporosis, tendonitis, and low back pain.
13. Knowledge of common drugs from each of the following classes of medications and describe the principal action and the effects on exercise testing and prescription: antihypertensives, bronchodilators, and hypoglycemics.
14. Knowledge of the health/fitness instructor's responsibilities, limitations, and the legal implications of carrying out emergency procedures.
15. Knowledge of the recommended intensity, duration, frequency, and type of physical activity necessary for development of cardiorespiratory fitness in an apparently healthy population.
16. Knowledge of the principles of overload, specificity, and progression and how they relate to exercise programming.
17. Ability to modify cardiovascular exercises based on age and physical condition.
18. Ability to determine those risk factors that may be favorably modified by physical activity habits.
19. Ability to describe the categories of participants who should receive medical clearance prior to administration of an exercise test or participation in an exercise program.
20. Ability to identify the components that contribute to the maintenance of a safe environment.
21. Ability to describe potential musculoskeletal injuries (e.g., contusions, sprains, strains, fractures), cardiovascular/pulmonary complications (e.g., tachycardia, bradycardia, hypotension/hypertension, tachypnea) and metabolic abnormalities (e.g., fainting/syncope, hypoglycemia/hyperglycemia, hypothermia/hyperthermia).
22. Ability to differentiate between the amount of physical activity required for health benefits and the amount of exercise required for fitness development.
23. Ability to teach the components of an exercise session (i.e., warm-up, aerobic stimulus phase, cool-down, flexibility).
24. Ability to calculate training heart rates using three methods: percent of age-predicted maximum heart rate, heart rate reserve (Karvonen), and RPE.
25. Ability to teach a progression of exercises for all major muscle groups to improve cardiovascular endurance.
26. Develop the fitness measurement skills required to perform physical fitness testing of aerobic capacity, flexibility, muscular strength and endurance, and body composition.
27. Acquire the skills to explain the results of a fitness evaluation to the client and set appropriate goals.
28. Develop a basic understanding of the 12 lead ECGs and single lead ECGs relating to stress testing and to the American Heart Association’s Advanced Cardiac Life Support.
29. Acquire the knowledge, skills and abilities to pursue the ACSM Health/Fitness Specialist Certification.

**Course Content:**

1. Overview of physical fitness and health in the United States.

2. Evaluation of medical history and lifestyle habits through health risk stratification.

3. Principles and techniques in fitness measurement and communication skills to effectively explain the results to a client and set goals.

4. Application of concepts and theory of exercise physiology as it applies to fitness testing.

5. Measurement and evaluation of health-related physical fitness, including body composition, flexibility muscular strength and endurance, posture, and aerobic capacity.

6. Prediction and measurement of VO2max through performance of maximal and submaximal tests for aerobic capacity.

7. Liability and emergency procedures associated with physical fitness testing.

**Description of Major Assignments and Due Dates:**

**Grading Policy:(See separate Lecture & Lab Schedule for more information)**

1. Test 1, Thursday, February 6th 20%
2. Test 2, Tuesday, March 4th 20%
3. Test 3, Tuesday, May 6th 20%
4. Lab Practical, in Lab, Weeks of 4/1 & 8 5%
5. ECG Test, April 24 15%
6. Weekly Lab Assignments & Quizzes– see lab schedule 20%

100%

**(A = 90-100%, B = 80-89%, C = 70-79%, D = 60-69%, F <60%)**

**Changes in Course Content/Format:** As the instructor for this course, I reserve the right to make changes in course content, as deemed appropriate and necessary.

**Guest Speaker Lectures:** I will try to schedule a few guest speakers during the semester. These are professionals in the Exercise Science field. Attendance for these lectures will be mandatory.

It is not the instructor’s responsibility to compute your grade throughout the semester. To compute your grade, take the total points earned for a specific part of the evaluation (exams, etc.) divided by points possible and multiply the points allotted for that part of the course by the percentage of total point earned in that section. Do the same for each part of the course grade and add the parts together, that is your score out of 100%.

