

NEUROMUSCULAR ASPECTS OF EXERCISE

APK 4115 -- 3 -- FALL 2020

INSTRUCTOR: **Diba Mani, Ph.D.**
Office: FLG 131
Email: dmani@ufl.edu
Preferred Method of Contact: Canvas
Preferred pronouns: she/her/hers

OFFICE HOURS: Virtual; details posted on Canvas.

MEETING TIME/LOCATION: This is a fully online course, so there are no in-person meetings. There are many opportunities to meet with me and other students virtually. Lectures are pre-recorded so that you may watch them at your convenience; please refer to the “Course Schedule” below for the suggested timeline to follow. “Live” sessions may comprise additional lecture material, group presentations, and opportunities to earn points for attendance and participation, which cannot be made up. There are two sections for this course, with different meeting times for “live” sessions:

Class #10669 | Section 1G84 | MWF | Period 2 (8:30-9:20 AM EST)

Class #10670 | Section 2843 | MWF | Period 8 (3:00-3:50 PM EST)

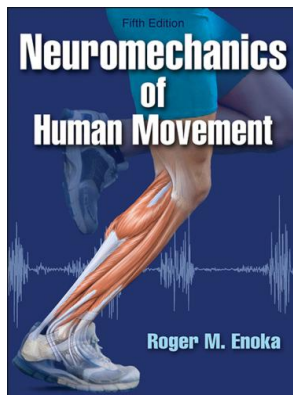
COURSE DESCRIPTION: Provides an in-depth analysis of muscle structure and function; how muscles produce movement; adaptation of muscle to resistance training, endurance training, and various manipulations used in rehabilitations; adaptation of muscle to disuse; and muscle responses to injury.

PREREQUISITE KNOWLEDGE AND SKILLS: APK 3110c with a minimum grade of C and/or PET 3351c with a minimum grade of C. Some version of Human Anatomy and Physiology.

MATERIALS: All lecture slides, peer-reviewed research papers, and reading material will be posted on Canvas. You are required to have a functioning personal computing device

(i.e. laptop, desktop), webcam, microphone, and speaker (or headphones/earbuds). You will require internet access to view content; please plan ahead to make it to live sessions held during your class period (see “Course Schedule” below).

The textbook which our course content is primarily derived is available for short-term use at the UF Libraries: Enoka RM. *Neuromechanics of Human Movement*. 5th edition. Champaign, IL: Human Kinetics, 2015. Acquiring this textbook is **not** required but highly suggested, especially for those who will pursue graduate/professional education and careers in topics related to the neuromuscular systems. You will be provided with a list of suggested and required sections to read in this textbook, as related to covered course content (posted on Canvas). Any required reading sections will be provided online at no cost to you.



TOP HAT

We will be using the Top Hat (www.tophat.com) classroom response system during live sessions. You will be able to submit answers to in-class questions and earn attendance credit using Apple or Android smartphones and tablets, laptops, or through text message. Top Hat may require a paid subscription, and a full breakdown of all subscription options available can be found here: www.tophat.com/pricing. Please reach out to me if you have any concerns regarding the acquisition and use of Top Hat for our course.

You can visit the Top Hat Overview (<https://success.tophat.com/s/article/Student-Top-Hat-Overview-and-Getting-Started-Guide>) within the Top Hat Success Center which outlines how you will register for a Top Hat account, as well as providing a brief overview to get you up and running on the system.

Should you require assistance with Top Hat at any time, due to the fact that they require specific user information to troubleshoot these issues, please contact their Support Team directly by way of email (support@tophat.com), the in-app support button, or by calling 1-888-663-5491.

COURSE FORMAT: This class is 100% online, with meeting times scheduled three times per week. Students are responsible for checking announcements on Canvas, which will include updates to the course schedule. Students are expected to get through the pre-recorded lectures before the related Supplemental Learning Experience (SLE) deadlines or quizzes (organized within “Modules”).

