
KINES 3670- Section 001 (Hybrid)

Fall 2023 Course Syllabus

Meets on Thursdays from 9:10-10:30a, Beh S Rm. 101

Instructor:	Arwen Fuller, PhD (she/her/hers) (Please feel free to address me as “Dr. Fuller” or “Arwen”) PLEASE use canvas messaging for course-related communication umail: arwen.fuller@utah.edu
Office Hours:	Office Hour: 1-2:30pm on Wednesdays (first-come, first-served) or by appointment
Office Location:	256 HPER North, 801-581-7734 (but please use Canvas Messaging to contact me!)

Course Materials:

- Course material including lecture notes, video recordings, research articles, assessments, and links to external resources will be posted to the course Canvas webpage throughout the term

Teaching & Learning Methods:

Section 001 of this course is being delivered using a hybrid format and we will ONLY be meeting in person in class on Thursdays. **Beginning the first week of class, students will NOT meet in class on Tuesdays.** Instead, students can use Tuesday class times to review the lecture videos posted on Canvas or complete the assigned readings. The material from these lecture videos and readings will be referenced during in-class discussion the following Thursday when we meet in-person. Beginning on 8/25, Thursdays will be used for in-class instructor-led individual and group work using a problem-based learning approach. **Attendance is mandatory on Thursdays.** In-class work will be submitted in person at the end of class on Thursdays. Recorded lectures and readings will be made available to students via Canvas along with the syllabus and a tentative course schedule. Assessments of the learning objectives will include assignments, Canvas quizzes, and in-person exams.

Scheduling Highlights:

- Beginning on 8/24, Thursday class times (9:10-10:30a) will be used for in-class work. On “In-class Thursdays,” students will meet with me in the classroom (Beh S 101) for instructor-led individual or group work. **On Thursdays, attendance will be taken**, and students are expected to review the corresponding lecture videos and readings BEFORE these class discussions.
- Beginning on 8/22, students will **NOT meet in class on Tuesdays** and Tuesday class times will be available for students to review the lecture videos and other materials posted on Canvas outside of class. Again, we will NOT have class on Tuesdays.

Course Description:

The primary objective of this course is to explore the epidemiological evidence for the relationship between physical activity, exercise, health, and disease. We will explore the ways in which population-level associations between physical activity behavior and health outcomes are measured and evaluated. To a lesser extent, we will discuss the most prevalent hypotheses regarding the physiological mechanisms by which regular physical activity, exercise and inactivity affect chronic disease risk, morbidity, and mortality. This class will focus primarily on highly prevalent chronic diseases, their development and risk factors, and the role of physical activity in their development, prevention, and treatment. Additionally, the course will consider the influence of social and cultural variables on these relationships.

- Prerequisites: KINES 3091

Student Learning Objectives/Course Objectives:

By the end of this course, students will be able to:

1. describe epidemiological research design
2. identify epidemiological measurement techniques and instrumentation
3. calculate and interpret statistics commonly employed in epidemiological research
4. read and interpret epidemiological data that is presented in tables, charts, and figures
5. read physical activity epidemiology research, interpret the results, and synthesize the findings
6. describe the primary physiological mechanisms of the most common chronic diseases and how physical activity and inactivity influence those disease processes
7. describe how and why physical activity and exercise affect the risk, incidence, prevalence, and distribution of some of the most common chronic diseases

Evaluation Methods & Grade Distribution:

<i>Graded Item</i>	<i>Points Available</i>	<i>% of Total Grade</i>
12 In-class Assignments	10 pts. each (120 total)	2.5% each (30.3% total)
4 Quizzes	25 pts. each (100 total)	6.3% each (25.3% total)
2 Midterm Exams	50 pts. each (100 total)	12.7% each (25.3% total)
1 Cumulative Exam	75 pts. total	19% total
	395 points	100%

