



The University of Texas at El Paso
 College of Health Sciences
 Department of Kinesiology
 KIN 4323; Current Issues in Exercise Science
 Fall 2019



INSTRUCTOR: Sudip Bajpeyi, PhD; 915-747-5461; sbajpeyi@utep.edu

CLASS TIME: Monday, Wednesday 11:00AM – 12:20PM (UGLC 216)

OFFICE HOURS: Email to make an appointment
 Michelle Galvan, Teaching Assistant (HSSN 448)
mjgalvan3@miners.utep.edu

COURSE OBJECTIVES:

1. Learn to do meaningful literature search.
2. Learn how to read and interpret scientific research articles
3. Demonstrate your knowledge and understanding in current topics in Exercise Science
4. Develop an integrative approach in understanding metabolic defects (e.g. obesity, type 2 diabetes) and how diet and/or exercise training impacts insulin sensitivity and skeletal muscle metabolism. Student will be required to demonstrate critical thinking skills throughout the course.

COURSE MATERIAL: Research Articles, Class Presentations and Handouts

EVALUATION OF STUDENTS	%GRADE	GRADING SCALE*
1. Quizzes	20%	A = 90-100%
2. Exams	60%	B = 80-89.9%
3. Article summary	20%	C = 70-79.9%
		D = 60-69.9%
		F = below 60%

(Please see detail description of each section, later in the syllabus)

*Course Instructor reserves the right to change the grading criteria, if needed

HOW DO I GET AN “A” IN THIS CLASS?

- Come to all classes, come on time, pay attention – don't miss **pop quizzes**
- Read articles and submit **article summary** before each class.
- Actively participate in-class discussions throughout the semester – **ask questions**
- Contact your Professor early in the semester if you have any problems/confusion.

The overall focus of the class will be to learn the metabolic diseases such as obesity, insulin resistance and type 2 diabetes and to understand the effects of diet and exercise training on insulin sensitivity, mitochondrial content/functions and lipid metabolism.

EXAMS AND QUIZZES (60% and 20% of grade):

You will be tested on the materials presented in the class in the form of lectures, journal articles, and classroom discussions as well as resources shared with you on blackboard. Each student **MUST** complete quizzes and exams during the designated class period. Students will not be allowed to make-up a missed quiz or exam without **prior** arrangement made in case of emergency. Quizzes will be given unannounced throughout the semester. If you come late/leave early – you will not be allowed to make up for the quiz.

INSTRUCTION FOR ARTICLE SUMMARY SUBMISSION (20% of grade)

Before each class you are required to read the article to be discussed in class and prepare a summary reflecting the main findings of the study in your own word. Please note: copy-paste from the article, or previous submission is not acceptable. Completion of this assignment is the reflection of your preparation for the class.

Article summaries are due at 11:59pm the day before each class and should be uploaded and submitted on blackboard as a word document. Submission after midnight will not be graded – no exceptions.

Article summaries will be randomly graded throughout the semester; Not all submissions will be graded

Please include student name, title of the article, and author information in your article summary file

Please name the file as: Author's last name et al_year of publication_Your initial Example: Moro et al._2016_AR

Extra Credits

Extra credit opportunities may be presented in this course. Any extra credit opportunities will be relevant to the mission of the Department of Kinesiology or the current course. While the instructor strives to provide equal opportunities to all students when offering extra credits, extra credit opportunities are the sole decision of the instructor. Accordingly, any extra credits provided to students are strictly complimentary. The instructor has decision making authority whether or not to provide extra credit volunteer opportunities to students, or to give complimentary extra credit to any given student.

*Proof of participation (or a scheduled plan for participation) for any opportunities must be communicated to the teaching assistant or professor via email **BEFORE mid-semester**. Proof at the end of the semester will not be counted.*

COURSE REQUIREMENT AND POLICIES:

- Students are required to **check the Blackboard site and emails for the course on a daily basis** for announcements and assignments.
- Quizzes and exams will be conducted on blackboard. **Students are required to bring a working laptop to the classroom and take quizzes/exams using secure respondus lock-down browser.** If you need to upgrade the software on your laptop/notebook, please contact Steven Varela, Academic Technologies, stvarela@utep.edu, 915-747-5963 during the first week of the class. If you do not have a laptop there is an alternative option. UTEP has a program where students can rent a laptop for free for a given amount of time. Reservation of a laptop can be made a maximum of 2 weeks prior to an exam at: EquipmentCheckout.utep.edu by just

logging in using your UTEP username and password. If you have any questions call (915)-747-6440 or email EquipmentCheckout@utep.edu. If a problem should arise that prevents you from bringing/renting a device, please contact the instructor ahead of time.