COURSE LEARNING OBJECTIVES: Upon completion of this course, students will be able to:

1. Knowledge: Discuss, explain, and defend subject matter relevant to neuromuscular physiology.
2. Skills: Discuss, explain, and compare specific skills related to neuromuscular physiology.
3. Professionalism: Present and explain vital, relevant concepts in neuromuscular physiology in a professional manner.

COURSE AND UNIVERSITY POLICIES:

UF STUDENT COMPUTING REQUIREMENTS: Given this course is fully online, and, per the UF student computing requirements, “access to and on-going use of a computer is required for all students.” UF does not recommend students relying on/regularly using tablet devices, mobile phones, or Chromebook devices as their primary computer, as these may not be compatible with specific platforms used in this course or other UF courses (<https://it.ufl.edu/policies/student-computing-requirements/>). Access to fast, secure Wi-Fi will be necessary for this course. If a student is in an area with limited internet access, UF students can access eduroam for free with their GatorLink log-in credentials.

How to connect to eduroam:

1. If you can get a Wi-Fi signal at any of the eduroam locations (see below) and your mobile device (laptop, smartphone, or tablet) has already been configured for eduroam, then you will automatically connect.
2. Otherwise, follow the instructions for connecting here: <https://helpdesk.ufl.edu/connecting-to-eduroam-off-campus/>.

There are more than 100 Wi-Fi hotspots in Florida, including several state university campuses and community colleges. You may connect to eduroam in other states as well. You don't have to sit in a car: many locations have open spaces and communal rooms available so you can get online while socially distancing and following CDC guidelines in an air-conditioned space. In Florida, all of the UF/IFAS Research and Education Centers (REC) are equipped with eduroam, so if you live in a rural area of your county, you can visit an REC to securely watch course videos and take care of your academic needs.

Here's a link to all the eduroam sites in the U.S.: <https://incommon.org/eduroam/eduroam-u-s-locator-map/>.

If you have any problems connecting to eduroam you can call (352-392-HELP/4357) or [email](#) the UF Computing Help Desk.

ATTENDANCE POLICY: Students will receive participation points during most live meetings and attendance points during all presentations through Top Hat.

You do **not** need to let me know if you are missing a live session, unless you are requesting an accommodation for an "SLE: Quiz" or the final exam, and have a valid, documented excuse (i.e. illness). Please refer to "Make-Up Policy" below for additional information on this.

PERSONAL CONDUCT POLICY: Students are expected to exhibit behaviors that reflect highly upon themselves and our University:

- Read and refer to the syllabus.
- Arrive to live sessions on time.
- Follow the guidelines for appropriate behavior in virtual environments (i.e. name visible, non-offensive background (whether virtual or not), appropriate dress during live sessions).
- Submit assignments by the deadlines. If you miss a deadline, please recognize that requesting an exception is unfair to your classmates and instructor.
- Show respect for the course instructor and classmates by not holding personal conversations during class time (especially during peer presentations).
- Use professional, courteous standards for any web exchanges (i.e. proper greetings and titles in emails).
- UF students are bound by The Honor Pledge which states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The Honor Code (<http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions.
- You are obliged to report any condition that facilitates academic misconduct to appropriate personnel.

MAKE-UP POLICY: Make-up assessments and assignments will be given at the discretion of the instructor. To request and possibly schedule a make-up quiz or exam, please fill out the "Make-Up Request Form" posted in Canvas and e-mail it to your course instructor. Documentation is **required**. Unexcused missed assessments and

assignments will result in a zero on that item (this includes contacting the instructor after the exam if you are ill). Please make travel arrangements accordingly, as this is not an excusable activity. If you have a serious emergency or life event, please contact the Dean of Students Office (www.dso.ufl.edu) and they will contact your instructor so that you do not have to provide documentation to individual instructors for a make-up. Requirements for class attendance, make-up assessments, assignments, and other work in this course are consistent with university policies that can be found in the online catalog at: <https://catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/>.