- In-class Assignments: These assignments will be given and completed during class on Thursdays and must be submitted before leaving class on Thursdays.
- Quizzes: Quizzes will be delivered online and may include multiple choice, matching, true/false, fill-in-the-blank, and short answer questions. Though students will be given option of taking the quizzes twice before their due dates, students will have a time limit within which they must complete and successfully submit the quizzes on Canvas once they open them. **Quizzes will be available on Canvas on Tuesdays.** They will open early in the morning and at least one submission is due that same day before midnight.
- Midterm & Final Exams: **Midterm exams will be given in class on Thursday 9/21 & 11/16**, respectively. **The cumulative final exam will be delivered on Canvas** during finals week on Friday 12/15 from 8:00-10:00am.

Letter Grade Distribution:

<u>Course Percentage</u>	<u>Grade</u>	<u>Course Percentage</u>	<u>Grade</u>
92.5% and above	A	72.5-76.4%	C
89.5-92.4%	A-	69.5-72.4%	C-
86.5-89.4%	B+	66.5-69.4%	D+
82.5-86.4%	B	62.5-66.4%	D
79.5-82.4%	B-	59.5-62.4%	D-
76.5-79.4%	C+	59.4% or lower	E

Students may not negotiate course grades. Students will be graded according to their performance on the assessments given in class (which may or may not reflect the student's effort). Students should not ask for extra credit. The ONLY basis for a change in a letter grade is a grading error. **If a student suspects a grading error has been made, they must notify the instructor via Canvas within 1 week of getting the grade.**

Policy on Late or Missed Assessments:

Homework, quizzes, and exams must be completed and submitted by their due dates. Late assignments will NOT be accepted except in very unusual circumstances. Make-ups for missed assessments will only be allowed under the following conditions:

- Officially sanctioned University activities: Examples of these include band, debate, student government intercollegiate athletics, and government or religious obligations. In these cases, students must provide the instructor with official documentation **in advance** of the absence.
- Absences caused by other compelling reasons beyond the student's control: Examples of these include physical or mental illness, injury, and death or illness in the family or of a significant other, and the birth of *your* child. In these cases, **authentic official documentation (signed and dated) of the extenuating circumstance is required.**
 - Work-related absences will not be excused except in the case of unforeseen *employment* changes that require documentation. ***Work schedule changes do not constitute employment changes. Students are expected to arrange with their employer to be available to meet the course requirements.***
 - Vacations are NOT an extenuating circumstance. ***Please share this with family members who may be prone to make travel plans for you without consulting you first.***
 - Weddings (yours or a friends) do not qualify as excused absences.
 - You should inquire ***at the start of the semester*** if you are unsure if a specific absence qualifies as an excused absence

Computer, Canvas, and internet issues are not grounds for a late assignment submission. Unexcused late submissions will receive a score of "0". To avoid these issues, students are encouraged to allow ample time to complete & submit their assignments prior to the due date/time. Canvas users are encouraged to use the web browser Google Chrome or Firefox as the platform upon which to run Canvas.

Procedures for arranging to make up an assessment: Except in unforeseen circumstances (i.e. sudden illness, etc.), students *must* notify the instructor about the circumstances requiring rescheduling of an assessment prior to the absence. **Notification should be given to the instructor by Canvas Message.** Make-ups should be completed within 3 days of the missed assessment whenever possible. Assessments can only be made up **after** the due date.

Additional Course Policies:

1. ***All class members must behave in a respectful manner.*** Quality teaching and learning occurs when there is little concern for harassment or ridicule. As such, *all* members of this class (instructor, TAs and students alike) must treat each other with respect both on and offline. If this is not occurring, please notify me.
2. ***Students are expected to check Canvas regularly.*** Because there is an online element to this course, students are expected to log-on to Canvas frequently in order to be aware of all announcements, available course materials, course progression, assignment due dates, grades, etc.
3. ***Students are expected to engage with the class.*** As compared with traditional in-person classes, online course delivery methods give students more freedom in deciding how and when to review course material and complete assignments. However, students also have a much greater responsibility for ensuring that they engage with the class material in a way that promotes their own success. In addition to participating in class, students will be expected to review lecture videos, ask questions when concepts are not clear, check Canvas regularly, read a lot, seek help from the me and peers, study the information presented repetitiously, complete assessments on time, etc.
 - If you are struggling, **you should ask me for help.** Ultimately, YOU are responsible for your own learning. It doesn't make sense to struggle in silence; if I don't know you're struggling, I can't help you.