**You will need your UTA ID, Scantron (882-E) and a #2 pencil for each of the major exams.**

**Bring the minimum to class on exam days; you will leave all of your belongings at the front of the room.**

**No hats, head coverings, pencil bags, drinks, calculators, electronic devices or cell phones of any kind will be allowed on exam days.**

**Cheating is not allowed. Cheating will result in your test being taken up immediately and in a zero grade for the exam. You will need to leave the room immediately and you will be written up for Academic Dishonesty. The file will then be forwarded to the Office of Student Conduct for disciplinary action. If you wish to contest the cheating incident you will need to contact the Office of Student Conduct. Cheating includes, but is not limited to, staring at another students test, using a calculator, phone, ipod, or any other electronic device during the test. Also, there will be no supplemental material such as notes of any kind allowed to be brought into the tests by the student.**

**Makeup Exams & ECG exam – 4 (20%, 20%, 20%, 15%):** There will be **no make-ups** for missed major exams, except for **university excused absences that must be turned in one week prior to the exam**. However, in cases of **extreme emergencies** contact the instructor **before the exam** and your situation will be **considered for approval or denial**. Without notification, your absence on exam day gives you a zero grade for the exam. Unless you have a university excused absence, even with notification there is no guarantee that you will be allowed to make up the exam.

**Expectations for Out-Of-Class Study:** Beyond the time required to attend each class meeting, students enrolled in this course should expect to spend at least an additional 12 hours per week of their own time in course-related activities, including reading required materials, completing lab assignments, preparing for exams, etc.

**CONDUCT IN LECTURE: Failure to comply with conduct guidelines will result in expulsion from the class that day or a zero on the lab assignment that week. Attendance in lecture is not required but highly suggested.**

**During the lecture and lab students are expected to:**

Have cell phones turned off and put up. No text messaging will be allowed.

No headphones with music players are allowed.

Laptops are allowed provided they are not a distraction to those around you. No watching videos or playing games.

\*\*You are not allowed to bring your children to the lecture hall or the lab room. In addition they cannot be left outside the room unattended to wait for the class to be over.

**Examples of improper participation include but are not limited to:**

Leaving class or lab early before the instructor dismisses class.

Sleeping, reading the paper, working on other assignments, watching videos or other inattentive activity.

**Laboratory Attendance Policy:** Lab attendance is mandatory. You must be present in lab to obtain data for the assignments. Lab data will not be given to students who do not attend lab unless they have a documented & approved University excused absence.

**Examples of Lab Absences include, but are not limited to the following:**

Not attending or arriving >10 minutes late. If you arrive late for lab you will not be allowed to participate.

Leaving lab early before the instructor dismisses class.

Not being properly dressed out for lab. Loose T-shirt or tank top, above the knee shorts, and running/tennis shoes are required for labs when we have activities.

Refusal to participate in lab activities (example: exercising, taking blood pressures and body fat analysis, being a subject for others, etc.).

**NOTE: Leaving lab early will result not only in an absence for the day but also a zero on the assignment you are to turn in the following week.**

**NOTE: Documentation for absences will not be accepted more than one week after the absence.**

**It is your responsibility to bring your student ID with you to every lab class so that you can have access to the Mavericks Activities Center when needed and for test day. You are not allowed access to the Exercise Science Research Lab in open toe shoes.**

**WEEKLY LAB ASSIGNMENTS & Quizzes (20%):** All **lab assignments** will be completed in class or, when required, turned in at the beginning of the class period on the due date. Lab assignments will not be accepted without a cover sheet. **Lab assignments** will always be due at the beginning of class one week from the date of completion of the data collection. **NO LAB ASSIGNMENTS WILL BE ACCEPTED AFTER THE FIRST 10 MINUTES OF THE LAB CLASS. IF YOU MISS A LAB WITH AN UNEXCUSED ABSENCE YOU WILL GET A ZERO FOR THAT ASSIGNMENT.**

A university excused absence or documentation (i.e. University approved activity, proof you were in jail, doctor’s note **on appropriate letterhead with appropriate signature)** is required in order to have consideration for make-up of a lab absence.

**Grade Grievances**: Any appeal of a grade in this course must follow the procedures and deadlines for grade-related grievances as published in the current undergraduate / graduate catalog. For undergraduate courses, see <http://wweb.uta.edu/catalog/content/general/academic_regulations.aspx#10>; for graduate courses, see <http://www.uta.edu/gradcatalog/2012/general/regulations/#grades>.]

**Drop Policy:** Students may drop or swap (adding and dropping a class concurrently) classes through self-service in MyMav from the beginning of the registration period through the late registration period. After the late registration period, students must see their academic advisor to drop a class or withdraw. Undeclared students must see an advisor in the University Advising Center. Drops can continue through a point two-thirds of the way through the term or session. It is the student's responsibility to officially withdraw if they do not plan to attend after registering. **Students will not be automatically dropped for non-attendance**. Repayment of certain types of financial aid administered through the University may be required as the result of dropping classes or withdrawing. For more information, contact the Office of Financial Aid and Scholarships (<http://wweb.uta.edu/ses/fao>).