Your single lowest individual performance on the 10 SLEs be dropped. The dropped assignment grade will include any quiz not taken or assignment not submitted, for whatever reason. Thus, please do **not** ask for an accommodation for inappropriate excuses, which include:

- Extracurricular activities
- Out of town/vacation
- Sleeping in
- Sports
- Technological issue due to procrastinated assignment upload
- Volunteering
- Work

HONORLOCK SYSTEM REQUIREMENTS (QUIZ AND EXAM PROCTORING): Assessments will be proctored using HonorLock. You will not need to sign-up or schedule a testing time, nor will you need to create an account. To ensure your device is compliant with HonorLock, a series of pre-assessment checks must be performed before gaining access to the assessment. Please do so in advance of the assessment; we are unable to further accommodate for individual technological issues that may detract from your assessment time. Specifications necessary for HonorLock to work are listed below:

- **System compatibility and setup:**
 - HonorLock is only supported through the *Google Chrome web browser* on Mac and PC (no other mobile devices or tables are supported)
 - Students must install the *HonorLock Extension* within Chrome
 - HonorLock will not support Windows 8, Windows 8.1, Mac OSX 10.11 or Mac OSX 10.12. You can find the updated *Minimum System Requirements* and a system compatibility test at www.honorlock.com/support.
- **Additional considerations using HonorLock:**
 - You will need to take the quiz or exam on a desktop computer or laptop with a webcam and microphone set up on your chosen device. This will not work on mobile devices or tablets, including iPads and smart phones.

- You need to make sure that the **camera is facing YOU at all times** – if the camera does not stay facing you or if you are out of frame, the assessment will pause, preventing you from continuing even midway through. This will detract from your exam time.
- You need to open Canvas on the **Google Chrome internet browser** and download the *HonorLock Chrome Extension*. Other internet browsers will **not** be compatible with HonorLock.
- Make sure you have a stable Internet connection wherever you are taking the exam (i.e. good Wi-Fi) and that your computer has a fully charged battery or is connected to a charger to prevent it from shutting down during the exam. A 360-degree scan of your testing room/environment will be required. If you are using a laptop, you will need to pick up your laptop and rotate it for the room scan, including your examination surface (i.e. desk, table), floor space, your lap, etc. The testing environment should be clear of any clutter, notes, or textbooks. These could constitute a violation of the Honor Code (i.e. academic dishonesty).
- Make sure the room you are taking the assessment in is well-lit and that you are by yourself. Rooms that are not bright enough may get flagged as “blurry” or “unclear”. Avoid posters or photographs on the wall behind you; try to minimize noise (i.e. talking aloud). These will also flag your quiz or exam, which will be reviewed by a member of the instructor team for the course to confirm or refute any academic dishonesty.
- You must have a valid and clear photo identification (ID) card (Gator ID, driver’s license, passport) to show at the start of the exam. Make sure the image is clear.
- Only one screen (i.e. cannot have multiple monitors) and one tab (i.e. the tab that is being used for the exam) in Chrome is allowed. HonorLock has an integrity algorithm that can detect search-engine use, so do not attempt to search for answers, even if it is on a secondary device.
- An HonorLock Practice Quiz will be set up under Quizzes in Canvas. **Please go through this practice test well in-advance of taking the exam.** This practice quiz allows you to go through all of the pre-assessment checks so you will know what to expect when taking the exam itself. Take the practice quiz on the device you intend to take the exam on, in the same environment (building, room, etc).
- **Failure to meet the items above may result in a 0 grade.** If you encounter any issues with the testing platform or the exam, you should immediately contact HonorLock for assistance. If this fails, you need to email your course instructor right away with specific details (i.e. screenshots of your chat conversation with HonorLock with time stamps) of what occurred so that they can assist you as quickly as possible.

INCLUSION, DIVERSITY, EQUITY, AND ACCESS (IDEA): All individuals, irrespective of their gender, gender identity, gender expression, sexual identity, sexual orientation, race, ethnicity, religious affiliation, physical or mental ability, political affiliation, or any other perceived generalized differentiator, is welcome in this course. It is expected that we treat each other with respect and as equals. Treat one another as you want to be treated so that we can have valuable discussions in this course. Intolerant, inflammatory, or insulting behavior or speech is not acceptable and may lead to dismissal from the course. Please do reach out for assistance regarding accommodations – I do not want inaccessibility to keep anyone from the opportunity to learn and grow.