- Students are strongly encouraged to establish a weekly schedule early in the semester that will create the structure and routine necessary to succeed. This requires a lot of self-discipline and self-awareness, and you can do it!
4. **Students are expected to complete all assessments according to their scheduled dates.** Students are expected to submit assignments and take quizzes and exams as scheduled. The assessment due dates are listed on Canvas. If any of these dates must be changed, students will be notified in a timely manner on Canvas. Missed assessments may only be made up according to the policies discussed below. Students are responsible for knowing the registration, drop, and withdrawal dates and for tracking their grades throughout the term.
 5. **Late assignments will not be accepted.** All work must be submitted on time and according to the instructions. Assignments will not be accepted via email except in very unusual circumstances and according to the policies discussed above.
 6. **Students may not negotiate course grades.** Students will be graded according to their performance on the assessments (which may or may not reflect the student's effort). Letter grades will correspond to the course percentages below, without exception. A student who earns a 72.5% will be awarded a C grade. Likewise, a student who earns a 72.4% will receive a C- grade. The ONLY basis for a change in a letter grade is a grading error so please keep track of your assignments. **If a student suspects a grading error has been made, they must email me within 1 week of getting the assignment, quiz, or exam back.**
 - Asking for a grade that you did not earn based on your performance is not professional, mature, or ethical.
 7. **Students must demonstrate academic honesty and integrity.** Students are expected to demonstrate integrity, and in doing so, not endeavor to cheat or misrepresent their circumstances. Examples of misbehavior include, but aren't limited to submitting work completed by another student (i.e. from another course section), plagiarizing from textbooks or sources available on the internet, completing another student's assignments, looking at or copying off of a neighbor's quiz or exam, and lying about the circumstances of an absence. These kinds of incidents are classified as academic misconduct and will be handled according to the Student Code. <http://regulations.utah.edu/academics/6-400.php>.

Students are NOT permitted to post course content online (i.e Quizlet or YouTube). The content of this course is the intellectual property of the instructor and the University of Utah. Posting content without explicit permission constitutes academic misconduct and it will be treated as such.

With a first offense, students will be given a warning and a "0" for the assessment. If the student is caught a second time, they will be referred to the College of Health's Assistant Dean of Students or the Associate Dean for Faculty and Academic Affairs and they may fail the course. Please keep in mind that these kinds of offenses may result in dismissal from the University.

Non-Contract Note:

This syllabus is not a binding legal contract. Students will be given reasonable notice of any modification.

University Policies:

[University Safety Statement](#)

The University of Utah values the safety of all campus community members. To report suspicious activity or to request a courtesy escort, call campus police at 801-585-COPS (801-585-2677). You will receive important emergency alerts and safety messages regarding campus safety via text message. For more information regarding safety and to view available training resources, including helpful videos, visit safeu.utah.edu.

Student Code

All students are expected to maintain professional behavior in the classroom setting, according to the Student Code, spelled out in the Student Handbook. Students have specific rights in the classroom as detailed in Article III of the Code. The Code also specifies proscribed conduct (Article XI) that involves cheating on tests, plagiarism, and/or collusion, as well as fraud, theft, etc. Students should read the Code carefully and know they are responsible for the content. According to Faculty Rules and Regulations, it is the faculty responsibility to enforce responsible classroom behaviors, beginning with verbal warnings and progressing to dismissal from class and a failing grade. Students have the right to appeal such action to the Student Behavior Committee. Students should read the Code carefully and know they are responsible for the content. <http://regulations.utah.edu/academics/6-400.php>

Americans with Disabilities Act (ADA) Statement

The University of Utah seeks to provide equal access to its programs, services and activities for people with disabilities. If you will need accommodations in the class, reasonable prior notice needs to be given to the Center for Disability Services, 162 Olpin Union Building, 581-5020 (VTDD), <http://disability.utah.edu/>. CDS will work with you and the instructor to arrange for accommodations. All information in this course can be made available in alternative format with prior notification to the Center for Disability Services.