**Americans with Disabilities Act:**  The University of Texas at Arlington is on record as being committed to both the spirit and letter of all federal equal opportunity legislation, including the *Americans with Disabilities Act (ADA)*. All instructors at UT Arlington are required by law to provide "reasonable accommodations" to students with disabilities, so as not to discriminate on the basis of that disability. Any student requiring an accommodation for this course must provide the instructor with official documentation in the form of a letter certified by the staff in the Office for Students with Disabilities, University Hall 102. Only those students who have officially documented a need for an accommodation will have their request honored. Information regarding diagnostic criteria and policies for obtaining disability-based academic accommodations can be found at [www.uta.edu/disability](http://www.uta.edu/disability) or by calling the Office for Students with Disabilities at (817) 272-3364.

**Academic Integrity:** All students enrolled in this course are expected to adhere to the UT Arlington Honor Code:

*I pledge, on my honor, to uphold UT Arlington’s tradition of academic integrity, a tradition that values hard work and honest effort in the pursuit of academic excellence.*

*I promise that I will submit only work that I personally create or contribute to group collaborations, and I will appropriately reference any work from other sources. I will follow the highest standards of integrity and uphold the spirit of the Honor Code.*

Instructors may employ the Honor Code as they see fit in their courses, including (but not limited to) having students acknowledge the honor code as part of an examination or requiring students to incorporate the honor code into any work submitted. Per UT System *Regents’ Rule* 50101, §2.2, suspected violations of university’s standards for academic integrity (including the Honor Code) will be referred to the Office of Student Conduct. Violators will be disciplined in accordance with University policy, which may result in the student’s suspension or expulsion from the University.

**Student Support Services**:UT Arlington provides a variety of resources and programs designed to help students develop academic skills, deal with personal situations, and better understand concepts and information related to their courses. Resources include tutoring, major-based learning centers, developmental education, advising and mentoring, personal counseling, and federally funded programs. For individualized referrals, students may visit the reception desk at University College (Ransom Hall), call the Maverick Resource Hotline at 817-272-6107, send a message to [resources@uta.edu](mailto:resources@uta.edu), or view the information at [www.uta.edu/resources](http://www.uta.edu/resources).

**Electronic Communication:** UT Arlington has adopted MavMail as its official means to communicate with students about important deadlines and events, as well as to transact university-related business regarding financial aid, tuition, grades, graduation, etc. All students are assigned a MavMail account and are responsible for checking the inbox regularly. There is no additional charge to students for using this account, which remains active even after graduation. Information about activating and using MavMail is available at <http://www.uta.edu/oit/cs/email/mavmail.php>.

**Student Feedback Survey:** At the end of each term, students enrolled in classes categorized as lecture, seminar, or laboratory shall be directed to complete a Student Feedback Survey (SFS). Instructions on how to access the SFS for this course will be sent directly to each student through MavMail approximately 10 days before the end of the term. Each student’s feedback enters the SFS database anonymously and is aggregated with that of other students enrolled in the course. UT Arlington’s effort to solicit, gather, tabulate, and publish student feedback is required by state law; students are strongly urged to participate. For more information, visit <http://www.uta.edu/sfs>.

**Final Review Week:** A period of five class days prior to the first day of final examinations in the long sessions shall be designated as Final Review Week. The purpose of this week is to allow students sufficient time to prepare for final examinations. During this week, there shall be no scheduled activities such as required field trips or performances; and no instructor shall assign any themes, research problems or exercises of similar scope that have a completion date during or following this week *unless specified in the class syllabus*. During Final Review Week, an instructor shall not give any examinations constituting 10% or more of the final grade, except makeup tests and laboratory examinations. In addition, no instructor shall give any portion of the final examination during Final Review Week. During this week, classes are held as scheduled. In addition, instructors are not required to limit content to topics that have been previously covered; they may introduce new concepts as appropriate.

**Emergency Exit Procedures:** Should we experience an emergency event that requires us to vacate the building, students should exit the room and move toward the nearest exit, which are located at the front and back of the room. When exiting the building during an emergency, one should never take an elevator but should use the stairwells. Faculty members and instructional staff will assist students in selecting the safest route for evacuation and will make arrangements to assist handicapped individuals.

