EXSC 2500 – INTRODUCTION TO EXERCISE SCIENCE

Department of Exercise Science
School of Science, Math, and Engineering
Salt Lake Community College

Instructor:
Office Location:
Student consultation hours:
E-Mail Address: Canvas Inbox (**Preferred**) or

COURSE DESCRIPTION

This is an introduction to the Exercise Science/Kinesiology major. Course surveys the anatomical, physiological, nutritional, psychological, biomechanical, and developmental foundations of exercise science as an academic discipline. Careers and professional responsibilities within the exercise science field are also a focus of this course.

Prerequisites:	None
Credit Hours:	3
Required Book:	Epstein, G. (2014). *The Sports Gene: Inside the Science of Extraordinary Athletic Performance*. Portfolio/Penguin.
Canvas Link:	**https://slcc.instructure.com/courses/1004766**

COURSE OUTCOMES

Upon successful completion of this course, students will be able to:

1. Identify basic content knowledge of the sub-disciplines in Exercise Science, including anatomy, biomechanics, exercise and sport medicine, exercise and sport nutrition, exercise and sport psychology, exercise physiology, exercise prescription, kinesiology, and motor behavior.
2. Describe the scientific method and explain how it can be used to evaluate scientific literature in Exercise Science.
3. Compare the different academic paths available in the Exercise Science department at SLCC and create a graduation plan based on the chosen path(s).
4. Navigate SLCC's student resources and distinguish those that may be the most impactful.
5. Recognize the occupational opportunities available to Exercise Science majors and construct a projected career plan.
6. Demonstrate professional practices and behaviors related to succeeding in Exercise Science both academically and professionally.

COURSE REQUIREMENTS

This Introduction to Exercise Science course provides 3-credit hours per week in a face-to-face classroom format. Students should expect to devote at least 6-9 hours per week of preparation and study outside of class to successfully accomplish the course outcomes.

All students are required to:

- Log in to the Canvas site on a regular basis.
- Attend and participate in class. If you choose not to attend, you accept the responsibility for what occurs during your absence.
- Complete reading assignments and view content on weekly Overview pages prior to attending class.
- Complete and pass all quizzes, discussions, and assignments, based upon required reading, lectures, and provided content.

COURSE POLICIES

This syllabus contains the policies and expectations that have been established for this course. These policies and expectations are intended to create a positive learning atmosphere for all students. Please bring any concerns or suggestions you may have to my attention. To create and preserve a course atmosphere that optimizes teaching and learning, we all share the responsibility of working together to cultivate a positive learning environment. A positive learning environment includes embracing the diverse identities, viewpoints, and experiences that you all bring to the class. The concepts and ideas we discuss in Exercise Science can be applied to everyone, but we must consider the differences in contributions to the field, access to healthcare and exercise opportunities, genetics, and social or cultural beliefs and backgrounds. By sharing your experiences, you will be adding to the story of Exercise Science.

- Most assignments will be submitted electronically on Canvas. There will also be activities/assignments completed in class.
- It is assumed that if you are taking this course, you have access to a reliable, up-to-date computer and consistent internet access. Have a backup computer arranged with a friend or family member in case of computer malfunction. Computers are available at the public library and in Salt Lake Community College libraries. If there is a problem with Canvas or the SLCC network, I will be the first to know and will adjust due dates if necessary. If you have difficulty accessing the course Canvas site, contact the Salt Lake Community College Help Desk at 801-957-5555.
- Messages will be posted on the course "**Home**" page and in the "**Announcements**" tab in Canvas. Please be sure you read these messages as they contain important information.
- Communication is key! If you have a question, email me through the Canvas Inbox. I typically respond to messages within 24-48 hours during the work week. I also check messages periodically on weekends. Please do not wait to contact me if you are having any issues in or out of the course. It is much easier for me to work with you if I know what is going on as soon as possible.

- To create and preserve a positive learning environment, students are expected to conduct themselves in a manner that does not disrupt teaching or learning, and they are expected to follow these standards: Students should be active participants in each class. This includes keeping distractions to a minimum. For example, electronic devices (phones, tablets, computer) should only be used for class purposes. Course discussions (whether in-person or online) should be civilized and respectful to everyone and relevant to the topic we are discussing. Discussion forums are meant to allow for a variety of viewpoints, this can only happen if we respect one another and our differences. Please see the **Netiquette** page in Canvas for tips on how to interact with others in an online environment.
- Please see Canvas for the **Institutional Syllabus** with important institutional policy and services information.

GRADING POLICIES

- Due dates for assignments, discussions, and quizzes are provided on the **Course Calendar** and in **Canvas**.
- Late work policy: Assignments should be submitted on time. **A 5% deduction will be taken for each day that an assignment is late.** Assignments submitted more than one week after the due date will not be accepted.

