

Instructor: Rosemary Neil
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Office: KNB103A
Office By appointment
Hours:

Room: HPL
Days: As required
Time: As required
Course Website: Blackboard

Course Description:	<p>An opportunity for students to gain personalized, applied research and/or work experience in kinesiology or related fields</p> <p>This course is designed to develop the student's knowledge base and practical experience in the area of applied exercise physiology. The student will be exposed to and assist with a variety of applied exercise physiological testing protocols as well as scientific training and monitoring with athletes both in a laboratory and field setting. An applied research project will be assigned to enhance the student's learning experience and understanding.</p>
Course Objectives:	<ol style="list-style-type: none"> 1. To assist with physiological testing and monitoring involving a high performance population. 2. To examine a number of advanced exercise testing and monitoring protocols including but not limited to: critical power, incremental lactate protocols, VO_2 max, noninvasive cardiac output, heart rate variability and anthropometry used with high performance athletes. 3. To establish the skills necessary to calibrate and maintain basic exercise physiology laboratory equipment: TrueOne2400 Metabolic Measurement Cart, Cycle Ergometers, and various biochemistry analyzers. 4. To develop the skills necessary to assist with a research project.
Required Reading Materials:	Reading material will be provided
Contacting the Instructor:	<p>Students requiring assistance are encouraged to speak with their instructor during class or office hours. Should you wish to meet with the instructor outside of office hours, please phone or email the instructor to make an appointment.</p> <p>Email, while commonly used, does limit the effectiveness of communications and may not be the best way for instructors to answer student questions. Therefore, the instructor may request a telephone call or personal meeting. Your instructor will inform you as to his/her expectations about emails.</p> <p>Students will be required to attend a weekly meeting with the instructor.</p>
Grading Scale:	This course is not graded. It is a credit/fail distinction.

**Evaluation of Course
Content:**

Course Evaluation

To receive credit a student must meet **all** of the following requirements:

1. Fulfill the commitment of 60 practical hours in the applied exercise physiology lab as assigned and submit a log book documenting tasks and responsibilities conducted.
2. Completion of both the mid-point and final evaluations – see appendix A & B.
3. Complete and submit a Final Report.
4. Completion of two assignments.
5. Presentation of research project.

Successful completion of these requirements will result in credit for the course.

**Additional Course
Information:**

A minimum of 60 hours contact time must be completed during the course of the semester. Scheduling varies each week and is determined at a weekly meeting but a minimum commitment of 10hrs per week is expected. The student's availability will be taken into consideration.

Course prerequisites:

1. KNES 373 (completed or taken concurrently with practicum)
2. WHMIS certification
3. Hepatitis B vaccination or in process of getting vaccinated
4. CPR and First Aid is an asset.
5. KNES 479 is an asset
6. CSEP Certified Personal Trainer (CPT) is an asset

Course Content:

Dates	Details
May 9 th	Overview of course expectations and research project
May 10	Calibration of equipment, biohazard training and testing equipment preparation
Week of:	
May 14 th	National Alpine Skiing Testing: Testing: anthropometry, incremental lactate protocols, critical power and isokinetic (Biodex) testing Project preparation
May 21 th	Research project data collection Week 1 Assist with scheduled testing
May 28 th	Long Track Speedskating Critical power testing Hemoglobin mass determination

June 1st Due Date	Research project data collection Week 2 Assignment 1: Threshold determination
June 4 th	Completion of mid-point evaluation Biathlon Development Athlete Testing Treadmill incremental lactate Research project data collection Week 3
June 11 th June 15th Due Date	Training Interventions: Hyperoxia Assist with other scheduled testing Research project data collection Week 4 Assignment 2: Critical Power
June 18 th	Training Interventions: Hyperoxia Assist with other scheduled testing Research project data analysis
June 25 th June 28th Due Date	Project Presentation Final evaluation Final Report

Final Report Component

The following can be used as a guideline for your report:

- Mission, goals and objectives of the project
 - Why you chose this placement
 - Personal goals
 - Description of the population served or program participants
- Testimonials from directors, staff or participants
- Challenges and surprises
 - stressors/stress management techniques
 - what you need to work on in the future
- Personal discoveries – strengths, values, preferences, weaknesses, biases, etc.
 - Virtues that were brought to bear (e.g., honesty, dedication, compassion)
- New knowledge, insights or skills that were acquired
 - communication skills; yours and those of your co-workers
 - professionalism; yours and your employer(s)
 - record keeping
 - time management
 - how you functioned as a team
 - insights gained regarding relationships between academic training and professional experience
 - your future within the “people” industry – is this for you or not?

