EPHP 4102, Advanced Cardiovascular Training
Fall 2019
Texas A&M University-Central Texas

COURSE DATES, MODALITY, AND LOCATION
This course meets face-to-face with supplemental materials made available online through the Texas A&M-Central Texas Canvas Learning Management System [https://tamuct.instructure.com/].
Dates/Times: Tuesdays and Thursdays – 10:00am – 10:50pm
Location: Heritage Hall 309 and Human Performance Lab

INSTRUCTOR AND CONTACT INFORMATION
Instructor: Julie Kresta, PhD
Office: 322M Warrior Hall
Phone: 254-519-5428
Email: jkresta@tamuct.edu

Office Hours
Mondays and Wednesdays – 9:00-11:00am
Tuesdays and Thursdays – 10-11am
Or by appointment

Student-instructor interaction
Students are encouraged to use office hours and email as the primary methods to contact the course instructor. Email will be checked regularly throughout the day up until 9:00pm during the academic week. Email responses will be made within 24-48 hours. Appointments can also be made and are recommended to discuss any course material and/or issues.

WARRIOR SHIELD
Emergency Warning System for Texas A&M University-Central Texas
Warrior Shield is an emergency notification service that gives Texas A&M University-Central Texas the ability to communicate health and safety emergency information quickly via email, text message, and social media. All students are automatically enrolled in Warrior Shield through their myCT email account.

Connect to Warrior Shield by 911Cellular [https://portal.publicsafetycloud.net/Account/Login] to change where you receive your alerts or to opt out. By staying enrolled in Warrior Shield, university officials can quickly pass on safety-related information, regardless of your location.
COURSE INFORMATION

Course Overview and description:
This course is designed to give students the opportunity to develop an increased understanding and appreciation for the principles of cardiovascular training through direct participation in this style of training.

Course Objective:
The purpose of this course is to enhance the understanding and application of cardiovascular exercise training through direct participation.

Student Learning Outcomes
1. Define general cardiovascular training terminology
2. Apply biomechanical and physiological principles to program design
3. Differentiate various forms and concepts of cardiovascular training program design
4. Understand cardiovascular training as a life-long activity

Required Reading and Textbook(s):
n/a

COURSE REQUIREMENTS

Course Requirements:

Participation: Students will be expected to attend and participate in the daily cardiovascular activities. Students will be provided with an exercise log that will need to be completed as they complete workouts throughout the course. If class is missed, students can still make up the workout on their own time. However, in order to receive credit for the made-up workouts, they must notify the instructor in writing (i.e. email) in advance for approval and to receive the workout details.

Program Design Project: Students will work in groups to put together a detailed cardiovascular training program for a client of their choice. Students will write this up as a group and submit the program to be graded. In addition, groups will be asked to give a brief presentation in class describing and justifying their program design.

Personal Improvement Paper: Students be asked to write a paper to discuss how their cardiovascular fitness levels have changed throughout the course.

GRADING POLICY: The student will be graded as follows:

<table>
<thead>
<tr>
<th>Item</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participation</td>
<td>30%</td>
</tr>
<tr>
<td>Content Exam</td>
<td>20%</td>
</tr>
<tr>
<td>Program Design</td>
<td>25%</td>
</tr>
<tr>
<td>Personal Improvement Paper</td>
<td>25%</td>
</tr>
<tr>
<td>Total</td>
<td>100%</td>
</tr>
</tbody>
</table>
Grading Criteria Rubric and Conversion
Specific rubrics to be used for grading will be made available via Canvas when the corresponding assignment is posted.

Posting of Grades
• Grades will be posted on the Canvas Grade book for students to access. In addition to individual item grades, a running cumulative course grade will be available to view.
• All assignments will be graded within 1 week of the due date, unless otherwise specified by the professor.

