PRPE 2180 Introduction to Exercise Science
Department of Health, Exercise and Sports Sciences

Instructor: Len Kravitz, Ph.D.
Teaching Assistant: Sky Choi, Doctoral Exercise Science Student
Meeting Times: MW(F) 2:00 pm – 2:50 pm: JC B100 (Fridays are MOSTLY out-of-class projects: However Exams are on Fridays)
Office: Johnson Center 1160
Email: lkravitz@unm.edu (NOTE: email is BEST way to contact me)
Web Site: www.unm.edu/~lkravitz
Office Hrs: Mon 11:00 – 12:00pm; Wed 11:00 to 1:45pm

Course Description:
Introduction to the field of exercise science, including elements from the basic and clinical sciences and other allied health professions that integrate with exercise science. This course recently became a major launching pad class of the Exercise Science program at UNM. This course is ideal for those interested in pursuing careers in physical therapy (PT), occupational therapy (OT), athletic training (AT), physician assistant (PA), clinical exercise (i.e. cardiac rehabilitation), strength and conditioning, personal training, along with medical or research doctor.

Rationale:
This is a preparatory course addressing the field of exercise science, including the disciplines that comprise the field, and exercise science-related professions, including relevant allied professions.

Course Objectives: Be able to...
1. Explain the brief history of exercise science
2. Identify the benefits of exercise among healthy populations
3. Describe the 2018 Physical Activity Guidelines
4. Develop a physically active lifestyle and exercise plan
5. Describe the types of research conducted in exercise science and provide examples
6. Research and learn about the career choices in Exercise Science
7. Develop an understanding of the theoretical and practical components of an Exercise Science degree program
8. Formulate a career plan

No Required Textbook: Web-based article reading assignments

HOME Page WEB URL: All Course Content is Located Here:
https://www.unm.edu/~lkravitz/Intro%20to%20ES/IntrotoESHome.html

NOTE: We do NOT use CANVAS in this class. Everything is on our HOME page.

Instructional Strategies
The instructor will use the following strategies during the course of instruction:
  Computerized/digital lecture presentations
  Web-based study; Class discussion, written and oral quizzes
  Demonstrations and laboratory experiences
  Participation Fridays for Friday reports and projects
  West Point teaching methodology

Evaluation (Total 100 pts)
- Exam 1: 20 pts
- Exam 2: 20 pts
- Exam 3: 15 pts
- Final Exam: 15 pts
- Daily Quizzes (Average): 15 pts
- Friday Reports/Projects (Ave): 15 pts
**Quizzes:** Daily quizzes. This is support for formative evaluation, which has been shown to improve final student outcomes significantly. These are 15 pts (15%) of your grade.

**Note:** No make-ups on exams, quizzes or labs without contacting me with your excuse: such as athletic team away game, scheduled wedding, special event, illness, etc.). All authorized absences should be requested in advance. Approved make-ups must be completed within 2 class meetings.

**Special Note:** Students NOT attending most, if not all classes at the start of the semester, as well as NOT completing any quizzes or Submitting any Friday projects will be dropped from the course after the second week of the semester.

**Grading Scale**

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<th>Grade</th>
<th>Percentage</th>
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<tr>
<td>A+</td>
<td>97 — 100</td>
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<tr>
<td>A</td>
<td>93 — &lt; 97</td>
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<td>A-</td>
<td>90 — &lt; 93</td>
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<td>B+</td>
<td>87 — &lt; 90</td>
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<td>67 — &lt; 70</td>
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**Academic Integrity:** Academic dishonesty defined from the UNM Student Code of Conduct: “dishonesty in quizzes, tests or assignments; claiming credit for work not done or done by others; hindering the academic work of other students; misrepresenting academic or professional qualifications within or without the University; and nondisclosure or misrepresentation in filling out applications or other University records.” The Exercise Science faculty supports the importance of academic integrity. A student violating academic dishonesty guidelines will receive an “F” for the course. A second violation will result in the student being withdrawn from the Exercise Science program.

**Friday Participation Reports:** PRPE2180 does NOT meet F2F on Fridays except for EXAMS. Each Friday students will have an assignment, project or learning activity to complete on their own. For each Friday assignment, students will turn in a completed project by email to Dr. Kravitz. Friday Participation projects are NOT group projects. DO YOUR OWN WORK on these assignments. Specific handout directions will be provided on Friday morning. Friday reports are due on the date and time specified. No late papers will be accepted.

