



The University of Texas at El Paso
 College of Health Sciences
 Department of Kinesiology
Course: KIN 5372; Advanced Exercise Physiology
Fall 2021



INSTRUCTOR: Sudip Bajpeyi, PhD
CLASS TIME: Monday 9:00 AM– 12:00 PM MST (HSSN 136)
OFFICE HOURS: Email to make an appointment
 Sudip Bajpeyi, PhD; (HSSN 445); 915-747-5461;
sbajpeyi@utep.edu

COURSE DESCRIPTION:

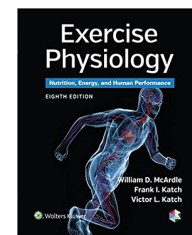
This course provides an understanding of physiological adaptations to acute and chronic exercise training and nutrition. Particular attention will be given to energy metabolism, skeletal muscle and endocrine physiology. These theoretical frameworks will be applied to explore areas such as athletic performance, weight management, metabolic diseases, aging etc. throughout the semester.

COURSE OBJECTIVES:

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

1. Demonstrate an understanding of theoretical aspects of nutrition, energy metabolism, and metabolic diseases.
2. Demonstrate an understanding of acute and chronic effects of exercise on human performance and metabolic health.
3. Conduct an extensive literature search to review existing scientific evidence, read and interpret scientific research articles and demonstrate making meaningful conclusions.
4. Demonstrate learned knowledge through a professional presentation of scientific evidence.
5. Demonstrate skills in scientific communication and writing.

COURSE TEXT: McArdle, WD, FI Katch, and VL Katch. Exercise Physiology: Energy, Nutrition, and Human Performance. Philadelphia: Lea & Febiger. Eighth Edition.



EVALUATION OF STUDENTS

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|--|-----|
| Quizzes | 25% |
| Exam #1 | 15% |
| Exam #2 | 15% |
| Research Assignment | 45% |
| ➤ <i>Presentation (15%)</i> | |
| ➤ <i>Literature Review (summary template) (5%)</i> | |
| ➤ <i>Paper (15%)</i> | |
| ➤ <i>Peer Critique (10%)</i> | |

GRADING SCALE

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|---------------|
| A = 90-100% |
| B = 80-89.9% |
| C = 70-79.9% |
| D = 60-69.9% |
| F = below 60% |

QUIZZES AND EXAMS

You will be tested throughout the semester on the materials presented in the form of reading assignments, lectures, journal articles, resources shared with you on blackboard, student presentations and discussions in class sessions. Please see the specific schedule for Quizzes and Exams on Blackboard. Each student **MUST** complete quizzes and exams during the designated time. Students will not be allowed to make-up missed Quizzes or Exams without **prior** arrangements made in the case of an emergency. Although a schedule of quizzes is posted, quizzes can be given unannounced throughout the semester to assess your preparedness to class and your engagement in the classroom. If you come late/leave early – you will not be allowed to make up for the quiz. Quizzes and exams will be conducted in classroom in a written format and/or will be posted in Blackboard and will require using Respondus Lockdown Browser. See Course Calendar posted on blackboard for specific deadlines.

INSTRUCTIONS FOR RESEARCH PRESENTATION (150 points)

Each student will give a presentation lasting a minimum of 30-minutes on the previously approved topic. All students are expected to actively participate in discussion and give feedback after the presentations. Your presentation should include **at least 12 key original articles** (directly addressing the research question) relevant to your topic (you are expected to do a thorough literature search). The goal of your presentation is to discuss relevant original articles to make evidence based summary/conclusions. You are responsible for creating your presentation. Please see detailed instruction for research presentation on blackboard

LITERATURE SUMMARY TABLE (50 points)

(This should also be submitted as an appendix to your research paper)

Please see detailed instruction for research presentation on blackboard

RESEARCH PAPER

The research paper will test your ability to gather pertinent information about an approved topic (aligned with course description) and then express your interpretation on paper. All papers must be typed, single-spaced using either times new roman 12-pt or Arial 11-pt font. The paper should contain a title page, an introduction section, a clear purpose statement, a thorough review of literature, conclusions, and bibliography. Recommended length for the paper is 8-10 pages of text (not including cover page, tables, figures, and references). You are encouraged to focus on concise scientific writing following the format of published review articles (will be further discussed when you submit your writing samples). The paper should be structured in a clear and logical format using headings and subheadings to separate subject matter. You are required to use a **minimum of 12 scientific original journal articles** (Primary Sources) directly related to your topic. Include your literature summary table as an appendix. **ALL** references must be properly cited in the text and in the references section. References should be formatted according to the style outlined by the American Psychological Association (APA) or relevant journals such as Diabetes, The Journal of Clinical Endocrinology and Metabolism (JCEM), etc. Working on references section manually is highly discouraged. **Using a Refworks or Endnote is acceptable and highly recommended** (please review library guide to learn how to use Refworks). Check

course outline for deadlines on paper presentation and submission. This paper should be an original work and MUST NOT overlap or replicate any other papers or assignments from other courses or work you have already been doing.

