

**THE UNIVERSITY OF TEXAS AT EL PASO COLLEGE OF HEALTH SCIENCES  
KINESIOLOGY DEPARTMENT  
KIN 4312 CRN 15343 Laboratory: Fall 2025**

**Teaching Assistant Information:**

**Name:** Dzedzorm Wormenor

**Email:** [dwormenor@miners.utep.edu](mailto:dwormenor@miners.utep.edu)

**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>
09/04	Introduction, Body Composition ( <b>Lecture 1</b> ) Height & Weight	
09/11	Waist and Hip measurements/ Skinfold/ BIA	<b>Lab Report #1 (09/10)</b>
09/18	<b>Quiz /</b> Blood pressure ( <b>Lecture 2</b> )	
09/25	Blood Pressure in supine, standing, sitting positions, and during cycling	<b>Lab Report #2 (10/01)</b>
10/02	<b>Quiz #2/</b> Acid-Base Balance ( <b>Lecture 3</b> )	
10/09	Lactate threshold test	<b>Lab Report #3 (10/15)</b>
10/16	<b>Quiz #3/</b> Bioenergetics (aerobic and anaerobic power) ( <b>Lecture 4</b> )	
10/23	Wingate Test/ 40 Yard dash/ stairs/ 15min run	<b>Lab Report #4 (10/22)</b>
10/30	<b>Quiz #4/</b> Exercise Metabolism (VO <sub>2</sub> max) ( <b>Lecture 5</b> )	
11/06	VO <sub>2</sub> max test	<b>Lab report #5 (11/12)</b>
11/13	<b>Quiz #5/</b> Fitness Measurement ( <b>Lecture 6</b> )	
11/20	Bench press/ leg press/ pushups	<b>Lab Report #6 (11/26)</b>
11/27	<b>Quiz #6/</b> 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.