**Special Needs:** Qualified students with special needs should see the instructor as soon as possible.

**Professional Courtesy:** Students are expected to be on time for class and stay till the end of class. No food or drinks (other than water bottles) in class. Also, take care of your personal needs before the beginning of class. As well, I expect you to show professional courtesy towards your fellow students (i.e., no feet on chairs or pack packs in the way of others). CELL PHONE USAGE policy: In accordance with the Dean of Students office, the Department of Physical Performance and Development will not tolerate the use of cell phones, pagers, or other electronic devices in the classroom. Using cell phones, pagers, or other electronic devices in the classroom “is disruptive student behavior that interferes with the educational process of other students or prevents faculty or staff from performing their professional responsibilities”.

**COVID-19 Health and Awareness:**

COVID-19 Health and Awareness. UNM is a mask friendly, but not a mask required, community. If you are experiencing COVID-19 symptoms, please do not come to class. If you do need to stay home, please
communicate with me at [lkravitz@unm.edu]; I can work with you to provide alternatives for course participation and completion. Let me, an advisor, or another UNM staff member know that you need support so that we can connect you to the right resources. Please be aware that UNM will publish information on websites and email about any changes to our public health status and community response.

Support:
Student Health and Counseling (SHAC) at (505) 277-3136. If you are having active respiratory symptoms (e.g., fever, cough, sore throat, etc.) AND need testing for COVID-19; OR If you recently tested positive and may need oral treatment, call SHAC.

LoboRESPECT Advocacy Center (505) 277-2911 can offer help with contacting faculty and managing challenges that impact your UNM experience.

Accommodations: UNM is committed to providing equitable access to learning opportunities for students with documented disabilities. As your instructor, it is my objective to facilitate an inclusive classroom setting, in which students have full access and opportunity to participate. To engage in a confidential conversation about the process for requesting reasonable accommodations for this class and/or program, please contact Accessibility Resource Center at arcsrvs@unm.edu or by phone at 505-277-3506.

Support: Contact me at [lkravitz@unm.edu] or in office/check-in hours and contact Accessibility Resource Center (https://arc.unm.edu/) at arcsrvs@unm.edu (505) 277-3506.

Title IX:
Our classroom and our university should always be spaces of mutual respect, kindness, and support, without fear of discrimination, harassment, or violence. Should you ever need assistance or have concerns about incidents that violate this principle, please access the resources available to you on campus, especially the LoboRESPECT Advocacy Center and the support services listed on its website (http://loborespect.unm.edu/). Please note that, because UNM faculty, TAs, and GAs are considered "responsible employees" by the Department of Education, any disclosure of gender discrimination (including sexual harassment, sexual misconduct, and sexual violence) made to a faculty member, TA, or GA must be reported by that faculty member, TA, or GA to the university's Title IX coordinator at the Office of Compliance, Ethics, and Equal Opportunity (https://oeo.unm.edu/title-ix/title-ix-reporting-obligations.html)
For more information on the campus policy regarding sexual misconduct, please see: https://policy.unm.edu/university-policies/2000/2740.html.

Students who ask for help are successful students. I encourage students to be familiar with services and policies that can help them navigate UNM successfully. Many services exist to help you succeed academically, such as peer tutoring at CAPS and http://mentalhealth.unm.edu. There are plenty of ways to find your place and your pack at UNM: see the "student guide" tab on my.unm, students.unm.edu, or ask me for information about the right resource center or person to contact.

Doing the Right Thing: UNM has policies to preserve and protect you and the academic community available in the Student Pathfinder as well as in the Faculty Handbook. These include policies on student grievances D175 (undergraduates) and D176 (graduate and professional students), academic dishonesty (D100), and respectful campus (CO9). Please ask for help in understanding and avoiding plagiarism (passing the work or words of others off as your own work or words) or other forms academic dishonesty. Doing something dishonest in a class or on an assignment can lead to serious academic consequences. Come talk with me about your concerns or needs for academic flexibility or talk with support staff at one of our student resource centers before you do something that may endanger your career.