



The University of Texas at El Paso
 College of Health Sciences
 Department of Kinesiology
 KIN 4323; Current Issues in Exercise Science
 Spring 2021



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

CLASS TIME: M 1:30 – 2:50pm MST; Online

OFFICE HOURS: Email to make an appointment
 Rene U. Sanchez, Teaching Assistant
rusanchez2@miners.utep.edu

COURSE DESCRIPTION:

The overall focus of this course is 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.

COURSE OBJECTIVES:

Upon completion of this course, the student should be able to

1. do meaningful literature search.
2. demonstrate skills in reading and interpreting 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 COMMUNICATION:

Student must use their UTEP email ID for all communication with teaching assistant (TA) and Professor. Please include your full name, course name and be professional over email. Emails without these information will not be acknowledged

COURSE MATERIAL: Research Articles, Presentations and multimedia posted on blackboard.

EVALUATION OF STUDENTS

%GRADE

GRADING SCALE*

1. Assessment/Quizzes	50%	A = 90-100%
2. Article summary	50%	B = 80-89.99%
		C = 70-79.99%
		D = 60-69.99%
		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?

- Read and review the study materials (Lectures, articles, videos etc.) posted on blackboard. Reach out to the teaching assistant (TA) or Professor if you face challenges **before** the assessment is scheduled.
- Complete all reading assignments and complete quizzes and learning activities before deadline
- Read articles and submit article summary before deadline.
- Contact your Professor early in the semester if you face any challenges/confusion.

LEARNING MODULES

This course is designed using a modular format. Different segments of the course are “packaged” as a single module so that all the materials, lecture notes, submission areas etc. are in one area. There are 4 modules in this course.

ASSESSMENTS (Quizzes and Learning Activities) (50% of grade):

You will be evaluated throughout the semester on the materials presented in the form of reading assignment, lectures, videos and resources shared with you on blackboard. Each student **MUST** complete each assignment before the deadline. All study materials and assignment will be posted ahead of time. Students are strongly recommended to complete the assessment at least a day ahead of deadline to accommodate any unforeseen challenges with internet, technology etc. Students will not be allowed to make-up a missed assessment without **prior** arrangement made in case of emergency.

How should I prepare to take the assignment posted on blackboard? The purpose of the assignments are to evaluate students’ learning. Although students will have flexibility to complete assignment at their convenient time and quizzes will be made available ahead of time, each assignment will be allocated a certain time limit. The purpose of setting this time is to ensure students read and learn **prior** to taking a quiz.

Grading of Assessments: Scores for each assessment will be posted on blackboard. Final assessment grade will be calculated as a percentage of total assessment score possible throughout the semester.

INSTRUCTION FOR ARTICLE SUMMARY SUBMISSION (50% of grade)

You are required to read the articles posted on blackboard and prepare a summary reflecting the main findings of the study in your own word. Please note: copy-paste from the article or any violation of ethical standard is not acceptable. This assignment should reflect your **own work**.

How should I prepare and submit article summary assignment: Example of article summary and the rubric for evaluation will be posted on blackboard. Please follow those guidelines for article summary submission. Deadline for each assignment will also be posted on blackboard. **Article summaries should be submitted on blackboard as a word document.**

Articles will be made available for students ahead of time and students are strongly encouraged to submit this assignment ahead of time to avoid any technical challenges. In rare circumstances, if student faces technical challenges to submit the

article summary assignment, that needs to be communicated with the teaching assistant at least a day before the deadline that alternate arrangement can be made.

Submission after deadline will not be graded – no exceptions.

Grading of Article summaries: Articles will be randomly graded throughout the semester; Not all submissions will be graded. Scores for each article summary assessment will be posted on blackboard. Final grade for article summary will be calculated as a percentage of total score possible throughout the semester.

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.
- 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.
- Take all quizzes at designated times. There will be no make-up quizzes. For the following documented circumstances, please contact your Professor: 1) illness/hospitalization; 2) death of family member; 3) official university business; 4) legal matter.
- Review of grades and any discrepancies/mistakes in grades can be done within a week from the grade posted. After the one-week period, assignments cannot be reviewed.
- **Electronic Devices:** If you are using cell phones, computers, and/or other electronic devices for purposes that are not directly related to meeting the learning objectives of this course, then it will be considered as disruptive behavior. Personal calls, texts, &/or emails should be completed outside of class time.
- The course material posted are subject to the copyright law of the United States (Title 17 U.S. Code) and is for the use of students in KIN 4323 only. Further reproduction or distribution is prohibited.
- There will be reasonable flexibility with online learning environment. However, students are expected to be sitting or standing upright during class – as opposed to lying down. Lying down would not be acceptable in a face-to-face classroom. Additionally, your cameras are expected to be turned on so that we may maximize our engagement with each other; Having your camera on will be considered on to be a component of active participation. Mute your microphone when you are not contributing to the discussion in the virtual classroom to avoid being unnecessarily disruptive.
- 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 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 an instructor-initiated drop from the course.

