Course Information:
LOCATION: Bowne Hall Room 111
TIME: MW 12:45-2:05
CREDITS: 3 credit hours
PREREQUISITES: None
INTERNET ADDRESS: http://blackboard.syr.edu

Instructor Information:
NAME: Amy Bidwell, PhD Candidate
OFFICE: 306 Women’s Building
OFFICE HOURS: Tues/Thurs 8:30-9:30am and 11am-noon or by appointment
PHONE: (315) 443-4540
FAX: (315) 443-9375
E-MAIL: ajsauve@syr.edu

Course Text:

This text may be purchased at the Syracuse University Bookstore in the Schine Student Center. Chapter readings from the textbook are listed in the syllabus and correspond with daily topics. Students are responsible for the information provided in the readings. Additional course materials will be handed out in class or posted on Blackboard.

Course Description:
This is an entry level course in the field of exercise science. This course provides information on selected topics in the field of exercise science and other related health science disciplines, including: Exercise science history, anatomy, exercise physiology, exercise epidemiology, exercise nutrition, biomechanics, motor control and motor learning, and exercise and sport psychology. This course is designed to introduce you to the field and prepare you for further classes in the exercise science discipline.

Course Format:
The course will include interactive lectures, in-class discussions, and activities (i.e., individual and small group work).
Course Objectives:
Upon successful completion of this course, the student will be able to:
   a) Understand of the breadth of the field of Exercise Science
   b) Formulate informed decisions about educational and career opportunities in the area of
      Exercise Science with a B.S. degree.
   c) Participate actively in Exercise Science discussions and related activities
   d) Evaluate and discuss scientific literature in Exercise Science

Course Evaluation:
1. **Examinations (60%)**: There will be three in-class examinations each worth 20% of the final grade. There will be no make-up exams allowed, unless there is an excusable absence, in which case, the instructor should be promptly notified. It is the students' responsibility to notify the instructor if he/she knows beforehand that he/she will be missing an exam.

2. **Quizzes (10%)**: Quizzes will be administered periodically through Blackboard. If you miss a quiz you will receive a zero for that quiz. You will be allowed to make up a quiz if you have a valid excuse (e.g., illness documented by a physician, medical or family emergency, away games for student athletes).

3. **Written Assignments (30%)**: Each student will be responsible for completing three written assignments (worth 10% each). Assignments are described below and due dates will be posted on Blackboard:

   I. **Library Research Paper**: Find 3 peer reviewed articles on a related topic in Exercise Science that interests you. Write a 2-3 page paper (Times New Roman 12-pt font, 1” margins, double-spaced) comparing the articles. Note similarities or differences in methods, results, and findings. Reports should be concise and informative. Additional details will be provided in class.

   II. **Physical Activity & Food Intake Record**: Record your physical activity and food intake for one full day. Please be as accurate and detailed as possible in your record (an example will be provided). Following your 1-day record, write a 1-page summary of your experience. Some things to include could be:
      - Compare your typical physical activity and food intake to guidelines
      - Was this a typical day for you? Why or why not?
      - What areas need improvement?

   III. **Career Path Profile**: Students are to select a prospective career path that they would wish to pursue. Research the profession and write a 3 page paper. The paper should include but is not limited to:
      A) **Description of the career** - its history, what the career entails, service provided to society, % of females vs. males, notable people.
      B) **Requirements** - how to successfully gain entry into the career (education and training needed), minimum education requirements, volunteer/internship requirements.
      C) **Sources of Information** - compile a list of sources of information on this career of interest. You should provide a minimum of 4 sources. Sources may include: people, textbooks, newsletters, websites, academic and professional journals, professional organizations, etc.
Grading: Grades will be assigned using the percentage of total points according to the scale below:

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<th>Grade</th>
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<td>93.0-100</td>
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<td>90.0-92.9</td>
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<td>87.0-89.9</td>
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<td>83.0-86.9</td>
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<td>73.0-76.9</td>
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<td>70.0-72.9</td>
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<td>60.0-69.9</td>
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Class Policies:

Attendance: Attendance at each class is expected. It is a sign of courtesy and diligence to show up on time to class. You should expect that every class will last the entire scheduled class time. If for any reason a student must miss a class, it is the student’s responsibility to obtain any materials/information presented in a missed class from your fellow classmates. No extra credit assignments are included as part of this course.

Use of Electronic Devices in Class: Use of cell phones, pagers, or MP3 players will not be allowed in class. Students must silence their cell phones.

Assignment Deadlines: If you are absent due to intercollegiate competition you must hand in your assignments before your departure. All assignments can be handed in to the instructor or to the administrative staff in Room 201, Women’s Building (ask to have your assignment date-stamped). If not handed in early, all assignments must be handed in at the beginning of class on the designated day. Late assignments will not be accepted.

Lateness to class: If you are late to class please be courteous and make every effort not to disrupt the class. Obtain any missed information from your fellow classmates.
# Tentative Course Outline:

January

- **19**: Course Introduction
- **24**: 1 Introduction to Exercise Science
- **26**: 1 Introduction to Exercise Science (continued)
- **31**: 2 Nervous system

February

- **2**: 2 Endocrine system
- **7**: 2 Respiratory system
- **9**: 2 Circulatory system
- **14**: 2 Integumentary system
- **16**: 2 Muscular system
- **21**: 2 Skeletal system
- **23**: 2 Immune system
- **28**: 2 Energy system

March

- **2**: 2 Digestive, Urinary & Reproductive systems
- **7**: Exam 1
- **9**: 3 Exercise Physiology
- **14-18**: SPRING BREAK
- **21/23**: 4 Clinical Exercise Physiology
- **28/30**: 5 Athletic Training & Sports Medicine

April

- **4**: 6 Exercise & Sport Nutrition
- **6**: 6 Energy Balance, Diet and Weight Control
- **11**: Exam 2
- **13**: 7 Exercise & Sport Psychology
- **18**: 8 Clinical & Sport Biomechanics and Motor Behavior
- **20**: 9 Clinical & Sport Biomechanics (continued)
- **25**: 9 Equipment & Assessment in Exercise Science
- **27**: 10 Careers & Professional Issues in Exercise Science

May

- **2**: Exam 3

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**STATEMENT ON ACADEMIC HONESTY:**

Academic dishonesty is a serious offense and will not be tolerated. Cheating on examinations, submitting work of others as your own, or plagiarism in any form will result in a failing grade of F for this course and will be referred to an Academic Judicial Board. University policy related to academic honesty can be found in section I, page 5, of the Syracuse University Bulletin on Academic Rules and Regulations and at http://supolicies.syr.edu/ethics/acad_integrity.htm.

**COMPLIANCE WITH SECTION 504 OF THE REHABILITATION ACT OF 1973:**

Students who are in need of disability-related academic accommodations must register with the Office of Disability Services (ODS), 804 University Avenue, room 309, (315) 443-4498. Students with authorized disability-related accommodations should provide a current Accommodation Authorization Letter from ODS to the instructor and review those accommodations with the instructor. Every reasonable effort will be made to aid in the successful completion of this course.
**NOTE:** The instructor reserves the right to reasonably alter the syllabus at any time, if needed. If changes are necessary they will be announced in advance. Students are responsible for following the syllabus and changes.