COURSE OUTLINE AND CALENDAR
Complete Course Calendar
COURSE SCHEDULE: 2ND 8-WEEK TERM

WEEK 1 –
• CLASS 1: Tuesday, October 22
  o IN CLASS: Syllabus Review
• CLASS 2: Thursday, October 24
  o IN CLASS: Endurance Training Principles, Sports Nutrition, Hydration

WEEK 2 –
• CLASS 1: Tuesday, October 29
  o IN CLASS: Aerobic Endurance Development
• CLASS 2: Thursday, October 31
  o IN CLASS: Anaerobic and Resistance Exercise for Endurance

WEEK 3 –
• CLASS 1: Tuesday, November 5
  o IN CLASS: Individual Program Development
• CLASS 2: Thursday, November 7
  o IN CLASS: Content Exam

WEEK 4 –
• CLASS 1: Tuesday, November 12
  o IN CLASS: Exercise Pre-Testing
• CLASS 2: Thursday, November 14
  o IN CLASS: Exercise Participation – in HPL

WEEK 5 –
• CLASS 1: Tuesday, November 19
  o IN CLASS: Exercise Participation – in HPL
• CLASS 2: Thursday, November 21
  o IN CLASS: Exercise Participation – in HPL
WEEK 6 –
• **CLASS 1**: Tuesday, November 26
  - IN CLASS: Exercise Participation – in HPL
• **CLASS 2**: Thursday, November 28
  - NO CLASS - THANKSGIVING

WEEK 7 –
• **CLASS 1**: Tuesday, December 3
  - IN CLASS: Exercise Participation – in HPL
• **CLASS 2**: Thursday, December 5
  - IN CLASS: Exercise Post-Testing

WEEK 8 –
• **CLASS 1**: Tuesday, December 10
  - IN CLASS: Program Design Group Project Due – PRESENTATIONS IN CLASS
• **CLASS 2**: Thursday, December 12
  - IN CLASS: Program Design Group Project Due – PRESENTATIONS IN CLASS
  - Personal Improvement Papers Due

Important University Dates
• October 28, 2019 – Deadline to Drop First 8-week classes with no record
• November 29, 2019 – Deadline to Drop First 8-week classes with a Quit (Q) or Withdraw (W)

TECHNOLOGY REQUIREMENTS AND SUPPORT
Technology Requirements
This course will use the A&M-Central Texas Instructure Canvas learning management system. Logon to A&M-Central Texas Canvas [https://tamuct.instructure.com/] or access Canvas through the TAMUCT Online link in myCT [https://tamuct.onecampus.com/]. You will log in through our Microsoft portal.

Username: Your MyCT email address. Password: Your MyCT password

Canvas Support
Use the Canvas Help link, located at the bottom of the left-hand menu, for issues with Canvas. You can select “Chat with Canvas Support,” submit a support request through “Report a Problem,” or call the Canvas support line: 1-844-757-0953.
For issues related to course content and requirements, contact your instructor.

Other Technology Support
For log-in problems, students should contact Help Desk Central
24 hours a day, 7 days a week
UNIVERSITY RESOURCES, PROCEDURES, AND GUIDELINES

Drop Policy
If you discover that you need to drop this class, you must complete a Drop Request Form [https://www.tamuct.edu/registrar/docs/Drop_Request_Form.pdf].

Professors cannot drop students; this is always the responsibility of the student. The Registrar’s Office will provide a deadline on the Academic Calendar for which the form must be completed, signed and returned. Once you return the signed form to the Registrar’s Office, you must go into Warrior Web and confirm that you are no longer enrolled. If you still show as enrolled, FOLLOW-UP with the Registrar’s Office immediately. You are to attend class until the procedure is complete to avoid penalty for absence. Should you miss the drop deadline or fail to follow the procedure, you will receive an F in the course, which may affect your financial aid and/or VA educational benefits.