TECHNOLOGY REQUIREMENTS

Course content is delivered via the Internet through the Blackboard learning management system (LMS). Ensure your UTEP e-mail account is working and that you

have access to the Web. You may use any of the primary Web browsers—Explorer, Google Chrome, Firefox, Safari, etc. When having technical difficulties, try switching to another browser.

You will need to have or have access to a functional computer/laptop. Check that your computer hardware and software are up-to-date and able to access all parts of the course. **If you encounter technical difficulties of any kind, contact the [Help Desk](#).**

NETIQUETTE

- Always consider audience. Remember that members of the class and the instructor will be reading any postings.
- Respect and courtesy must be provided to classmates and to instructor at all times. No harassment or inappropriate postings will be tolerated.
- When reacting to someone else's message, address the ideas, not the person. Post only what anyone would comfortably state in a F2F situation.
- A course brings together a group of diverse individuals with various backgrounds. Students are influenced and shaped by such factors as ethnicity, gender, sex, physical abilities, religious and political beliefs, national origins, and sexual orientations, among others. We expect to learn from each other in an atmosphere of positive engagement and mutual respect. Students are responsible for treating others with courtesy and respect and should promote group cohesion in an effort to create a safe learning environment.
- Blackboard is not a public internet venue; all postings to it should be considered private and confidential. Whatever is posted on in these online spaces is intended for classmates and professor only. Please do not copy documents and paste them to a publicly accessible website, blog, or other space. If students wish to do so, they have the ethical obligation to first request the permission of the writer(s).

EXCUSED ABSENCES AND/OR COURSE DROP POLICY

According to UTEP Curriculum and Classroom Policies, "When, in the judgment of the instructor, a student has been absent to such a degree as to impair his or her status relative to credit for the course, the instructor may drop the student from the class with a grade of "W" before the course drop deadline and with a grade of "F" after the course drop deadline." See academic regulations in the UTEP Undergraduate Catalog for a list of excuse absences. Therefore, if I find that, due to non-performance in the course, you are at risk of failing, I may decide to drop you from the course. I will provide 24 hours advance notice via email.

ACCOMODATION POLICY

The University is committed to providing reasonable accommodations and auxiliary services to students, staff, faculty, job applicants, applicants for admissions, and other beneficiaries of University programs, services and activities with documented disabilities in order to provide them with equal opportunities to participate in programs, services, and activities in compliance with sections 503 and 504 of the Rehabilitation Act of 1973, as amended, and the Americans with Disabilities Act (ADA) of 1990 and the Americans with

Disabilities Act Amendments Act (ADAAA) of 2008. Reasonable accommodations will be made unless it is determined that doing so would cause undue hardship on the University. Students requesting an accommodation based on a disability must register with the [UTEP Center for Accommodations and Support Services](#). Contact the Center for Accommodations and Support Services at 915-747-5148, or email them at cass@utep.edu, or apply for accommodations online via the [CASS portal](#).

BLACKBOARD SESSIONS

This class requires that you are available to meet virtually (with a webcam and microphone) during the scheduled class time. Although most of the course will be delivered online, there will be virtual sessions when students are expected to attend the sessions. Although meeting schedule will be posted on blackboard ahead of time to help students plan their semester, please note that these schedule may change and you are expected to be available during the scheduled class time throughout the semester. The purpose of these sessions are for you to view live demonstrations of the course material, having an opportunity to ask questions, and engage in discussions with your classmates. These exercises are intended to help you with learning. Therefore, you are expected to attend all scheduled class sessions.

Recording of blackboard session by students are not allowed in any format (using phone or screen captures) and posting any blackboard material anywhere is prohibited. All sessions will be recorded by the Professor and posted on blackboard when appropriate.

TITLE IX STATEMENT

The University of Texas at El Paso is committed to maintaining a learning and working environment that is free from discrimination based on sex in accordance with Title IX of the Education Amendments of 1972 (Title IX), which prohibits discrimination on the basis of sex in any federally funded educational programs or activities. Title IX protects students, employees, applicants for admission and employment, and other persons from all forms of sex discrimination including sexual misconduct, sexual harassment, and acts of sexual violence. Sexual violence may include rape, sexual assault, sexual battery, sexual coercion, stalking, and relationship violence. Title IX prohibits institutions from excluding, separating, denying benefits, or otherwise treating individuals differently on the basis of sex. Sex based discrimination is prohibited at UTEP both by law and by University and UT System policies.

DEADLINES, LATE WORK, AND ABSENCE POLICY

Deadlines for all the assignment will be posted on blackboard. All study materials and assessment will be posted ahead of time. Students are strongly recommended to complete the assessment at least a day ahead of deadline to accommodate any unforeseen challenges with internet, technology etc. Students will not be allowed to make-up a missed assessment without **prior** arrangement made in case of emergency.

