**UNIVERSITY OF PITTSBURGH**

**Department of Health and Human Development (2024)**

**HPA 0477: Introduction to Exercise Science**

**Instructor:** Elizabeth Nagle, Ph.D.

**Office:** 107 Trees Hall

**Phone:** 648-8268

**Class Day:**  Monday

**Class Location:**  Trees Hall #166

**Class Time:** 1:00-1:50 pm

**Office Hours:** By appt.

**Email:** nagle@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. Compare and contrast diverse employment opportunities and educational pathways available in exercise science.
6. Understand where the field is going and opportunities for the future.

**GRADING POLICY**

**ATTENDANCE (40 pts):** The primary basis for your grade in this course will be from attending class and from class participation while there.

**PARTICIPATION** **(40 pts)**: Participation means active engagement, attentiveness and active listening, punctuality, contributing to class discussions, asking thoughtful questions, and contributing to a supportive class environment. \*\*Rubric posted in Canvas Syllabus folder)

**EXAMS:** There will be no exams in this course.

**ASSIGNMENTS (40 pts):** 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.

**CAREER INVESTIGATION PROJECT (Group grade 80 pts; Indiv score 20 pts; 100 pts total):**

You 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. You will work with one or 2 additional classmates. Your group will identify a working professional in the chosen field to shadow and interview. Once the experience has taken place, your group will present a 10-12 slide PowerPoint presentation (in a group) documenting their experience and knowledge gained through their investigation for the rest of the class.

**Total Points possible 220\***

**ATTENDANCE POLICY**

Attendance/participation is required for this course due to the nature of the content and experiences scheduled. You may miss **one class 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**

Disability Services

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 ASL users, as early as possible in the term. DRS will verify your disability and determine reasonable accommodations for this course.

 Diversity and Inclusion

The University of Pittsburgh does not tolerate any form of discrimination, harassment, or retaliation based on disability, race, color, religion, national origin, ancestry, genetic information, marital status, familial status, sex, age, sexual orientation, veteran status or gender identity or other factors as stated in the University’s Title IX policy.

Health and Safety

It is extremely important that you abide by the [public health regulations](https://www.alleghenycounty.us/Health-Department/Resources/COVID-19/COVID-19.aspx) , the University of Pittsburgh’s [health standards and guidelines](https://www.policy.pitt.edu/university-policies-and-procedures/covid-19-standards-and-guidelines), and [Pitt’s Health Rules](https://www.coronavirus.pitt.edu/healthy-community/pitts-health-rules). These rules have been developed to protect the health and safety of all of us.

**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.

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| **DATE** | **TOPIC** |
| JANUARY 8 | Introduction to the course/syllabus – Discuss Career Project |
| JANUARY 15 | **MLK DAY- NO CLASS** |
| JANUARY 22 | History of Exercise Physiology/Major landmarks in the field |
| JANUARY 29 | Importance of the Field and contributions to public health |
| FEBRUARY 5 | Exercise is Medicine Video **/**Exercise Science Club |
| FEBRUARY 12 | Evidence-based practices/Researching a topic |
| FEBRUARY 19 | Knowledge, skills, and abilities required by an Exercise Physiologist |
| FEBRUARY 26 | Career paths and internship opportunities with a degree in Exercise Science- Guest speaker |
| MARCH 4 | Experience Exercise Science Fitness Assessments |
| MARCH 11 | **SPRING BREAK** |
| MARCH 18 | Group project planning day  |
| MARCH 25 | Discussion of Lab Results/ Case studies/Exercise Prescription Professional and Scientific Societies and Research/Meetings |
| APRIL 1 | Student Presentations |
| APRIL 8 | Student Presentations |
| APRIL 15 | Student Presentations |