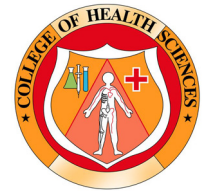




The University of Texas at El Paso
 College of Health Sciences
 Department of Kinesiology
KIN 4323; Current Issues in Exercise Science
Fall 2018



INSTRUCTOR: Sudip Bajpeyi, PhD
CLASS TIME: Monday, Wednesday 11:00AM – 12:20PM (Memorial Gym 118)
OFFICE HOURS: Email to make an appointment
 Michelle Galvan, Teaching Assistant (HSSN 448)
migalvan3@miners.utep.edu
 Jasmin Jenkins, Teaching Assistant (HSSN 448)
jrienkins@miners.utep.edu
 Sudip Bajpeyi, PhD; (HSSN 445); 915-747-5461;
sbajpeyi@utep.edu

IMPORTANT DEADLINES:

Please discuss any question/confusion you may have about these deadlines, before the deadline

- Research article submission: Bring 3 hard copies in class – **September 05, 2018**
- Last chance to change your article: **September 12, 2018 – in class**
- Update the google doc with your research presentation info: **Sept 17, 2018 – 5 PM**
- Upload research article on Blackboard (make sure to format the name of file as outlined in syllabus): **September 19, 2018 – 5PM**
- Submission of article summary: **Midnight before each class**
- Upload research presentation on Blackboard: **10AM – The day of your presentation**
- Submit study summary/big picture: **5PM – 2 days before your scheduled presentation**

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.
5. Develop skills on scientific presentations

COURSE MATERIAL: Research Articles, Class Presentations and Handouts

EVALUATION OF STUDENTS	%GRADE	GRADING SCALE*
1. Exams and quizzes	50%	A = 90-100%
2. Research Presentation	25%	B = 80-89.9%
3. Article summary	10%	C = 70-79.9%
4. Organization, Participation, and Attendance	15%	D = 60-69.9%
- Updating study summary/big picture in meaningful manner (4%)		F = below 60%
- Meaningful participation through peer evaluation and classroom discussion (5%)		
- Updating information on google sheet correctly and on time (2%)		
- Submission of research article on time and in correct format (2%)		
- Submission of research presentation on time and in correct format (2%)		

(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**
- Meet all the deadlines outlined in the syllabus.
- Carefully review the rubric provided for research presentation, Learn the background material relevant to your article. Include **relevant scientific data** in your introduction, Present **all** the tables and figures from your article clearly.
- Upload **properly formatted** article and presentation on time (see research presentation section for guidelines) – don't miss deadlines
- Read articles and submit **article summary** before each class.
- Update the details of your study outcome on **study summary sheet** before your presentation
- Actively participate in-class discussions throughout the semester and provide meaningful **peer-evaluation**.
- Contact your Professor early in the semester if you have any problems/confusion.

Broad Topics: *Each semester a broad area of research will be decided depending on students' interest. 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 (50% of grade):

You will be tested on the materials presented in the class in the form of lectures, journal articles, and discussions in class. 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.

INSTRUCTIONS FOR RESEARCH PRESENTATION (25% of grade)

Students will choose several research topics collectively relevant to the general theme of the class. Students will have the opportunity to choose a research article on their own or will be provided relevant research articles aligned with the research topic of the semester, by the instructor. Students will also have the opportunity to work independently or in a group for their research presentation. After the articles assigned to each student/group, students are responsible for uploading the digital copy of the articles on blackboard (pdf file). In order to keep things organized, students are required to **name the articles (pdf file) and presentations (ppt file)** in following format before uploading on blackboard

Presentation#_last name of the first author_year of publication_title of the article_initial(s) of presenter(s)

Example: 06_Moro et al._2016_Effects of eight weeks of time restricted feeding on basal metabolism_AR SB

**Presentation# will be decided in class (example: 01, 02, 03...)*

***You may abbreviate the title of the article (blackboard may not allow long file name)*

****You will lose points if you do not name the article/presentation file following this format*

Each student/group will perform a ~30 minute presentation to discuss the article. Students are responsible for creating their presentations. All students are expected to participate in discussion after the presentations.

Presentations are due by 10 AM on the day of your presentation.

How should you prepare your research presentation: Each student/group of students will present a research article (~30 minutes). The goal of your presentation is to use every tool you can to clearly communicate the content of the article to your classmates. You are expected to define relevant terminologies and provide relevant background information necessary to understand the manuscript. You are ***expected to discuss relevant scientific data (e.g. figures and tables from other relevant scientific articles with citation)*** in your introduction before explaining data from your chosen article (examples will be discussed in the class). You should discuss the study design clearly, discuss relevant methods, present ***all the data*** (tables/figures) and discuss the results to make a clear summary/conclusion. ***Please consult the detailed rubric for the research presentation (see below).***

INSTRUCTION FOR ARTICLE SUMMARY SUBMISSION (10% of grade)

Before each class you are required to read the article to be discussed in class and prepare a bulleted list (or few sentences) reflecting the main findings of the study in your own word (copy-paste from the article is not acceptable). Completion of this assignment is the reflection of your preparation for the class.

Article summaries are due midnight before each class and should be submitted on blackboard. Submission after midnight will not be graded – no exceptions. Article summaries will be graded on random days throughout the semester

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

ORGANIZATION, PARTICIPATION AND ATTENDANCE (15% of grade)

You will be evaluated for your level of organization, meaningful participation and presence in class throughout the semester.