Make-up work will be given *only* in the case of a *documented* emergency. Note that make-up work may be in a different format than the original work, may require more intensive preparation, and may be graded with penalty points. If you miss an assignment and the reason is not considered excusable, you will receive a zero. It is therefore important to reach out to me—in advance if at all possible—and explain with proper documentation why you missed a given course requirement. Once a deadline has been

established for make-up work, no further extensions or exceptions will be granted.

COVID-19 ACCOMODATIONS

Students are not permitted on campus when they have a positive COVID-19 test, exposure or symptoms. If you are not permitted on campus, you should contact me as soon as possible so we can arrange necessary and appropriate accommodations.

SCHOLASTIC INTEGRITY

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 as ones' own. 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. All suspected violations of academic integrity at The University of Texas at El Paso must be reported to the [Office of Student Conduct and Conflict Resolution \(OSCCR\)](#) for possible disciplinary action. To learn more please visit [HOOP: Student Conduct and Discipline](#).

CLASS RECORDINGS

The use of recordings will enable you to have access to class lectures, group discussions, and so on in the event you miss a synchronous or in-person class meeting due to illness or other extenuating circumstance. Our use of such technology is governed by the Federal Educational Rights and Privacy Act (FERPA) and UTEP's acceptable-use policy. A recording of class sessions will be kept and stored by UTEP, in accordance with FERPA and UTEP policies. Your instructor will not share the recordings of your class activities outside of course participants, which include your fellow students, teaching assistants, or graduate assistants, and any guest faculty or community-based learning partners with whom we may engage during a class session. **You may not share recordings outside of this course.** Doing so may result in disciplinary action.

TEST PROCTORING SOFTWARE

Some assessments may make use of Respondus Lock Down Browser and Respondus Monitor inside of Blackboard to promote academic integrity. It will be communicated with students ahead of time which assessment may use these test protecting software. You are encouraged to learn more about how to use these programs prior to the first test.

COPYRIGHT STATEMENT FOR COURSE MATERIALS

All materials used in this course are protected by copyright law. The course materials are only for the use of students currently enrolled in this course and only for the purpose of this course. They may not be further disseminated.

COVID-19 PRECAUTIONS

You must STAY AT HOME and REPORT if you (1) have been diagnosed with COVID-19, (2) are experiencing COVID-19 symptoms, or (3) have had recent contact with a person who has received a positive coronavirus test. Reports should be made at screening.utep.edu. If you know of anyone who should report any of these three criteria, you should encourage them to report. If the individual cannot report, you can report on their behalf by sending an email to COVIDaction@utep.edu.

For each day that you attend campus—for any reason—you must complete the questions on the UTEP screening website (screening.utep.edu) prior to arriving on campus. The website will verify if you are permitted to come to campus. Under no circumstances should anyone come to class when feeling ill or exhibiting any of the known COVID-19 symptoms. If you are feeling unwell, please let me know as soon as possible, and alternative instruction will be provided. Students are advised to minimize the number of encounters with others to avoid infection.

Wear face coverings when in common areas of campus or when others are present. You must wear a face covering over your nose and mouth at all times in this class. If you choose not to wear a face covering, you may not enter the classroom. If you remove your face covering, you will be asked to put it on or leave the classroom. Students who refuse to wear a face covering and follow preventive COVID-19 guidelines will be dismissed from the class and will be subject to disciplinary action according to Section 1.2.3 *Health and Safety* and Section 1.2.2.5 *Disruptions* in the UTEP Handbook of Operating Procedures.

COURSE RESOURCES: Where you can go for assistance

UTEP provides a variety of student services and support:

Technology Resources

- [Help Desk](#): Students experiencing technological challenges (email, Blackboard, software, etc.) can submit a ticket to the UTEP Helpdesk for assistance. Contact the Helpdesk via phone, email, chat, website, or in person if on campus.

Academic Resources

- [UTEP Library](#): Access a wide range of resources including online, full-text access to thousands of journals and eBooks plus reference service and librarian assistance for enrolled students.
- [University Writing Center \(UWC\)](#): Submit papers here for assistance with writing style and formatting, ask a tutor for help and explore other writing resources.
- [RefWorks](#): A bibliographic citation tool; check out the RefWorks tutorial and Fact Sheet and Quick-Start Guide

Individual Resources

- [Military Student Success Center](#): Assists personnel in any branch of service to reach their educational goals.
- [Center for Accommodations and Support Services](#): Assists students with ADA-related accommodations for coursework, housing, and internships.
- [Counseling and Psychological Services](#): Provides a variety of counseling services including individual, couples, and group sessions as well as career and disability assessments.

