



## **Exercise Physiology Lab**

**Spring 2019**  
**Location: CS B23**



**Instructor:** Dr. Cara Ocobock  
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**Office Location:** A&S 119  
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**TA:** Alexandra Niclou  
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**TA:** Florence Lee  
**Office Hours:** W 11:15-1:15  
**Office Location:** A&S 106  
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### ***Goal***

This lab will teach you numerous techniques for assessing aerobic fitness, muscle endurance, strength, body composition, and nutrition.

The vast majority of these labs will require you to take part in some form of physical activity and be comfortable with some level of contact between yourself and your lab partner – assessing skinfold thickness for example. **If you have a valid reason for not being able to take part in a particular activity, you must let Dr. Ocobock and Alex Niclou know at least one week in advance.**

You should come to class prepared to take part in these activities. This includes proper clothes and shoes!

**DISCLAIMER:** We will do everything in our power to make sure all of the activities are performed in a safe manner. However, if an injury were to occur, we (Dr. Cara Ocobock, Florence Lee, and Alex Niclou) and the University at Albany cannot be held responsible. If an injury does occur, we will do whatever we can to get you proper care.

### ***Assessment***

There will be 12 lab assignments, each worth 10 pts (total of 120 pts). If you participate and complete the activities, you will get the points.

### ***Grade Scale***

This course is graded on an A-E scale. Below are the minimum percentages required for each grade:

A: 93 %	A-: 90%	B+: 87%	B: 83%	B-: 80%	C+: 77%
C: 73%	C-: 70%	D+: 67%	D: 63%	D-: 60%	E: below 60%

### ***Text – same as for lecture***

McArdle WD, Katch FL, and Katch VL. Essentials of Exercise Physiology (5<sup>th</sup> Ed.). Lippincott Williams & Wilkins. ISBN: 978-1496302090

### ***Attendance***

Since a large part of this course will revolve around discussion, your attendance is crucial. Excused absences include: 1) UAlbany sporting or sanctioned event 2) Death in the family 3) Religious observance 4) Illness requiring your physical presence at a doctor or hospital 5) A professional interview. I WILL NOT provide make-up assignments for any excuse other than the five listed above. NO EXCEPTIONS! Please refer to the “Attendance and Timely Compliance with Course Requirements” section of the university’s Undergraduate Academic Regulations for more details ([http://www.albany.edu/undergraduate\\_bulletin/regulations.html](http://www.albany.edu/undergraduate_bulletin/regulations.html)). Be aware that the University Health Center will provide medical excuses only under very specific situations ([http://www.albany.edu/health\\_center/medicalexcuse.shtml](http://www.albany.edu/health_center/medicalexcuse.shtml)).

### ***Academic Integrity***

Plagiarism and cheating will not be tolerated. For full information on the University’s Standards of Academic Integrity, please see: [http://www.albany.edu/eltl/academic\\_integrity.php](http://www.albany.edu/eltl/academic_integrity.php).

### ***Disability Services***

Reasonable accommodations will be provided for students with documented physical, sensory, systemic, cognitive, learning and psychiatric disabilities. If you believe you have a disability requiring accommodation in this class, please notify the Director of the Disability Resource Center (Campus Center 137, 442-5490). That office will provide the course instructor with verification of your disability, and will recommend appropriate accommodations.

<b>WEEK</b>	<b>Topic/Activity</b>	<b>Reading</b>
(1/23)	<b>NO LABS</b>	
#1 (1/28)	Intro + MyFitnessPal + Height Measurements	None
#2 (2/4)	Nutrition	Pgs. 36-54
#3 (2/11)	Hand Grip Strength – will involve handgrips and measuring forearm circumference	Pgs. 434-444
#4 (2/18)	Upper Body muscular endurance – push-ups & Lower body muscular endurance – body weight squats	Pgs 466-469 (Blue box only)
#5 (2/25)	Trunk muscle endurance – sit-ups	Pgs 466-469 (Blue box only)
#6 (3/4)	Jumping Performance – vertical & horizontal jumps	Pgs. 455-456 & 195-196 (read blue box too)
#7 (3/11)	Sprint performance - sprinting	Pgs. 455-456 & 195-196 (read blue box too)
3/18	<b>NO LABS SPRING BREAK</b>	
3/25	<b>NO LABS OCOBOCK, NICLOU, &amp; LEE at CONFERENCE</b>	

#8 3/30	Body Composition – will involve measuring circumferences & skinfold thicknesses	Pgs. 525-544
#9 (4/1)	Bench-Step Test – stepping up and down a stair for 3 minutes	Pgs 210-220 (read blue boxes too)
#10 (4/8)	Walk/Run Test – going 1.5mi	Pgs 210-220 (read blue boxes too)
4/15	<b>NO LABS (PASSOVER/EASTER)</b>	
#11 (4/22)	Lung Capacity Test – breathing through a straw & Blowing up Balloons	Pgs. 252-258
#12 (4/29)	Resting Metabolic Rate – sitting and resting	Pgs. 226-229

**I reserve the right to change this syllabus at any time!**