

EXRS 2010 Introduction to Exercise Science  
Spring 2003

I. Instructor Information

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II. Course Objectives - At the conclusion of this course the student should be able to:

1. Describe the field of exercise science
2. Discuss the Department of Exercise Science
3. Identify the specialization areas of each faculty member of the Dept. of Exercise Science
4. Describe the procedure and standards for admission to the Dept. of Exercise Science
5. Discuss each of the possible career areas in exercise science presented by a speaker in class in terms of major responsibilities, necessary training, and employment opportunities
6. Describe how to apply for admission to graduate school or for a job

III. Textbooks

Elective: Wade, M.G., & Baker, J.A.W. (1995). Introduction to Kinesiology: The Science and Practice of Physical Activity. WCB Brown & Benchmark.

Elective: Gensemer, R.E. (1995). Physical Education: Perspectives, Inquiry, Applications (3<sup>rd</sup> ed.). WCB Brown & Benchmark.

Elective: Shea, C.H., & Wright, D.L. (1997). An Introduction to Human Movement: The Science of Physical Education. Allyn & Bacon.

Elective: Brown, S.P. (2001). Introduction to Exercise Science. Lippincott Williams & Wilkins.

**Required:** Housh, T.J., Housh, D.J., & Johnson, G.O. (2003). Introduction to Exercise Science (2<sup>nd</sup> ed.). Benjamin Cummings.

IV. Attendance Policy

Things do occur so the student must miss class and getting to class on time is difficult on this campus if the student must go any distance between classes. However, the student must make an effort to attend class regularly and be on time to class. Not attending class regularly will detract from the education and grade of the student as well as establish a poor image of the student with the professor. **NOTE**, sometimes roll will be taken in class. More than four unexcused absences is grounds for the instructor withdrawing you from the class (grade of W) (see V. B, Grading Standards in this handout). In the University of Georgia Undergraduate Bulletin, 2001-2002, page 40 is the following statement: Students are expected to attend classes regularly. A student who incurs an excessive number of absences may be withdrawn from a class at the discretion of the professor.

V. Grading Standards, Suggested Activities, and Extra Credit

- A. Tests: three (3) all equally important; 100% of grade [Make-up tests possible with excuse]
- B. Grading Standards

- A: 85% - 100% of points
- B: 75% - 84% of points
- C: 65% - 74% of points
- D: 55% - 64% of points
- F: 00% - 54% of points
- I: Failure to complete all required assignments
- W: Withdrawn from the class by the instructor for excessive number of unexcused absences from class

### C. Suggested Activity

E-mail the class instructor by the end of the 2<sup>nd</sup> full week of classes. At the minimum, give your name and the class number in the message. If you want to provide additional information your year in school and the major you want (or are in) is helpful information to the instructor.

### D. Extra Credit

1. Galileo use on an exercise science topic or profession with five (5) references; printout given to the course instructor by the end of the 4<sup>th</sup> full week of classes: 1% credit
2. One page report on participation in a research study approved by the class instructor; the report content should be what you did in the research study and what you learned from the research study; you must have the researcher send the class instructor a note or e-mail message that you participated in the research study: 2% credit

## VI. Honesty Policy

Students in this course are expected to conform to the UGA Student Honor Code: "I will be academically honest in all of my academic work and will not tolerate academic dishonesty of others." Academic honesty means performing all academic work without plagiarism, cheating, lying, tampering, stealing, receiving unauthorized or illegitimate assistance from any other person, or using any sources of information that is not common knowledge. Students who assist other students in academically dishonest acts are in violation of the policy. Consequences of academic dishonesty may vary from receiving a lower grade to expulsion from the University. Students have the responsibility for knowing the University's policy and procedures on academic dishonesty, which are described in the publication, A Culture of Honesty. Copies of this publication can be obtained from the Office of the Vice President for Instruction or may be viewed at the following web site: <http://www.uga.edu/ovpi/> .

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