

**THE UNIVERSITY OF TEXAS AT EL PASO COLLEGE OF HEALTH SCIENCES
KINESIOLOGY DEPARTMENT
KIN 4312 CRN 10604 Laboratory: Fall 2025**

Teaching Assistant Information:

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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.

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 at the beginning or at the end of the class.

- 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.

Lab schedule

<i>Date</i>	<i>Subject and Activities</i>	<i>Assignment</i>
09/05	Introduction Body Composition Height & Weight (Lecture 1)	
09/12	Waist and Hip measurements/ Skinfold/ BIA	Lab Report #1 (09/18)
09/19	Quiz / Blood pressure (Lecture 2)	
09/26	Blood Pressure in supine, standing, sitting positions, and during cycling	Lab Report #2 (10/02)
10/03	Quiz #2/ Acid-Base Balance (Lecture 3)	
10/10	Lactate threshold test	Lab Report #3 (10/16)
10/17	Quiz #3/ Bioenergetics (aerobic and anaerobic power) (Lecture 4)	
10/24	Wingate Test/ 40 Yard dash/ stairs/ 15min run	Lab Report #4 (10/30)
10/31	Quiz #4/ Exercise Metabolism (VO ₂ max) (Lecture 5)	
11/07	VO ₂ max test	Lab report #5 (11/13)
11/14	Quiz #5/ Fitness Measurement (Lecture 6)	
11/21	Bench press/ leg press/ pushups	Lab Report #6 (11/27)
11/28	Quiz #6/ No class/ will be taken online	

* The instructor reserves the right to modify the schedule (e.g., deadlines etc) during the semester. Students will be notified of any changes. Assignments and due dates are provided on BlackBoard.