RESEARCH PAPERS WILL NOT BE ACCEPTED AFTER THE DUE DATES.

HOW TO REFERENCE

Endnote/Reference manager - Contact library in advance if you need help.

libguides.utep.edu/kin5372

Early submission of the draft of research paper for feedback (optional-no points will be deducted or added for this) – Due ~2 weeks before the final draft submission deadline. A draft of research paper submission is encouraged from students in order to help with meaningful feedback from peer and instructor that should be incorporated in final version of your research paper. Early submission draft requires to have all the sections/component of the paper. If you decide to take advantage of this, please email your paper to the Professor 2 weeks before the research paper submission deadline.

Rubric For Research Paper (150 points)

Please see detailed rubric for research paper on blackboard

Instructions for Peer Critique (100 points)

Each student will critique a research paper, submitted by your fellow classmate. You are expected to grade the paper following the same rubric that will be used to grade the paper by the instructor. *Critique is **due within a week** of the research paper submission (you are expected to work on the early submission draft of the paper depending on whether the student submits a draft early).* Your grade for critique will be based on your ability to grade the paper following the provided rubric, your thoroughness supporting your grade and constructive criticism/feedback relevant to the paper.

Although your peer critique grade will be determined by your work on critiquing research paper, you are expected to have active participation on other critique opportunities during the semester such as providing peer feedback/critique on outline of student presentation, research presentation, writing samples and active participation throughout the semester. This model is established to help students gain experience throughout the semester on how to think in a objective manner and provide constructive feedback/critique. However, lack of participation/absence without prior arrangement in any of these class activities will result in deduction of points from peer critique.

Grading: Please refer to Blackboard for all Quiz and Exam grades, which will be calculated as a percentage. Your final grade will reflect the weight of all mentioned components of the grading evaluation (Page 1)

COURSE REQUIREMENT AND POLICIES:

This course focuses on advanced concepts of exercise physiology. The level of presentation of this course necessitates a current understanding of the physiological concepts presented in other courses. You are **expected** to have a basic understanding of exercise physiology and to have reviewed outside material **before** lecture to enhance

your comprehension of these concepts. For each hour spent in class, expect to spend **a minimum of three hours** reading and reviewing your course materials.

- 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 and Exams at designated times. There will be no make-up Quizzes and Exams. 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:** Cell phone should be switched off during the class sessions and put away. 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, and/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 5372 only. Further reproduction or distribution is prohibited.
- If some class sessions are conducted online, students are expected to be sitting or standing upright during class. 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 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. If you must “leave” briefly (eg, to go to the toilet), then please use the relevant online symbol to indicate to me that you have “stepped out” or send me a private message in the Chat box.
- **Late or Missed Assignments and Assessments Policy:** There will be no make-up quiz/exam for missed deadlines unless it is for an excused reason (eg, documented medical emergency). Assignments submitted after deadline will result in ZERO credit.
- **Syllabus Changes:** The instructors reserve the right to make changes to the syllabus and will notify students accordingly.
- 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 in 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 Face to face 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).

ACCOMODATIONS 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](#) (CASS). 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](#).

COVID-19 PRECAUTION

Please stay home if you have been diagnosed with COVID-19 or are experiencing COVID-19 symptoms. If you are feeling unwell, please let me know as soon as possible, so that we can work on appropriate accommodations. If you have tested positive for COVID-19, you are encouraged to report your results to covidaction@utep.edu so that the Dean of Students Office can provide you with support and help with communication with your professors. The Student Health Center is equipped to provide COVID-19 testing.

The Center for Disease Control and Prevention recommends that people in areas of substantial or high COVID-19 transmission wear face masks when indoors in groups of people. The best way that Miners can take care of Miners is to get the vaccine. If you still need the vaccine, it is widely available in the El Paso area, and will be available at no charge on campus during the first week of classes. For more information about the current rates, testing, and vaccinations, please visit www.epstrong.org

Please note that if COVID-19 conditions deteriorate in the City of El Paso, all course activities may be transitioned to remote delivery.

COVID-19 ACCOMODATIONS

Students who are considered high risk according to CDC guidelines and/or those who live with individuals who are considered high risk may contact [Center for Accommodations and Support Services](#) (CASS) to discuss temporary accommodations for on-campus courses and activities.

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.

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.

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.