**“*As the instructor for this course, I reserve the right to adjust the lecture and lab schedule in any way that serves the educational needs of the students enrolled in this course. –Brad Heddins.”***

# 

**KINE 4315 – Fall 2013 - LECTURE SCHEDULE**

**ACSM Textbook & ECG Textbook**

Lecture Date Topic

*Week 1*

January 14, 16 Syllabus, Course Structure, Lab Review–**ATTENDANCE TO DAY ONE IS HIGHLY ENCOURAGED**

**Chapter 1.** Benefits and Risks Associated with Physical Activity (pgs. 4-15)

*Week 2*

January 21, 23 ***ECG – Chapter 1.*** *Basic Terminology and Measurements*

**Chapter 2.** Pre-participation Health and Screening and Risk Stratificiation (pgs. 22-37)

**Chapter 3.** Pre-Exercise Evaluation

*Week 3*

January 28, 30 ***ECG – Chapter 2.*** *Supraventricular Rhythms I*

***ECG – Chapter 3.*** *Supraventricular Rhythms II,* ***ECG - Chapter 4.*** *Ventricular Rhythms*

**Chapter 5.** Clinical Exercise Testing (pgs. 105-123)

*Week 4*

February 4, 6 ***ECG – Chapter 11.*** *Ischemia and Infarct*

\***Test 1 – Thursday, February 6th (20%) (ACSM Chapters 1, 2, 3, 5)**

*Week 5*

February 11, 13 **Metabolic Calculations Lab Lecture – HIGHLY RECOMMENDED THAT YOU ATTEND**

***ECG – Chapter 6.*** *Atrioventricular Blocks*

*Week 6*

February 18, 20 **Chapter 6.** Interpretation of Clinical Exercise Test Data

**Chapter 4.** Health Related Physical Fitness and Interpretation (pgs. 60-94)

*Week 7*

February 25, 27 **Chapter 7.** General Principles of Exercise Prescription (pgs. 162-179)

***ECG - Chapter 5.*** *Pacemakers*

*Week 8*

March 4, 6 **\*Test 2 – Tuesday, March 4th (20%) (ACSM Chapters 4, 6, 7)**

**NO CLASS ON MARCH 6 DUE TO TESTING IN THE KINE LABS**

*Week 9*

March 10-14 Spring Break

*Week 10*

March 18, 20 ***ECG*** *–* ***Chapter 8.*** *Axis &* ***Chapter 10.*** *Conduction Defects*

***ECG – Chapter 12.*** *Miscellaneous Conditions*

*Week 12*

March 25, 27 **Metabolic Testing Lectures**

*Week 13*

April 1, 3 **Metabolic Testing Lectures**

**Chapter 9.** Exercise Prescription for patients with Cardiac Disease

*Week 14*

April 8, 10  ***Review for written portion of ECG lab test – slide review***

**Chapter 11.** Behavioral Theories and Strategies for Promoting Exercise

*Week 15*

April 15, 17 **ACSM Article Lectures – Special Topics**

*Week 16*

April 22, 24 **ACSM Article Lectures – Special Topics**

**ECG Test (15% of total grade)**

*Week 16*

April 29, May 1 April 29: Review for Final Exam, May 1: No class due to Awards Day Luncheon

*Week 17*

May 6 ***\**Final Exam-Non Cumulative Tuesday, May 6th (20%) 8:00 a.m. – 10:30 a.m.**

**Metabolic Testing Lectures, Special Topics Lectures, ACSM Chapters 9, 11**

**KINE 4315 – Spring 2014 - LAB SCHEDULE – FRIDAY LAB ONLY**

**Pop quizzes may be given throughout the semester over the reading assignments**

*Week 1*

January 14-17 Lab 1 – Resting Heart Rate and Blood Pressure Reading Assignment: ACSM Box 3.4, page 45

Demo of Labs 2 and 3.

*Week 2*

January 21-24 Lab 2 – YMCA Bicycle Test Reading Assignment: ACSM pages 78-83 Demo of Lab 3

*Week 3*

January 28-31 Lab 3 - 12 Lead ECG Reading Assignment: ECG TEXT Chapter 1

Perform 1 YMCA Bike Test

*Week 4*

February 4-7 Lab 4 – Maximal Bruce Test & Submaximal YMCA Testing (Lab Group A only)

Reading Assignment: ACSM pages 114-126

Perform 1 YMCA Bike Test

*Week 5*

February 11-14 Lab 4 – Maximal Bruce Test & Submaximal YMCA Testing (Lab Group B only)

Reading Assignment: ACSM pages 114-126

Perform 1 YMCA Bike Test

*Week 6*

February 18-21 Lab 5 – Repeat Maximal & Submaximal Aerobic Testing Perform 1 YMCA Bike Test

*Week 7*

February 25-28 Lab 6 – Skinfolds Reading Assignment: ACSM pages 60-69

*Week 8*

March 4-7 No Labs. Professor Heddins has testing in the lab

*Week 9*

March 11-14 No Labs Spring Break

*Week 10*

March 18-21 Lab 7 – Repeat Skinfolds Perform 1 YMCA Bike Test

***Turn into lab instructor your review for the ECG lab test for approval***

**Set Up and Review for Lab 8**

*Week 11*

March 25-28 Lab 8 - Metabolic Testing and Ventilatory Threshold -See Lab Book for Reading Assignment

