

**Department of Exercise & Sport Science**

## EXPLORATION OF THE MOVEMENT SCIENCES: 2500

**Prerequisite:**

MATH 1040 (statistics) or 1210 (calculus)

**Required Text:**

Thompson, Walter R., Gordon, Neil F., Pescatello, Linda S. (Eds.). (2010). ACSM’s guidelines for exercise testing and prescription. Philadelphia, PA: Lippincott Williams & Wilkins.

**Course Description:**

This is an introduction to the Exercise and Sport Science (ESS) major. Students will learn about the four emphases of ESS (Athletic Training, Exercise and Sport Science, Fitness and Health Specialist, Physical Education Training Education). A second purpose of the course is to help students understand the research process. Students will research within each emphasis and use their knowledge of the emphases to develop and answer a research question and develop a research project. This course is designed for students who are newly declared to the major or are contemplating declaring the major.

**Course Objectives:**

Upon successfully completing this course, students should be able to:

1. List the emphases, professional organizations, journals, and career opportunities in the field of Exercise and Sport Science.
2. Interpret common health and fitness assessments used in Exercise and Sport Science with the use of ACSM’s standards.
3. Differentiate lay media and peer reviewed sources and know how to locate and understand peer-reviewed journal articles.
4. Develop and conduct an ESS-related research project using the scientific method.

**Teaching and Learning Methods:**

*Lecture (PowerPoint)* – I will rely heavily on PowerPoint as a guide for our discussions. If you miss class, or are late, it is your responsibility to either: (a) obtain the notes you missed from a classmate, or (b) make an appointment to come to my office and take notes directly from my slides. *I will not e-mail the slides to you, or post them on Canvas.*

*Large and Small Group Discussion* –The more involved you are in the discussion, the more enjoyable and beneficial this course will be for you. We will have periodic small group activities and discussions, in which I will rely on your personal and professional experiences as a student, an athlete, and an exerciser to enrich our discussions.

*Guest Speakers –* Because we will be discussing the fours emphasis areas within ESS, whenever possible I will ask an expert to share their knowledge and experiences. Not only will it add to your understanding of what it means to be an “exercise physiologist,” or an “athletic trainer,” but you will get a break from listening to me!

**Evaluation Criteria:**

97-100% = A+ 87-89.9 = B+ 77-79.9 = C+ 67-69.9 = D+ < 60 = E

93-96.9% = A 83-86.9 = B 73-76.9 = C 63-66.9 = D

90-92.9% = A- 80-82.9 = B- 70-72.9 = C- 60-62.9 = D-

**Evaluation Methods:**

I. *Out-of-class Assignments*

1. Four emphasis area 12-step critiques
2. Subdiscipline Interest Paper
3. Cardiovascular Risk & Fitness Profile
4. People on the Street

II. Quizzes/Tests

1. Untangling the Tangled
2. APA Citations
3. Pre-Exercise Evaluation: ACSM Chapter 3
4. Health-Related Physical Fitness Testing: ACSM Chapter 4
5. General Principles of Fitness Prescription: ACSM Chapter 7

III. Group Research Project/PowerPoint presentation

1. Timeline & Annotated Bibliography
2. Purpose statement, research questions, and research hypotheses
3. Questionnaire(s)
4. Final PowerPoint
5. Final PowerPoint Presentation and peer evaluations- Your final grade will drop by one half for each presentation missed! i.e. Show up on time and stay through the last presentation.

**ADA Statement:**

The University of Utah provides equal access to its program, services, and activities for people with disabilities. Please inform the instructor as soon as possible if you need accommodations in this class. If you wish to qualify for exemptions under the Americans with Disabilities Act (ADA), you should also notify the Center for Disability Services, 162 Union Bldg (581-5020) to make arrangements for accommodations.

**Course Expectations/Policies:**

1. Assignments - *Assignments submitted after due date and time will lose 50% of initial value*. Due dates of assignments will be available on the Canvas calendar, as well as in the Canvas assignment tool.

a. All assignments must be typed and doubled spaced.

b. All assignments are to be submitted via the assignment tool on Canvas.

2. Attendance –Students are expected to be in class on time and ready to participate. Attendance will be recorded at the start of each class and if a student is not there to hear their name, they are absent. If students are late or absent 3 times, this will result in the drop of a half letter grade at the end of the semester. Every two absences after that will also affect the final grade. If a student misses a class, it is his/her responsibility to obtain all missed notes, handouts, or other information presented in class. Additionally, 2/3 of the class involves working in a group setting. Failure to help your group members with assignments will result in lost points. You are required to attend all final presentations.

3. Plagiarism - The illegal use of others’ work will not be tolerated. Students found to have plagiarized will receive a **0** for the assignment. The best advice when you’re unsure about something is to cite using APA style. Please see Section I.b of Chapter X of the Student Code for the University of Utah’s policy on academic misconduct.

4. Behavior - Student’s behavior in the class must comply with those set forth in the University of Utah Student Code, Section III (Student Behavior). This class is discussion oriented. You will be expected to prepare questions to be discussed each day and actively participate. I want you to feel as though you can offer your opinions and ask questions. When doing so, do not interrupt or be disrespectful toward other students. Carrying on conversations while someone else is talking or attacking opinions that differ from your own will not be tolerated. ***Finally, please refrain from using your cell phone during class. We will regularly be having guest speakers that deserve your respect. Make important calls or texts outside of class!***

5. Canvas - *It is your responsibility to ensure that you have access to: (1) A computer that functions properly, (2) Canvas, and (3) ESS 2500 on Canvas. Further, you are responsible for learning how to navigate our home page, and use the various tools that will be necessary for this course.*