Reports should be no longer than six, double-spaced pages.

Supplementary Course Information

In accordance with the University of Calgary Calendar

Academic Accommodation Awareness Information:	It is the student's responsibility to request academic accommodation. If you are a student with a documented disability who may require academic accommodation and have not registered with the Disability Resource Centre, please contact their office at 220-8237. You are also required to discuss your needs with your instructor no later than fourteen (14) days after the commencement of this course. Students who have not registered with the Disability Resource Centre <u>are not</u> eligible for formal academic accommodation.
Plagiarism/Cheating/Other Academic Misconduct: (see Calendar)	A <u>single</u> offence of cheating, plagiarism, or other academic misconduct is a serious act that will not be tolerated in the Faculty of Kinesiology. Penalties for such acts will be determined by the Dean and may result in a failing grade, probation, suspension, or expulsion. Any student who is uncertain if an action falls into this category should consult the instructor and/or the Calendar.
Midterm Exam Policy:	The Faculty of Kinesiology policy is that all students are expected to write midterm exams on the dates listed on the course outline. Special accommodation may be granted by the instructor in exceptional circumstances only which include illness, participation in athletic events (varsity, national or international), domestic affliction, and religious conviction. It is the student's responsibility to supply proper documentation and/or notification prior to the originally scheduled midterm to support their circumstance. Personal travel plans and arrangements are not valid reasons for requesting a special accommodation for a midterm exam. Failure to comply with this policy will result in a grade of zero for the midterm and possible failure in the course.
FOIP Policy:	Please note that the University is under the jurisdiction of the provincial Freedom of Information and Protection of Privacy (FOIP) Act. Please refer to the website for details: http://www.ucalgary.ca/secretariat/privacy
Internet and Electronic Communication Device Information:	Any surfing of the Internet during lectures that is not directly related to the class discussion is distracting and strictly forbidden. Additionally, the use of any electronic devices (e.g., cellular phones, Blackberrys) for e-mailing, texting, etc. is strictly prohibited. Please turn OFF your phone before the beginning of each lecture. Instructors have the authority, at the discretion of the dean of their faculty, to require that specific course assignments, term papers and academic exercises be submitted in an electronic format. Instructors cannot require that multiple copies of an assignment be submitted.
Emergency Evacuation/Assembly Points: Safewalk Information:	For classes in the Kinesiology buildings Primary assembly point is the MacEwan Student Centre - North Courtyard and the Alternate assembly point is University Theatres Lobby Safewalk volunteers walk people safely to their destination on campus (including Health Sciences, Children's Hospital, McMahon Stadium, and University LRT station). This service is free and available to students, staff and campus visitors. Call 403-220-5333 (24 hours a day/7 days a week/365 days a year).
Student's Union:	The Kinesiology Representative is Calindy Ramsden - E-mail: kinesrep@su.ucalgary.ca .

Appendix A Mid-Point Evaluation

Student's Name: _____

Supervisor's Name: _____

Date of Evaluation: _____

Please check the appropriate box in each section.