Open lab practice for practicals

*Week 12*

April 1-4 Lab Practicals (Group A)

*Week 13*

April 8-11 Lab Practicals (Group B)

*Week 14*

April 15-18 Lab 9 Risk Stratification Reading Assignment: ACSM pages 19-34

Lab 10 - Metabolic Calculations Reading Assignment: Posted Notes

*Week 15*

April 22-25 Lab 11 - Exercise Prescription Reading Assignment: ACSM pages 162-181

*Week 16*

April 29-May 2 No labs. Attend Research Day on April 30th at 1:00, and Awards Day at 111:45 if you are graduating

**KINE 4315 – Spring 2014 - LAB SCHEDULE – TUESDAY AND THURSDAY LAB**

**Pop quizzes may be given throughout the semester over the reading assignments**

*Week 1*

January 14-17 Group A: Lab 1 – Resting Heart Rate and Blood Pressure Reading Assignment: ACSM Box 3.4, page 45

**Group B: Lab 2 – YMCA Bicycle Test Reading Assignment: ACSM pages 78-83 Group B: Demo of Lab 3**

*Week 2*

January 21-24 Group A: Lab 2 – YMCA Bicycle Test Reading Assignment: ACSM pages 78-83 Group A: Demo of Lab 3

**Group B: Lab 1 – Resting Heart Rate & BP Reading Assignment: ACSM Box 3.4, page 45**

*Week 3*

January 28-31 Both Groups: Lab 3 - 12 Lead ECG Reading Assignment: ECG TEXT Chapter 1

**Group A:** Perform 1 YMCA Bike Test

*Week 4*

February 4-7 Group A: Lab 4 – Maximal Bruce & Submaximal YMCA Testing

Reading Assignment: ACSM pages 114-126

Perform 1 YMCA Bike Test

**Group B: Lab 9 Risk Stratification Reading Assignment: ACSM pages 19-34**

*Week 5*

February 11-14 Group A: Lab 4 – Maximal Bruce Test & Submaximal YMCA Testing (Lab Group B only)

Reading Assignment: ACSM pages 114-126

Perform 1 YMCA Bike Test

**Group B:** **Lab 10 - Metabolic Calculations Reading Assignment: Posted Notes**

*Week 6*

February 18-21 Group A: Lab 5 – Repeat Maximal & Submaximal Aerobic Testing, Perform 1 YMCA Bike Test

**Group B: Lab 11 - Exercise Prescription Reading Assignment: ACSM pages 162-181**

*Week 7*

February 25-28 Both Groups Lab 6 – Skinfolds Reading Assignment: ACSM pages 60-69

*Week 8*

March 4-7 No Labs. Professor Heddins has testing in the lab

*Week 9*

March 11-14 No Labs Spring Break

*Week 10*

March 18-21 Both Groups: Lab 7 – Repeat Skinfolds Group A: Perform 1 YMCA Bike Test

***Turn into lab instructor your review for the ECG lab test for approval* Review and set up Lab 8**

*Week 11*

March 25-28 Both Groups: Lab 8- Metabolic Testing and Ventilatory Threshold - See Lab Book for Reading Assignment

Group A: Open lab practice for practicals Group B: Review of Lab 4 – ECG, Prep, Stress Test

*Week 12*

April 1-4 Group A: Lab Practicals

**Group B: Lab 4 – Max Bruce & Submax YMCA Reading Assignment: ACSM pages 114-126**

**Perform 1 YMCA Bike Test**

*Week 13*

April 8-11 Group A: Lab 9 Risk Stratification Reading Assignment: ACSM pages 19-34

**Group B: Lab 4 – Max Bruce & Submax YMCA Reading Assignment: ACSM pages 114-126**

**Perform 1 YMCA Bike Test**

*Week 14*

April 15-18 Lab 10 - Metabolic Calculations Reading Assignment: Posted Notes

**Group B: Lab 5 – Repeat Maximal & Submaximal Aerobic Testing, Perform 1 YMCA Bike Test**

*Week 15*

April 22-25 Group A: Lab 11 - Exercise Prescription Reading Assignment: ACSM pages 162-181

Group B: Open lab practice for practicals

*Week 16*

April 29-May 2 Group A: No Labs **Group B: Lab Practicals,** Attend Research Day on April 30th at 1:00, and Awards Day at 11:45 if you are graduating