

EXS 490 Independent Research in Exercise Science
Kinesiology Department
SUNY CORTLAND

Course Information

Credit Hours: 3
Semester/Year: Fall 2010
Course Section: 501 (crn 96729)
Location: VH B0139
Time: Mondays 7:00-9:30 pm
E-mail: joy.hendrick@cortland.edu
Class website: <http://web.cortland.edu/hendrick/exs490.htm>

Instructor Information

Instructor: Joy L. Hendrick, Ph.D.
Phone: 607-753-5707
Office: Cornish D113
Office Hours: M 10:00-11:00 am;
T 9:00 am-noon; W 9:00-10:00 am
Others by appointment

Required Text:

Thomas, J. R., Nelson, J. K., & Silverman, S. J. (2005). *Research methods in physical activity* (5th ed.). Champaign, IL: Human Kinetics. ISBN: 0-7360-5620-3

Recommended Text:

American Psychological Association (2010). *Publication manual of the American Psychological Association* (6th ed.). Washington, DC: Author. ISBN: 9781433805615
Be sure you purchase the 2nd printing (October 2009).

Course Description:

Independent research project for the exercise science concentration or minor. Student will undertake and complete a research project in the area of exercise science. The project will include collecting and analyzing data and presenting the results in writing and in a formal oral presentation. Prerequisite: EXS 489. Fulfills: PRES. (3 cr. hr.)

Course Objectives

The student will:

1. gain further knowledge and understanding in a specific area of exercise science by conducting research of a specific topic.
2. gain valuable experience in the exercise science research process.
3. be able to solicit subjects, collect reliable and valid data, apply appropriate analysis procedures, and interpret the results.
4. will be able to write a research paper (completing the proposal submitted in EXS 489) including an introduction, review of literature, methods, results, discussion and conclusions.
5. develop proficiency in oral discourse by organizing and presenting a formal oral presentation of the research to a local, state, regional or national forum.
6. demonstrate the ability to evaluate an oral presentation according to established criteria.
7. organize and prepare a poster presentation of sufficient quality for presentation at a professional conference in the exercise science.

Course Requirements

1. Satisfactory completion of research project including data collection and analysis.
2. Satisfactory completion of written research report, including updating chapters 1-3.
3. Satisfactory oral presentation of research at local, state, regional or national forum.
4. Satisfactory critiques of other students' oral presentations.
5. Satisfactory completion of poster presentation of the research project.

Evaluation

Written Report	35%
Research Project	30 %
Oral Presentation	20%
Poster Presentation	15 %

Note: Students must meet minimum competencies in *each* area above in order to pass the class.

Expectations:

Since this course is designed as an independent research experience, it is not structured around weekly class experiences (with the exception of those listed below). However, it is expected that you are engaged in your research project on a weekly basis. This involves an average of 6-9 hours per week (some weeks will be more during the height of data collection and some others may be less). Keep a weekly journal of your activities. Each Friday, send an email to the instructor & mentor highlighting your activities of the week and schedule for following week.

Tentative Class Schedule (refer to calendar):

Monday, August 30	Introduction
Week of Sept 6-10	Individual meetings
Week of Sept 13-17	Schedule meeting with mentor
Monday, October 25	Analysis and Results
Monday, November 8	Preparation of Presentation
Monday, November 15	Practice in Sperry
Thursday, November 18	Exercise Science Research Forum (7:00 pm; Sperry 105)
Monday, December 6	Final class meetings and posters and final papers due

Academic Integrity:

The College is an academic community which values academic integrity and takes seriously its responsibility for upholding academic honesty. All members of the academic community have an obligation to uphold high intellectual and ethical standards. Students will not cheat or plagiarize in this course. Plagiarism, a serious academic offense, is defined as expropriating the ideas of others and using them as one's own without due credit. For more information on academic integrity and how academic dishonesty can occur, please refer to the *College Handbook* (Chapter 340), *Code of Student Conduct and Related Policies*, or the following web sites: <http://www.cortland.edu/copyright/> and/or <http://www2.cortland.edu/departments/english/wrc/students/integrity.dot>. Any work submitted (in part or whole) that is not unique will be considered plagiarized and will be treated as such per academic policy. This includes, but is not limited to, material retrieved from references; therefore proper documentation of cited material (using quotation marks with associated page numbers) in APA is a must!

Disability Services:

"SUNY Cortland is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1972. If you are a student with a disability and wish to request accommodations, please contact the Office of Disability Services located in Van Hoesen Hall or call 607-753-2066 for an appointment. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodation should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting."

School of Professional Studies Deans' Office:

John Cottone, Interim Dean and Eileen Gravani Associate Dean
Corey Union Room 307; 607-753-2701(2)

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