Sexual Misconduct

Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a Civil Rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran's status or genetic information. If you or someone you know has been harassed or assaulted on the basis of your sex, including sexual orientation or gender identity/expression, you are encouraged to report it to the University's Title IX Coordinator: Office of Equal Opportunity and Affirmative Action, 135 Park Building, 801-581-8365, or to the Office of the Dean of Students, 270 Union Building, 801-581-7066. For support and confidential consultation, contact the Center for Student Wellness, 426 SSB, 801-581-7776. To report to police, contact the Department of Public Safety, 801-585-2677(COPS). Additional information about reporting and victim supportive resources are available at the offices listed above.

University Resources:

Center for Student Wellness

Personal concerns such as relationship difficulties, depression, cross-cultural differences, etc., can interfere with *anyone's* ability to succeed. There are people available who are trained to help you. All you need to do is ask. For helpful resources, please contact the Center for Student Wellness - www.wellness.utah.edu; 801-581-7776.

Veterans Center

If you are a student veteran, please be aware that the University of Utah has a Veteran's Support Center on campus. They are located in Room 161 in the Olpin Union Building. Hours: M-F 8-5pm. Please visit their website for more information: <http://veteranscenter.utah.edu/>.

LGBT Resource Center

If you are a member of the LGBT community, please know that **this class is considered a safe zone**. Additionally, please know that the University of Utah has an LGBT Resource Center on campus. They are located in Room 409 in the Olpin Union Building. Hours: M-F 8-5pm. Please visit their website for more information: <http://lgbt.utah.edu/>.

Learners of English as an Additional/Second Language

If you are an English language learner, please be aware of several resources on campus that will support you with your language development and writing. These resources include: the Department of Linguistics ESL Program (<http://linguistics.utah.edu/esl-program/>); the Writing Center (<http://writingcenter.utah.edu/>); the Writing Program (<http://writing-program.utah.edu/>); the English Language Institute (<http://continue.utah.edu/eli/>).

The Center for Disability and Access

The Center for Disability and Access provides accommodations and services to students at the University of Utah whose condition significantly impacts their ability to function in the academic setting. Specific accommodations that are available to students depend on the documentation of the disability, the essential elements of the course, and the functional limitations created by the student's disability. In order to qualify for accommodation, students must schedule an appointment with CDA. More information about accommodations and services as well as how to qualify for services can be found on their website: <https://disability.utah.edu>

Tips on how to succeed in this class:

- Be an active participant, and ask questions! Look for ways to *engage with* the information beyond simply looking at or "reading over" your course notes and textbook chapters. Examples of this kind of learning engagement include hand-writing your notes, using flashcards, re-writing your notes, constructing your own questions to cover class material, taking your own tests & challenging yourself to verbalize the concepts covered. Try teaching the material to your best friend, your roommate, your dog, your partner or your parent...if you can teach it, you likely know it well.
- There's no substitute for time. The most successful students in KINES 3670 usually devote considerable time outside of class studying (reading, taking notes, re-writing notes, watching lecture videos, seeking out clarification, practicing, etc.). In addition to excellent engagement, repetitious & active review of the class material is nearly always the best strategy for doing well in this class.
- Finally, seek help early! If you find you are struggling with learning the material or performing on exams, *please don't wait* to contact me or the TAs...we are here to help, but **YOU** must make the first move towards getting assistance.