Academic Integrity
Texas A&M University -Central Texas values the integrity of the academic enterprise and strives for the highest standards of academic conduct. A&M-Central Texas expects its students, faculty, and staff to support the adherence to high standards of personal and scholarly conduct to preserve the honor and integrity of the creative community. Academic integrity is defined as a commitment to honesty, trust, fairness, respect, and responsibility. Any deviation by students from this expectation may result in a failing grade for the assignment and potentially a failing grade for the course. Academic misconduct is any act that improperly affects a true and honest evaluation of a student’s academic performance and includes, but is not limited to, cheating on an examination or other academic work, plagiarism and improper citation of sources, using another student’s work, collusion, and the abuse of resource materials. All academic misconduct concerns will be reported to the university’s Office of Student Conduct. Ignorance of the university’s standards and expectations is never an excuse to act with a lack of integrity. When in doubt on collaboration, citation, or any issue, please contact your instructor before taking a course of action.

For more information regarding the Student Conduct process, [https://www.tamuct.edu/student-affairs/student-conduct.html].
If you know of potential honor violations by other students, you may submit a report, [https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=0].

Academic Accommodations
At Texas A&M University-Central Texas, we value an inclusive learning environment where every student has an equal chance to succeed and has the right to a barrier-free education. The
Office of Access and Inclusion is responsible for ensuring that students with a disability receive equal access to the university’s programs, services and activities. If you believe you have a disability requiring reasonable accommodations please contact the Office of Access and Inclusion, WH-212; or call (254) 501-5836. Any information you provide is private and confidential and will be treated as such.

For more information please visit our Access & Inclusion Canvas page (log-in required) [https://tamuct.instructure.com/courses/717]

**Important information for Pregnant and/or Parenting Students**

Texas A&M University-Central Texas supports students who are pregnant and/or parenting. In accordance with requirements of Title IX and related guidance from US Department of Education’s Office of Civil Rights, the Dean of Student Affairs’ Office can assist students who are pregnant and/or parenting in seeking accommodations related to pregnancy and/or parenting. Students should seek out assistance as early in the pregnancy as possible. For more information, please visit Student Affairs [https://www.tamuct.edu/student-affairs/index.html]. Students may also contact the institution’s Title IX Coordinator. If you would like to read more about these requirements and guidelines online, please visit the website [http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf].

Title IX of the Education Amendments Act of 1972 prohibits discrimination on the basis of sex and gender—including pregnancy, parenting, and all related conditions. A&M-Central Texas is able to provide flexible and individualized reasonable accommodation to pregnant and parenting students. All pregnant and parenting students should contact the Associate Dean in the Division of Student Affairs at (254) 501-5909 to seek out assistance. Students may also contact the University’s Title IX Coordinator.

**Tutoring**

Tutoring is available to all A&M-Central Texas students, both on-campus and online. Subjects tutored on campus include Accounting, Advanced Math, Biology, Finance, Statistics, Mathematics, and Study Skills. Tutors are available at the Tutoring Center in Warrior Hall, Suite 111. Tutor.com tutoring will not offer writing support beginning August 1, 2019, but will continue to offer other tutoring support.

If you have a question regarding tutor schedules, need to schedule a tutoring session, are interested in becoming a tutor, or have any other question, contact Academic Support Programs at (254) 519-5796, or by emailing Dr. DeEadra Albert-Green at deeadra.albertgreen@tamuct.edu.

Chat live with a tutor 24/7 for almost any subject from on your computer! Tutor.com is an online tutoring platform that enables A&M-Central Texas students to log in and receive online tutoring support at no additional cost. This tool provides tutoring in over 40 subject areas. Access Tutor.com through Canvas.
University Writing Center
Located in Warrior Hall 416, the University Writing Center (UWC) at Texas A&M University–Central Texas (TAMUCT) is a free workspace open to all TAMUCT students from 10:00 a.m.-5:00 p.m. Monday thru Thursday with satellite hours in the University Library Monday thru Thursday from 6:00-9:00 p.m. This semester, the UWC is also offering online only hours from 12:00-3:00 p.m. on Saturdays.