Grades: Student performance is based on a percentage of the possible points. Scores are available in the Canvas gradebook and *should be monitored on a regular basis*. Contact me to discuss grade concerns throughout the semester.

Point Breakdown:

Assessment*	Points
Introductions (In-class)	10
Syllabus Reconnaissance (In-class)	10
ACSM Exercise Preparticipation Health Screening Quiz	10
Fitness Assessment	15
Graduation Planning	35
Career Summary	35
Scholarly Articles Quiz	10
Research Article Summary Paper (3 x 25 points each)	75
Experts in the Field Discussions (10 x 10 points each – lowest 2 scores dropped)	80
The Sports Gene discussions (10 x 10 points each – lowest score dropped)	90
Weekly topic quizzes (13 x 10 points each – lowest score dropped)	120
In-class activities & assignments TBD	TBD
Extra credit opportunities TBD	TBD
Approximate Total	490

*Detailed instructions and requirements for each assessment can be found in Canvas.

Instructor reserves the right to modify dates and/or points for assignments, quizzes, and/or discussions. There may also be additional quizzes and/or assignments. *Extra credit may be available throughout the semester.*

Grade breakdown by percentage:

A	95-100%	**C**	73-75
A-	90-94	**C-**	70-72
B+	86-89	**D+**	66-69
B	83-85	**D**	60-65
B-	80-82	**D-**	55-59
C+	76-79	**E**	Below 55%

Incompletes: An incomplete is a conditional grade given only in extraordinary cases where a student has completed a major portion of the class but is unable to complete coursework due to circumstances beyond their control such as a major illness/injury or a death in the family. Written documentation from your physician will be required.

COURSE SCHEDULE

This class meets for 3 lecture hours per week. Modules are open approximately two weeks prior to the start date of the module. Most assignments are open approximately one week prior to the due date of the assignment. There are some exceptions to this. Open, due, and close dates can be found on Canvas. Please see class **Calendar** for a detailed schedule and due dates.

Course Topics:

- Introduction to Exercise Science
- Introduction to Research in Exercise Science
- What is Exercise?
- Exercise for Health
- Exercise for Fitness
- Exercise for Sport
- Anatomy for Exercise Science
- Physiology for Exercise Science
- Biomechanics
- Motor Behavior
- Exercise & Sport Nutrition
- Exercise & Sport Medicine
- Exercise & Sport Psychology
- Future of Exercise Science

SLCC is committed to fostering and assessing the following College-wide student learning outcomes across the curriculum:

- Acquire substantive knowledge in the intended major and throughout General Education
- Communicate effectively
- Develop quantitative literacies required for the chosen field of study

- Think critically
- Express themselves creatively
- Develop civic literacy and the capacity to be community-engaged learners who act in mutually beneficial ways with community partners
- Develop the knowledge and skills to work with others in a professional and constructive manner
- Develop information literacy
- Develop computer literacy

The Core Themes of SLCC's Mission to provide quality Higher Education to the Broader Community are:

- Access and Success
- Transfer Education
- Workforce Education

STUDENT CODE OF CONDUCT:
Each student is expected to follow the SLCC Code of Student Rights and Responsibilities found at: https://www.slcc.edu/policies/policies/student_affairs/8.1.050.aspx.

Use of artificial intelligence (AI) in this course:
"Generative artificial intelligence (AI) software is a rapidly emerging tool that students may be interested in using. If doing so, SLCC students are expected to adhere to the same standards as the Code of Student Rights and Responsibilities statement on plagiarism. Presenting generative AI software content as your own is a violation of academic integrity. If you use generative AI in your work, you must indicate that you have done so." -*SLCC Dean of Students*

Generative AI can be an excellent resource, but your own thoughts and words must be used on all assignments and discussion posts. If any sources are used, including generative AI, they must be properly cited.

SLCC STUDENT RESOURCES:
A recent study conducted by the University of Wisconsin and Temple University found that 36% of college students nationwide are food insecure. SLCC has a food pantry for students. Check it out here: https://www.slcc.edu/thaynecenter/programs-services/bruinpantry.aspx

For childcare assistance, look here: http://www.slcc.edu/childcare/index.aspx

Please be aware that stress, anxiety, and other mental health issues are extremely common among students and seeking help is very important! Counseling services at SLCC are confidential and low cost. Counseling appointments are $15/session.

Please contact SLCC Center for Health and Counseling: http://www.slcc.edu/chc/

If you are having trouble with meeting basic needs, please visit http://www.slcc.edu/student/, or http://www.slcc.edu/oss/housing/crisis-circumstances.aspx if you are in crisis. SLCC has a

number of resources. Furthermore, if you are comfortable with doing so, please consider notifying your instructor so that she can provide you with any resources she may have access to.