Week	Class Topic	Assessments & Their Due Dates
Week 1 (8/21-8/27)	Course Introduction, Intro. to PA Epi.	<p>Tuesday 8/22: NO Class...review material on Canvas</p> <p>Thursday 8/24: In-class Work</p> <p><u>To Do Before Next Thursday:</u></p> <ul style="list-style-type: none"> ✓ Get oriented with the class content on Canvas ✓ Study material in the Week #1 and Week #2 Modules on Canvas
Week 2 (8/28-9/3)	PA Epi., Epi. Research Methods	<p>Tuesday 8/29: NO Class...review material on Canvas</p> <p>Thursday 8/31: In-class Work</p> <p><u>To Do Before Next Thursday:</u></p> <ul style="list-style-type: none"> ✓ Study material in the Week #3 Module on Canvas
Week 3 (9/4-9/10)	PA & Mortality	<p>Thursday 9/7: In-class Work</p> <p><u>To Do Before Next Thursday:</u></p> <ul style="list-style-type: none"> ✓ Study material in the Week #4 Module on Canvas
Week 4 (9/11-9/17)	PA & Mortality	<p>Thursday 9/14: In-class Work</p> <p><u>To Do Before Next Thursday:</u></p> <ul style="list-style-type: none"> ✓ Study for Exam #1
Week 5 (9/18-9/24)	EXAM #1	<p>Thursday 9/21: EXAM #1 given in class</p> <p><u>To Do Before Next Thursday:</u></p> <ul style="list-style-type: none"> ✓ Study material in the Week #6 Module on Canvas
Week 6 (9/25-10/1)	PA & CVD	<p>Thursday 9/28: In-class Work</p> <p><u>To Do Before Next Thursday:</u></p> <ul style="list-style-type: none"> ✓ Study material in the Week #7 Module on Canvas
Week 7 (10/2-10/8)	PA & CVD	<p>Thursday 10/5: In-class Work</p> <p><u>To Do Before Next Thursday:</u></p> <ul style="list-style-type: none"> ✓ Study material in the Week #8 Module on Canvas
Week 8 (10/9-10/15)	PA & OB	<p>Thursday 10/12: NO CLASSES- FALL BREAK!</p> <p><u>To Do Before Next Thursday:</u></p> <ul style="list-style-type: none"> ✓ Study material in the Week #9 Module on Canvas

Week 9 (10/16-10/22)	PA & OB	Thursday 10/19: In-class Work <u>To Do Before Next Thursday:</u> ✓ Study material in the Week #10 Module on Canvas
Week 10 (10/23-10/29)	PA & IR/T2D	Thursday 10/26: In-class Work <u>To Do Before Next Thursday:</u> ✓ Study material in the Week #11 Module on Canvas
Week 11 (10/30-11/5)	PA & IR/T2D	Thursday 11/2: In-class Work <u>To Do Before Next Thursday:</u> ✓ Study material in the Week #12 Module on Canvas
Week 12 (11/6-11/12)	PA & HTN, Dyslipidemia	Thursday 11/9: In-class Work <u>To Do Before Next Thursday:</u> ✓ Study for Exam #2
Week 13 (11/13-11/19)	EXAM #2	Thursday 11/16: EXAM #2 given in class <u>To Do Before Next Thursday:</u> ✓ Study material in the Week #14 Module on Canvas
Week 14 (11/20-11/26)	PA & Cancer	Thursday 11/23: NO CLASS- THANKSGIVING BREAK! <u>To Do Before Next Thursday:</u> ✓ Study material in the Week #15 Module on Canvas
Week 15 (11/27-12/3)	PA & Cancer	Thursday 11/30: In-class Work <u>To Do Before Next Thursday:</u> ✓ Study material in the Week #16 Module on Canvas
Week 16 (12/4-12/10)	TBA	Thursday 12/7: In-class Work <u>To Do Before Next Thursday:</u> ✓ Study for the final exam
Finals Week (12/11-12/15)	FINAL EXAM	Friday 12/15: Final Exam available on Canvas 8:00am-10:00am