

UNIVERSITY OF PITTSBURGH
Department of Health and Human Development (2021)

HPA 0477: Introduction to Exercise Science

Instructor: Kelli Davis, PhD, FACSM
Office: Oak Hill Commons, 32 Oak Hill Court, Office #228
Class Day: Monday
Class Location: Online- Combination of Synchronous/Asynchronous Learning
Class Time: 3:25pm – 4:15pm
Office Phone: 412-383-4003
Office Hours: By appt.
Email: kkd2@pitt.edu

GENERAL COURSE DESCRIPTION: The purpose of this course is to expose the undergraduate student to the field of exercise science, which will include the history of the field, practical skills testing, career opportunities, professional roles and responsibilities, certifications, and scope of practice. Key to these experiences is networking opportunities with professionals in the field and/or alumni from our undergraduate and graduate programs.

SPECIFIC LEARNING OBJECTIVES:

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

1. Self-assess personal interests, career goals, capabilities necessary for success in school and/or professional careers in the field of exercise science.
2. Understand the historical background and evolution of the field of exercise science.
3. Recognize the different certifications and skills that are required in the field and judge the similarities and differences between them.
4. Experience exercise testing procedures that are common to exercise physiologists.
5. Opportunity to participate in a career panel that highlights career paths in the field.
6. Compare and contrast diverse employment opportunities and educational pathways available in exercise science.
7. Understand where the field is going and opportunities for the future.

GRADING POLICY

Attendance and Participation: The primary basis for your grade in this course will be from attending class and from class participation while there. Participation means active engagement, attentiveness and active listening, punctuality, contributing to class discussions, asking thoughtful questions, and contributing to a supportive class environment.

You can receive up to 5 points per class for participation. You will receive 0 points if absent (see attendance policy), partial points if you leave early or arrive late, or if you do not participate.

Exams: There will be no exams in this course.

Assignments: There will be key assignments given throughout the term that will be factored into your final grade. These will be discussed and handed out throughout the term.

The major course project is the Career Investigation Project and is described below:

Career Investigation Project:

The student will be required to choose a career of interest in the exercise science field to investigate. Topics will be chosen on a first come/first served basis and cannot be repeated by others in the class. The student will then find a working professional in the chosen field to shadow and interview. Once the experience has taken place, the student will present a 10-12 slide PowerPoint presentation documenting their experience and knowledge gained through their investigation for the rest of the class.

GRADING SCALE

Your grade will be determined by dividing your actual points by the total number of points attainable.

A	=	90-100%
B	=	80-86.9%
C	=	70-76.9%
D	=	60-66.9%
F	=	0-59.9%

ATTENDANCE POLICY

Attendance is required for this course due to the nature of the content and experiences scheduled. You may miss **two classes unexcused** without losing participation points. If a student misses a class beyond this one, and they miss due to a University-approved absence or illness, they will need to inform the instructor in advance by phone or email and subsequently provide written documentation verifying their absence.

Decisions regarding the justification of the absence will be made by the instructor. In rare cases where unexpected (emergency) circumstances arise, it is the student's responsibility to notify the instructor immediately (i.e., within 48 hours).

MISCELLANEOUS ISSUES

Any student caught cheating (includes any form of academic dishonesty such as cheat sheets, copying answers, plagiarism, etc) will result in an automatic "F" in this course. Additionally, the student will be reported to the appropriate university officials, and it will go on file in the student's academic record.

Late assignments will be given an "F." Assignments/exams/projects which are unreadable and/or not professional in appearance and/or content will not receive credit.

**If you have a disability for which you are or may be requesting an accommodation, you are encouraged to contact both your instructor and Disability Resources and Services (DRS), 140 William Pitt Union (412) 648-

7890, drsrecep@pitt.edu, (412) 228-5347 for P3 ALS users, as early as possible in the term. DRS will verify your disability and determine reasonable accommodations for this course.**

Academic Integrity. Students in this course will be expected to comply with the University of Pittsburgh's Policy on Academic Integrity. Any student suspected of violating this obligation for any reason during the semester will be required to participate in the procedural process, initiated at the instructor level, as outlined in the University Guidelines on Academic Integrity. This may include, but is not limited to, the confiscation of the examination of any individual suspected of violating University Policy. Furthermore, no student may bring any unauthorized materials to an exam, including dictionaries and programmable calculators.

Statement on Classroom Recording. To ensure the free and open discussion of ideas, students may not record classroom lectures, discussion and/or activities without the advance written permission of the instructor, and any such recording properly approved in advance can be used solely for the student's own private use.

Department of Health and Human Development Grievance Procedure:

If a student feels that they have been treated unfairly by the instructor with regard to their grade or other aspects of their course participation there are a series of steps that should be taken in an attempt to resolve this matter. These include the following:

1. The student should first inform the instructor of the course of the issue in an attempt to resolve this matter. If the course is taught by a Teaching Assistant, Graduate Student, or Part-Time instructor, their faculty supervisor should also be informed of this matter. The student should bring this issue to the attention of the instructor in a timely matter and should maintain a record of interactions that occurred with the instructor regarding the matter in question. The course instructor should take necessary steps to address the concern raised by the student in a timely matter and should maintain a record of the interactions that occurred with the student regarding this matter.
2. If, after reasonable attempts to resolve the matter, the matter is not resolved in a manner that is deemed to be acceptable to the student, the student retains the right to file a grievance. This grievance is to be filed with the Department Chair in the form of a written document that can be submitted via email or campus mail. This document should include the following:
 - a. Student's name
 - b. Student contact information (email, address, telephone number)
 - c. Information on the course for which the grievance applies (course title, course number, instructor name).
 - d. A copy of the course syllabus that was provided to the student by the instructor
 - e. Detailed description of the grievance and additional information the student feels is pertinent to this matter.

After receiving this information the Department Chair will inform the student if additional information is needed, as appropriate will discuss this matter with the student and the instructor, and will issue a decision in a timely manner.

- If the student is not willing to accept the decision of the Department Chair, the student will be informed that they can request an additional review of this matter through the Office of the Dean of the School of Education. If the student decides to pursue this, the student should contact the Associate Dean for Student Affairs & Certification in the School of Education at the University of Pittsburgh.

UNIVERSITY SCHEDULE CHANGE ANNOUNCEMENT:

TENTATIVE COURSE SCHEDULE

The following course schedule is tentative and may change at the discretion of the instructor. You are responsible for any changes made to the syllabus that are announced in class, even if you are not present in class.

DATE	TOPIC
JANUARY 25	Introduction to the course/syllabus – Discuss Career Project
FEBRUARY 1	History of Exercise Physiology/Major landmarks in the field
FEBRUARY 8	Importance of the Field and contributions to public health
FEBRUARY 15	Exercise is Medicine Video Invitation to career panel. Exercise Science Club
FEBRUARY 22	Evidence-based practices/Researching a topic
MARCH 1	Knowledge, skills, and abilities required by an Exercise Physiologist
MARCH 8	Career paths and internship opportunities with a degree in Exercise Science- Guest speaker
MARCH 15	Common Certifications and Scope of Practice or LAB experience
MARCH 22	Discussion of Lab Results/ Case studies/Exercise Prescription
MARCH 29	Professional and Scientific Societies and Research/Meetings
APRIL 5	Student Presentations
APRIL 12	Student Presentations
APRIL 19	Student Presentations