

THE UNIVERSITY OF TEXAS AT EL PASO COLLEGE OF HEALTH SCIENCES
KINESIOLOGY DEPARTMENT

KIN 4312 Laboratory: Spring 2026

Teaching Instructor Information: CRN:20484

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Lab Overview:

- 6 sections related to experiments in exercise physiology.
- Each section includes a presentation, a quiz, and lab report.
- You will perform tests and experiments individually or in a group.

Grading Overview:

- The lab section for KIN 4312 is worth a total of 300 points
- 6 lab reports (150 points total)
 - Each report: 25 points
- 6 quizzes (100 points total)
 - Quizzes for sections 1,2,3, & 6: 15points
 - Quizzes are sections 4 & 5: 20 points each
- Participation in experiments: 50 points

Presentations:

- This lab will cover six sections, each focusing on experiments conducted in the field of exercise physiology.
- Each section will include background, purpose, methods, interpretation of results, and additional resources such as videos demonstrating the experiments.
- It is important to read the presentation, as the information will be essential for upcoming lab reports and quizzes.

Lab Reports:

- Each section will include an associated lab report.
- You will use the data that you will collect from each section to fill out the tables in your lab report and answer the associated questions.
- Lab reports will be due on the day before the next section at 11:59 pm Mountain Time.
Lab reports must be submitted as word documents only.
- Each lab report is worth a total of 25 points.
- **If a student is absent from the class on the respective lecture section or on the experiment day, the student will not be awarded any marks in that respective lab report.**

Quizzes:

- Each section will include an associated quiz that will be based on information from lab presentations, and the lab manual / lab reports. It is important to prepare for these quizzes beforehand, as they are a substantial part of your lab grade.

- Quizzes are individual, every student must take each quiz.
- Quizzes will be released on Blackboard and to be taken in lockdown browser.
- You must show your face and ID card and keep your web cam on before the start of the quiz to get the quiz going.

***Any fraudulent activity will led to no score on that quiz and barred from taking that quiz again.**

NOTE:

- For the article summary 1, 2, and 3 please submit the article summary modules in time in **doc.format. File DIRECTLY TO DR. MIN'S LECTURE SECTION. PLEASE DONOT SUBMIT IT IN THE LAB SECTION.**
- The class on 04/27/2026 on Bench press/ leg press/ pushups will take place in Ross Moore Building, UTEP.

- You will only get one attempt, once you begin the quiz you will have 30 minutes to complete it.
- Quizzes for sections 4 and 5 are worth more (20 points each), as they are longer sections.
- Quizzes for sections 1, 2, 3, and 6 are worth 15 points each.

Late Submissions & Technical Difficulties:

- **Late submissions of lab reports will not be accepted. However, if you experience technical difficulties or other valid issues, you must report them immediately.** No reports will be accepted more than two days (48 hours) after the due date, and you must provide evidence (e.g., a screenshot) for review.
- If you experience technical difficulties relating to quizzes, inform your TA of the issue **immediately**, and please provide evidence of the issue (such as a screen shot), so that the quiz can be reopened for you if necessary.

Due Date of Research Article Summary:

- Research article summaries in Module 1: **March 1 (by 11:5G pm)**
- Research article summaries in Module 2: **April 5 (by 11:5G pm)**
- Research article summaries in Module 3: **May 3 (by 11:5G pm)**

Scores for the article summary modules are:

- Article summary 1: **32**
- Article summary 2: **32**
- Article summary 3: **33**
- Article summary 4: **33**
- Article summary 5: **35**
- Article summary 6: **35**

<i>Date</i>	<i>Subject and Activities</i>	<i>Assignment</i>
01/26	Introduction/Body Composition (Lecture 1) Height & Weight	
02/02	Waist and Hip measurements/ Skinfold/ BIA	Lab Report #1 (02/08)
02/09	Quiz #1/ Blood pressure (Lecture 2)	
02/16	Blood Pressure in supine, standing, sitting positions, and during cycling	Lab Report #2 (02/22)
03/02	Quiz #2/ Acid-Base Balance (Lecture 3)	
03/09	Lactate threshold test	Lab Report #3 (03/15)
03/16	HOLIDAY SPRING BREAK	
03/23	Quiz #3/ Bioenergetics (aerobic and anaerobic power) (Lecture 4)	
03/30	Wingate Test/ 40 Yard dash/ stairs/ 15min run	Lab Report #4 (04/05)

04/06	Quiz #4/ Exercise Metabolism (VO2max) (Lecture 5)	
04/13	VO2max test	Lab report #5 (04/19)
04/20	Quiz #5/ Fitness Measurement (Lecture 6)	
04/27	Bench press/ leg press/ pushups	Lab Report #6 (05/03)
05/04	Quiz #6/ No class/ will be taken online	