Tutors are prepared to help writers of all levels and abilities at any stage of the writing process. While tutors will not write, edit, or grade papers, they will assist students in developing more effective composing practices. By providing a practice audience for students’ ideas and writing, our tutors highlight the ways in which they read and interpret students’ texts, offering guidance and support throughout the various stages of the writing process. In addition, students may work independently in the UWC by checking out a laptop that runs the Microsoft Office suite and connects to WIFI, or by consulting our resources on writing, including all of the relevant style guides. Whether you need help brainstorming ideas, organizing an essay, proofreading, understanding proper citation practices, or just want a quiet place to work, the UWC is here to help!

Students may arrange a one-to-one session with a trained and experienced writing tutor by visiting the UWC during normal operating hours (both half-hour and hour sessions are available) or by making an appointment via WCOnline [https://tamuct.mywconline.com/]. In addition, you can email Dr. Bruce Bowles Jr. at bruce.bowles@tamuct.edu if you have any questions about the UWC and/or need any assistance with scheduling.

University Library
The University Library provides many services in support of research across campus and at a distance. We offer over 200 electronic databases containing approximately 250,000 eBooks and 82,000 journals, in addition to the 85,000 items in our print collection, which can be mailed to students who live more than 50 miles from campus. Research guides for each subject taught at A&M-Central Texas are available through our website to help students navigate these resources. On campus, the library offers technology including cameras, laptops, microphones, webcams, and digital sound recorders.

Research assistance from a librarian is also available 24 hours a day through our online chat service, and at the reference desk when the library is open. Research sessions can be scheduled for more comprehensive assistance, and may take place on Skype or in-person at the library. Assistance may cover many topics, including how to find articles in peer-reviewed journals, how to cite resources, and how to piece together research for written assignments.

Our 27,000-square-foot facility on the A&M-Central Texas main campus includes student lounges, private study rooms, group work spaces, computer labs, family areas suitable for all ages, and many other features. Services such as interlibrary loan, TexShare, binding, and laminating are available. The library frequently offers workshops, tours, readings, and other
A Note about Sexual Violence at A&M-Central Texas

Sexual violence is a serious safety, social justice, and public health issue. The university offers support for anyone struggling with these issues. University faculty are mandated reporters, so if someone discloses that they were sexually assaulted (or a victim of Domestic/Dating Violence or Stalking) while a student at TAMUCT, faculty members are required to inform the Title IX Office. If you want to discuss any of these issues confidentially, you can do so through Student Counseling (254-501-5955) located on the second floor of Warrior Hall (207L).

Sexual violence can occur on our campus because predators often feel emboldened, and victims often feel silenced or shamed. It is incumbent on ALL of us to find ways to actively create environments that tell predators we don’t agree with their behaviors and tell survivors we will support them. Your actions matter. Don’t be a bystander; be an agent of change. For additional information on campus policy and resources visit the Title IX webpage [https://www.tamuct.edu/departments/compliance/titleix.php].

Behavioral Intervention

Texas A&M University-Central Texas cares about the safety, health, and well-being of its students, faculty, staff, and community. If you are aware of individuals for whom you have a concern, who are exhibiting behaviors that pose a threat to safety, or individuals causing a significant disruption to our community, please make a referral to the Behavioral Intervention Team. You can complete the referral online [https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=2].

Anonymous referrals are accepted. Please see the Behavioral Intervention Team website for more information [https://www.tamuct.edu/student-affairs/bat.html]. If a person’s behavior poses an imminent threat to you or another, contact 911 or A&M-Central Texas University Police at 254-501-5800.

Copyright Notice

Students should assume that all course material is copyrighted by the respective author(s). Reproduction of course material is prohibited without consent by the author and/or course instructor. Violation of copyright is against the law and Texas A&M University-Central Texas’ Code of Academic Honesty. All alleged violations will be reported to the Office of Student Conduct.

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