

HPA 1042 Laboratory Syllabus

Lab Room: 149 Trees Hall
Lab Section Hours: Tu 11:05-11:55 am (section 1040)
Tu 2:20-3:10 pm (section 1201)
Th 11:05-11:55 am (section 1110)
Th 2:20-3:10 pm (section 1105)
Lab Assistant: Mitchell Titchworth, BS
Office: Trees Hall, Room 125
Email: MLT90@pitt.edu
Office Hours: By appointment

LAB SCHEDULE

The laboratory session schedule is tentative and may change at the discretion of the instructor. The lab schedule is also integrated into the overall Course Schedule earlier in the syllabus.

Week:	Lab Content (UPDATED 02/16/2021)
1	**no lab this week for Tu/Th sections**
2	Lab Introduction (remote only)
3	**no lab this week for Tu/Th sections** (Exam 1)
4	Lab 1: Circulatory Response to Exercise
5	Lab 1: Circulatory Response to Exercise (continued)
6	**no lab this week for Tu section** (self-care day); Lab 2: Prediction of Peak Power Output (Th section only)
7	Lab 2: Prediction of Peak Power Output (Tu section only); **no lab this week for Th section** (Exam 2)
8	Lab 2: Prediction of Peak Power Output (continued)
9	Lab 3: Aerobic Fitness Test-VO _{2max}
10	Lab 3: Aerobic Fitness Test-VO _{2max} (continued)
11	**no lab this week for Tu/Th sections** (Exam 3)
12	Lab 4: Respiratory Responses to Exercise
13	Lab 4: Respiratory Responses to Exercise (continued)
14	**no lab this week for Tu/Th sections** (Exam 4)

LAB ATTENDANCE

Students who attend labs in person will work in small groups to collect data and follow the instructions for each lab while under the direct supervision of the Laboratory TA. *All in-person lab activities will include appropriate COVID risk mitigation strategies (e.g., social distancing, face and eye masks, gloves, disinfecting of all surfaces/supplies before and after use).*

Students who are unable to attend labs in person will have the ability to participate in labs remotely by viewing live Zoom recordings of labs. Recordings will be available for those unable to attend in-person or remotely. Students unable to attend labs in person will be provided data and be expected to complete lab reports.

LAB REPORT GRADING

Lab reports are due at the beginning of class 1 week after completion of each lab and should be submitted via Canvas. Lab reports submitted late will have 10% per day deducted from the grade. Lab reports will be graded based upon a rubric tailored for each lab; points will vary for each report, but the grade for each report will be based out of 100 (e.g., 40 out of 45 would receive a score of 89). Grades on lab reports are worth 10% of the total grade for HPA 1042.

Guidelines for Writing Lab Reports

1. Do not use subjects' names in lab reports. Use a number or letter to identify individual subjects. For example, Subject 1 or female subject A.
2. Always include units of measurements for each variable. For example, HR (beats/min) or VO₂ (ml/kg/min).
3. Data may be presented in Figures or Tables.
4. Each figure and table should be given a number and title (see examples below). The dependent variable should be placed on the vertical or y-axis and the independent variable should be placed on the horizontal or x-axis. Independent variables are factors that are manipulated or controlled. Dependent variables change with or depend on the independent variables.
5. Lab reports must be typed and double-spaced; reports are due **1 week** after completion of the lab (see Lab Schedule).
6. Lab reports should include the following sections:
 - a. Results;
 - b. Discussion of the results (answer discussion questions).
7. Place the results **before** the discussion of the results.
8. Each student must write his or her own report.

Table 1. Subject characteristics.

Variable:	Men (n = 5)	Women (n = 4)
Age (yr)	23 ± 2	21 ± 2
Height (cm)	180 ± 12	162 ± 18
Weight (kg)	75 ± 4	65 ± 3

Values are means ± standard deviation.

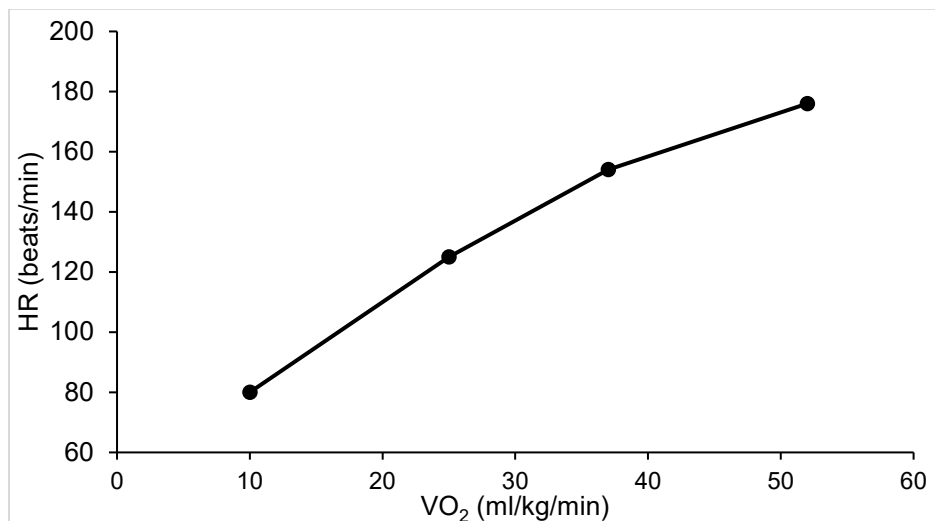


Figure 1. Heart rate response to graded treadmill exercise.