Study Summary/Big Picture – Students are required to update a Master data sheet (a link of google doc will be posted on blackboard and explained in class) with details about their research article including information on study participants, methods, primary outcome measures etc. The objective of the study summary is to provide all the students in class with a guide to study and have a better understanding of the main topics covered in class and understand the overall learning outcome for the semester. Each student/group will be evaluated for their level of organization and ability to provide meaningful information on the article they are assigned to present.

Study summary/Big Picture document should be completed by 5 PM, 2 days before your scheduled presentation. Delay in updating information and lack of organization will result in loss of points.

Meaningful participation through peer evaluation and classroom discussion –

Students are expected to provide peer evaluation/feedback and actively participate in class discussion. Although participation point will generally be given as a group, instructor reserves the right to take out participation point for individual student(s) based on their participation.

Updating information on google sheet – After student presentation articles are collectively decided in the class, students are expected to update the schedule (google doc link provided on blackboard) with information on research article, authors, presenters, date of presentation etc. Late or incomplete submission of information will result in loss of points. (see deadline in “important deadline” section).

Submission of research article and research presentation on time in correct format – In this class your research article and presentation will be used as study material for the class. Submission of these document late or in incorrect format will negatively impact all students’ learning. Please see the deadline and format for submission of these documents in “Important Deadlines” and “Research Presentation” sections of the syllabus.

You will lose point for incomplete submission, late submission, or lack of organization. You will also compromise your score if you are absent or disrupt the class by coming late/leaving early or violate **any** of the class policies (e.g. use of cell phone in class)

COURSE REQUIREMENT AND POLICIES:

- Students are required to **check the Blackboard site 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/notebook 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/notebook, contact the Professor during the first week of the class to make alternative arrangement.
- 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 (e.g. rubric, syllabus etc.) should be discussed in classroom (this can also benefit other students). Schedule 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 is allowed within a week from the grade posted.
- **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.

Note on late penalties: In the interest of fairness, extensions on assignments will be granted **only** in the case of **documented** medical or family emergencies. Assignments not turned in on time will be penalized 10 points or the equivalent of a letter grade for every day late.

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 ones' 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)	See exam dates on Google doc shared with you
09/03	<i>Labor Day (No Class)</i>
09/30	<i>Miner Dash (Have Fun)</i>
10/19	<i>Advisor Mania</i>
11/02	<i>Advisor Mania</i>
11/02	<i>Course Drop Deadline</i>
11/22-23	<i>Thanksgiving Holiday</i>
Tentative Schedule	
Week 1 – 4	<ul style="list-style-type: none"> ➤ Introduction ➤ Goals and objectives ➤ Requirements ➤ Lectures <ul style="list-style-type: none"> ○ Basics of Insulin resistance and type 2 diabetes; Methods for measuring insulin sensitivity ○ Review of energy metabolism (Glycolysis, TCA cycle, ETC) ○ Journal Article #1 – 5 (posted on blackboard) ➤ In class activities <ul style="list-style-type: none"> ○ Formation of research groups. ○ Instruction on how to do scientific literature search ○ Selection of research articles for presentation ○ Determination of order of student presentation ➤ 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 ➤ <i>Contact Harvey Castellano if you need help with finding full text of an article hcastell@utep.edu</i>
Week 5 – 15	<ul style="list-style-type: none"> ➤ Lectures <ul style="list-style-type: none"> ○ Substrate Utilization and Metabolic Flexibility – Relevance of exercise ○ 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 ○ Research topic for the semester – Student Presentations and discussion (See Blackboard for specific presentation schedule): <ul style="list-style-type: none"> ○ Upload your presentation on blackboard before deadline ○ Update the study summary sheet on blackboard before deadline ➤ <i>Peer Feedback</i>

Name of the Student(s) _____

Date _____

RUBRIC FOR RESEARCH ARTICLE PRESENTATION

(Subject to change depending on topic/article)

PRESENTATION SKILLS (10 Points)	<i>All elements present (2.5)</i>	<i>Most elements present (2)</i>	<i>Some elements present (1)</i>	<i>No elements present (0)</i>	Total
Delivery: Presenter doesn't rush, shows enthusiasm, avoids <i>likes, ums, kind ofs, you knows, etc.</i> Uses complete sentences. Can be heard clearly by all.					
Body Language: Presenter keeps head up, does not read from slides, speaks and faces whole audience.					
Professionalism: Dress professionally					
Time management: Proper use of time (total time as well as time spent on each segment below)					

CONTENT (90 Points)							Total
Introduction: General overview about the topic, concept and relevant terminologies, scientific original data to establish the research question and well-defined purpose and/or hypothesis. You are expected to provide background information relevant to understanding your article (30 points)	<i>All elements present (30)</i>	<i>Most elements present (25)</i>	<i>Some elements present (20)</i>	<i>Few elements present (10)</i>	<i>Very few elements present (5)</i>	<i>No elements present (0)</i>	Total
Methods: Clearly describe study design, methods and techniques used to generate data (15 pts)	<i>All elements present (15)</i>	<i>Most elements present (10)</i>	<i>Some elements present (10)</i>	<i>Very few elements present (5)</i>	<i>No elements present (0)</i>		Total

Results: Clearly present, discuss, all tables/figures (present clear images) and summarize the results – be critical when/if necessary. (25points)	<i>All elements present (25)</i>	<i>Most elements present (20)</i>	<i>Some elements present (15)</i>	<i>Very few elements present (5)</i>	<i>No elements present (0)</i>	Total

Summary/Conclusion/Questions: Ability to discuss limitations of the study (when applicable), summarize/conclude major findings of the study, ability to respond to audience questions (20 points)	<i>All elements present(20)</i>	<i>Most elements present(15)</i>	<i>Some elements present(10)</i>	<i>Very few elements present (5)</i>	<i>No elements present (0)</i>	Total

TOTAL _____