

HHD 1042 Laboratory Syllabus

Lab Room: 149 Trees Hall
Lab Section Hours: Tu 11:00-11:50 am (section 1031)
Tu 2:00-2:50 pm (section 1040)
Th 11:00-11:50 am (section 1110)
Th 2:00-2:50 pm (section 1105)

Lab TA: Keshav Mishra, BS
Office: Trees Hall, Room 125
Email: KEM318@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** in the Lecture Syllabus.*

Week:	Lab Content:
1 (Jan 11 or Jan 13)	**no lab this week**
2 (Jan 18 or Jan 20)	**no lab this week**
3 (Jan 25 or Jan 27)	**no lab this week**
4 (Feb 1 or Feb 3)	Lab Introduction/Lab 1: Circulatory Response to Exercise
5 (Feb 8 or Feb 10)	Lab 1: Circulatory Response to Exercise (continued)
6 (Feb 15 or Feb 17)	Lab 2: Anaerobic Power Assessment; lab report #1 due
7 (Feb 22 or Feb 24)	Lab 2: Anaerobic Power Assessment (continued)
8 (Mar 1 or Mar 3)	Lab 3: Prediction of Peak Power Output; lab report #2 due
9 (Mar 8 or Mar 10)	**no lab this week** (spring break)
10 (Mar 15 or Mar 17)	Lab 3: Prediction of Peak Power Output (continued)
11 (Mar 22 or Mar 24)	Lab 4: Respiratory Responses to Exercise; lab report #3 due
12 (Mar 29 or Mar 31)	Lab 4: Respiratory Responses to Exercise (continued)
13 (Apr 5 or Apr 7)	Lab 5: VO_{2max} Assessment; lab report #4 due
14 (Apr 12 or Apr 14)	Lab 5: VO_{2max} Assessment (continued)
15 (Apr 19 or Apr 21)	**no lab this week** ; lab report #5 due

LAB ATTENDANCE

Labs will only be offered in person; lab sessions will not be recorded via Zoom or be able to be viewed remotely. Students 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 masks, gloves (optional), disinfecting of all surfaces/supplies before and after use).*

LAB REPORT SUBMISSION AND GRADING

Five different labs will be completed as part of this course, and each lab will require a lab report to be written. *Each lab report should be submitted via Canvas as a Word document.*

Lab reports are due by the beginning of class 1 week after completion of each lab. Late submissions 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 20% of the total grade for HHD 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.

EXAMPLES:

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.

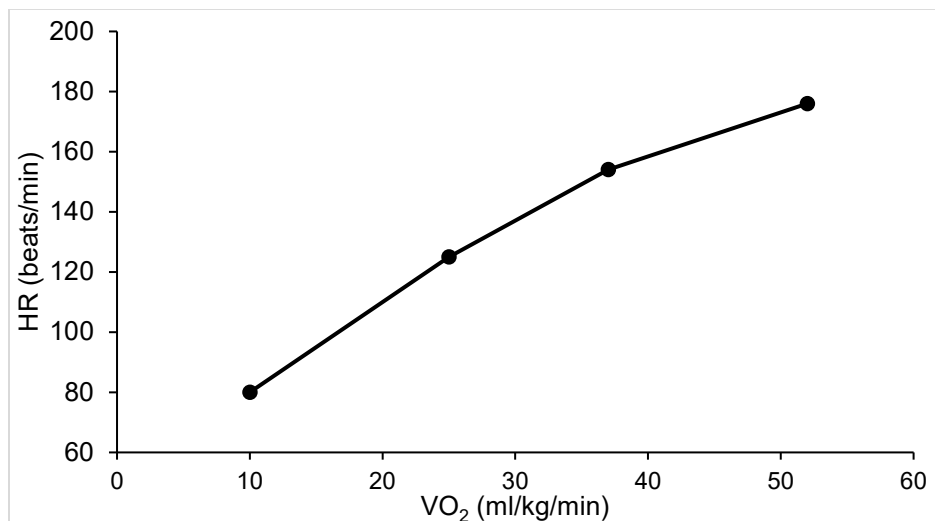


Figure 1. Heart rate response to graded treadmill exercise.