- Students are required to check their emails daily. Student must use their UTEP email ID, put their full name, course name and be professional over email. Emails without these information will not be acknowledged.
- Questions related to course material should be discussed in classroom (this can also benefit other students). Request one-on-one meeting for questions/discussion that cannot be discussed in classroom.
- Read all assignments before coming to class. Take appropriate notes during class. Be prepared with questions and to contribute to the discussions. Ask questions during or after the class. Remember, “no question is a stupid question”.
- Take all exams and quizzes at designated times. There will be no make-up quizzes or exams. For the following documented circumstances, please contact your instructor: 1) illness/hospitalization; 2) death of family member; 3) official university business; 4) legal matter.
- Review of exam/quiz is allowed within a week from the grade posted. **Exam/quiz cannot be reviewed at the end of the semester.**
- **Use of cell phone** is not allowed in the classroom. Cell phone should not be visible in the classroom. Students are not allowed to text or answer calls. You will lose points if seen on the phone. If you require an exception, email or speak to the professor in advance.
- **Laptops and tablets** are only allowed for students to take notes and to refer to the textbook and class materials. You will lose points if seen using the electronic device for any purpose other than the relevant class materials.
- Students are **not allowed to record the class (video and/or audio)**.
- Complete and submit all assignments on time. Late assignments will not be accepted, except in unusual circumstances at the discretion of the instructor (to be arranged well in advance).
- Students are expected to **clean up and dispose of their garbage**.
- **Leaving class early** is not allowed without previous permission from the professor, except for emergencies.
- If a student is late or absent, it is **not the professor’s responsibility** to give him or her the materials or deliver a personal lecture/tutoring session for the student. Instead, it is the student’s responsibility to keep up with the material from the lecture materials provided in class. If necessary, he or she can borrow notes from a fellow student.
- Students are expected to be familiar with and adhere to the UTEP Handbook of Operating Procedures.

Failure to follow any of these rules may result deduction of points and/or in disciplinary action, including being asked to leave the class or an instructor-initiated drop from the course.

Scholastic Dishonesty

Academic dishonesty is prohibited and is considered a violation of the UTEP Handbook of Operating Procedures. It includes, but is not limited to, cheating, plagiarism, and collusion. Cheating may involve copying from or providing information to another student, possessing unauthorized materials during a test, or falsifying research data on laboratory reports. Plagiarism occurs when someone intentionally or knowingly represents the words or ideas of another person's as one's own. And, collusion involves collaborating with another person to commit any academically dishonest act.

Any act of academic dishonesty attempted by a UTEP student is unacceptable and will not be tolerated. Violations will be taken seriously and will be referred to the Dean of Students Office for possible disciplinary action. Students may be suspended or expelled from UTEP for such actions.

Instances of unintended plagiarism include copy/pasting something and "forgetting" to cite the source. Although seen as 'not a big deal' by many students, you need to be aware that the faculty and administration of UTEP will treat it as plagiarism.

Special Services

If you feel that you may have a disability that requires accommodations, contact the Center for Accommodations and Support Services at 747-5148, go to the Union Building, East, Room 106, or e-mail cass@utep.edu.

Being a university student is not always easy. At times you may feel overwhelmed by your workload or your personal life. If you feel you need help, please contact the University Counseling Center at 747-5302, go to the Union Building, West, Room 202, or visit their website at <http://sa.utep.edu/counsel/>

KIN 4323 - TENTATIVE SCHEDULE (subject to change)

Date	Important Dates/Deadlines
Exam Dates (Subject to change)	At the end of each module (below)
09/02	<i>Labor Day Holiday – University Closed</i>
11/01	<i>Drop/Withdrawal Deadline</i>
11/28-29	<i>Thanksgiving Holiday – University Closed</i>
Tentative Schedule	
Module 1	<ul style="list-style-type: none"> ➤ Introduction ➤ Goals and objectives ➤ Requirements ➤ Lectures <ul style="list-style-type: none"> ○ Review of energy metabolism (Glycolysis, TCA cycle, ETC) ○ Basics of Insulin resistance and type 2 diabetes; Methods for measuring insulin sensitivity ➤ Assignments – <ul style="list-style-type: none"> ○ Article Summary (due before each class) – Read, understand and bring a brief summary of the articles posted on blackboard before coming to each class. Note any relevant comments/questions you may have about the article and discuss in class. ➤ EXAM I
Module 2	<ul style="list-style-type: none"> ➤ Lectures <ul style="list-style-type: none"> ○ Research articles focused on understanding defects in insulin sensitivity, substrate utilization, and metabolic flexibility with metabolic diseases (e.g. obesity, type 2 diabetes) ➤ Assignments – <ul style="list-style-type: none"> ○ Article Summary (due before each class) – Read, understand and bring a brief summary of the articles posted on blackboard before coming to each class. Note any relevant comments/questions you may have about the article and discuss in class ➤ EXAM II
Module 3	<ul style="list-style-type: none"> ➤ Lectures <ul style="list-style-type: none"> ○ Research Articles focused on understanding the effects of exercise and nutrition ○ Effects of different types of exercise on lipid oxidation and insulin sensitivity in obese and patients with type 2 diabetes ○ Advanced topics. ➤ Assignments – <ul style="list-style-type: none"> ○ Article Summary (due before each class) – Read, understand and bring a brief summary of the articles posted on blackboard before coming to each class. Note any relevant comments/questions you may have about the article and discuss in class ➤ EXAM III