INTEREST IN WORK					
<input type="checkbox"/> High interest in job. Very enthusiastic.	<input type="checkbox"/> More than average amount of interest and enthusiasm for job.	<input type="checkbox"/> Satisfactory amount of interest and enthusiasm for job.	<input type="checkbox"/> Interest fluctuates. Occasionally enthusiastic.	<input type="checkbox"/> Little interest or enthusiasm for job.	<input type="checkbox"/> Not applicable.
INITIATIVE					
<input type="checkbox"/> Self-Starter. Asks for new jobs. Looks for work.	<input type="checkbox"/> Acts voluntarily in most matters.	<input type="checkbox"/> Acts voluntarily in routine matters.	<input type="checkbox"/> Relies on others. Must be told frequently what to do.	<input type="checkbox"/> Usually waits to be told what to do next.	<input type="checkbox"/> Not applicable.
ORGANIZATION AND PLANNING					
<input type="checkbox"/> Does an excellent job of planning and organization.	<input type="checkbox"/> Usually organizes work well.	<input type="checkbox"/> Does normal amount of planning and organizing.	<input type="checkbox"/> More often than not fails to organize and plan work effectively.	<input type="checkbox"/> Consistently fails to organize and plan work effectively.	<input type="checkbox"/> Not applicable.
ABILITY TO LEARN					
<input type="checkbox"/> Exceptionally quick.	<input type="checkbox"/> Quick to learn.	<input type="checkbox"/> Average	<input type="checkbox"/> Slow to learn.	<input type="checkbox"/> Very slow to learn.	<input type="checkbox"/> Not applicable.
QUALITY OF WORK					
<input type="checkbox"/> Very thorough in performing work. Errors very few, if any.	<input type="checkbox"/> Usually thorough. Good work. Few errors.	<input type="checkbox"/> Work usually passes review. Has normal amount of errors.	<input type="checkbox"/> More than average amount of errors for a trainee.	<input type="checkbox"/> Work usually done in careless manner. Make errors often.	<input type="checkbox"/> Not applicable.
QUANTITY OF WORK					
<input type="checkbox"/> Highly productive in comparison to other students.	<input type="checkbox"/> More than expected in comparison with other students.	<input type="checkbox"/> Expected amount of productivity for students.	<input type="checkbox"/> Less than expected in comparison with other students.	<input type="checkbox"/> Very low in comparison with other students.	<input type="checkbox"/> Not applicable.
JUDGEMENT					
<input type="checkbox"/> Exceptionally good. Decisions based on thorough analysis.	<input type="checkbox"/> Uses good common sense. Usually make good decisions.	<input type="checkbox"/> Judgment usually good in routine situations.	<input type="checkbox"/> Judgment often undependable.	<input type="checkbox"/> Poor judgment. Jumps to conclusions without sufficient knowledge.	<input type="checkbox"/> Not applicable.

DEPENDABILITY					
<input type="checkbox"/> Can always be depended upon in any situation.	<input type="checkbox"/> Can usually be depended upon in most situations.	<input type="checkbox"/> Can be depended upon in routine situations.	<input type="checkbox"/> Somewhat unreliable, needs above average checking.	<input type="checkbox"/> Unreliable.	<input type="checkbox"/> Not applicable.

RELATIONS WITH OTHERS					
<input type="checkbox"/> Always works in harmony with others. An excellent team worker.	<input type="checkbox"/> Congenial and helpful. Works well with associates.	<input type="checkbox"/> Most relations with others are harmonious under normal circumstances.	<input type="checkbox"/> Difficult to work with at times. Sometimes antagonizes others.	<input type="checkbox"/> Frequently quarrelsome and causes friction.	<input type="checkbox"/> Not applicable.
CREATIVITY					
<input type="checkbox"/> Continually seeks new and better ways of doing things; is extremely innovative.	<input type="checkbox"/> Frequently suggests new ways of doing things; is very imaginative.	<input type="checkbox"/> Has average amount of imagination; has reasonable amount of new ideas.	<input type="checkbox"/> Occasionally comes up with a new idea.	<input type="checkbox"/> Rarely has a new idea, is not very imaginative.	<input type="checkbox"/> Not applicable.
COMMUNICATION					
WRITTEN Expression	<input type="checkbox"/> Exceptional	<input type="checkbox"/> Very good	<input type="checkbox"/> Good	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Unsatisfactory
ORAL Expression	<input type="checkbox"/> Exceptional	<input type="checkbox"/> Very good	<input type="checkbox"/> Good	<input type="checkbox"/> Satisfactory	<input type="checkbox"/> Unsatisfactory
ACCEPTANCE OF CRITICISM AND SUGGESTIONS			GROOMING		
<input type="checkbox"/> Appreciative or willing		<input type="checkbox"/> Resentful or reluctant		<input type="checkbox"/> Appropriate	<input type="checkbox"/> Inappropriate
ATTENDANCE			PUNCTUALITY		
<input type="checkbox"/> Regular		<input type="checkbox"/> Irregular		<input type="checkbox"/> Regular	<input type="checkbox"/> Irregular

MAJOR STRENGTHS

AREAS FOR IMPROVEMENT

1.	1.
2.	2.
3.	3.

OVERALL PERFORMANCE

Outstanding Very Good Satisfactory Marginal Unsatisfactory

COMMENTS

Appendix B

Final Evaluation Confidential

Student's Name: _____

Supervisor's Name: _____

Date of Evaluation: _____

Overall Performance and Outcomes: results and outcomes of projects/tasks assigned and degree to which learning objectives were met:

Suggestions for development:

(*Student's Signature)

Date

(Instructor's Signature)

Date