

# **EXSC 2900 – SPECIAL TOPICS IN 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

## **COURSE DESCRIPTION**

This course will help students understand the research process and develop a deeper understanding/appreciation for the Exercise Science/Kinesiology discipline. This course will provide students an opportunity to explore questions of interest and/or current relevance through a defined project, which may be in the form of literature research, hands-on experimental research, or a combination of both.

**Prerequisites:** EXSC 2500 and Instructor approval

**Credit Hours:** 1

**Required Text:** None

## **COURSE OUTCOMES**

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

1. Review research tools and procedures that are used to assess exercise capacity and health risk. Understand and apply the scientific process.
2. Explore topics within Exercise Science domain and define a specific hypothesis to explore.
3. Identify appropriate outcome measures and assessment tools for hypothesis testing.
4. Perform a literature review/understand background around explored project/research.
5. Analyze outcome measures and produce a reflection on both the data results and experience. Disseminate reflection in oral and/or written form.

## **COURSE REQUIREMENTS**

This Special Topics in Exercise Science course provides 1-3 contact hour per week. Meeting times may be virtual or in person and may vary. Additionally, at least 6 hours per week of study outside of class is expected.

All students are required to:

- Attend and participate in class virtually or in person. If you choose not to attend, you accept the responsibility for what occurs during your absence. Please remember that you will need reliable internet access and the ability to be either in a classroom or available for broadcast content during the specified times for the course. You will need to be present (video on) and active in this type of course offering.
- Complete reading assignments prior to attending class.
- Complete and pass all quizzes, discussions, and assignments, based upon required reading, class lectures, and activities.

## **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 productive 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 this course 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.

- Assignments will be submitted electronically.
- It is assumed that if you are taking this course, you have access to a reliable, up-to-date computer with a webcam, microphone, and speakers, and consistent internet access. Have a backup computer arranged with a friend or family member in case of computer malfunctions. Computers are available at the public library and in Salt Lake Community College libraries. If there is a problem with the system, the instructor will be the first to know and will adjust due dates if necessary. If you have difficulty accessing the course site, contact the Salt Lake Community College Help Desk at 801-957-5555.
- Messages will be posted on the course “**Home**” page or in the “**Announcements**” tab in Canvas. Please be sure you read these messages as they contain pertinent information. If you have a question, email your instructor through the Canvas Inbox.
- 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: Course discussions 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 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. Some assignments may not be submitted late.

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

**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 instructor to discuss grade concerns throughout the semester.

### **Grade breakdown by percentage:**

<b>A</b>	95-100%	<b>C</b>	73-75
<b>A-</b>	90-94	<b>C-</b>	70-72
<b>B+</b>	86-89	<b>D+</b>	66-69
<b>B</b>	83-85	<b>D</b>	60-65
<b>B-</b>	80-82	<b>D-</b>	55-59
<b>C+</b>	76-79	<b>E</b>	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 **2** lecture/lab hour per week.

### **Course Topics:**

- Research in Exercise Science
- Writing Scientific Literature Reviews
- Data Collection and Analysis

**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](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.