ACCOMMODATING STUDENTS WITH DISABILITIES: Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the Disability Resource Center (DRC) by visiting their Get Started page at <https://disability.ufl.edu/students/get-started/>. It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester. You must submit this documentation prior to submitting assignments or taking the quizzes or exams. Accommodations are not retroactive; therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations.

In the case of situations that may impede learning throughout the semester, students may reach out to the Dean of Students Office to provide documentation that will then be directed to the course instructor.

PREFERRED NAME: It is important to the learning environment that you feel welcome and safe in this class, and that you are comfortable participating in class discussions and communicating with me on any issues related to the class. I would like to acknowledge your preferred name, and pronouns that reflect your identity. Please let me know how you would like to be addressed in class, if your name and pronouns are not reflected by your name on the class roster.

You may also change your "Display Name" in Canvas. Canvas uses the "Display Name" as set in myUFL. The Display Name is what you want people to see in the UF Directory, such as "Ally" instead of "Allison." To update your display name, go to one.ufl.edu, click on the dropdown at the top right, and select "Directory Profile." Click "Edit" on the right of the name panel, uncheck "Use my legal name" under "Display Name," update how you wish your name to be displayed, and click "Submit" at the bottom. This change may take up to 24 hours to appear in Canvas. This does not change your legal name for official UF records.

Please do keep your preferred name (first and last, if possible) visible for live sessions.

PRIVACY (FERPA): Aspects of course content may be audio and visually recorded for students in the class to refer back to. Students who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. If you are unwilling to consent to have your profile or video image recorded, be sure to keep your camera off and do not use a profile image. Students who un-mute during class and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded during class, you will need to keep your mute button activated and communicate exclusively using the "chat" feature, which allows students to type questions and comments live. By enrolling in this course, you will be required to have audio and video enabled for your group presentation. If you do not want your image in any recording pertaining to course content (i.e. presentations, demonstrations), please let me know within the first couple week of class so that we may seek an accommodation. As in all courses, unauthorized recording and unauthorized sharing of recorded materials is prohibited.

COURSE EVALUATIONS: Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>.

GETTING HELP:

Health and Wellness

- U Matter, We Care: If you or a friend is in distress, please contact umatter@ufl.edu or 352-294-CARE (2273).
- Counseling and Wellness Center: 352-392-1575, <https://counseling.ufl.edu/>
- Sexual Assault Recovery Services (SARS) - Student Health Care Center: 352-392-1161.
- University Police Department: 352-392-1111 (or 9-1-1 for emergencies). <https://police.ufl.edu/>

Academic Resources

- E-learning technical support: 352-392-4357 (select option 2) or e-mail learning-support@ufl.edu: <https://lss.at.ufl.edu/help.shtml>
- Career Connections Center, Reitz Union: 352-392-1601. Career assistance and counseling: <https://career.ufl.edu/>

- Library Support: <http://www.uflib.ufl.edu/help/>. Various ways to receive assistance with respect to using the libraries or finding resources.
- Teaching Center: Broward Hall, 352-392-2010 or 352-392-6420. General study skills and tutoring. <http://teachingcenter.ufl.edu/>
- Writing Studio: 302 Tigert Hall, 352-846-1138. Help brainstorming, formatting, and writing papers. <https://writing.ufl.edu/writing-studio/>
- Student Complaints
 - On-Campus: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/>
 - On-Line Students Complaints: <http://distance.ufl.edu/student-complaint-process/>

GRADING:

The following table outlines the point-accruing components of the course. All grades will be uploaded to the gradebook prior to the final exam (except the final exam, of course). Expanded directions and examples are provided in Canvas.

Evaluation Components	Points Per Component	Approximate % of Total Grade
Introductory Post & Comment	2 pts	2/132 = 2%
Supplemental Learning Experiences (x10)	5 pts each & drop the lowest = 45 pts	45/132 = 34%
Presentation	30 pts	30/132 = 23%
Attendance & Participation	20 pts	20/132 = 15%
Final Exam	35 pts	35/132 = 27%
Extra Credit	Up to 3 pts	0% (can add 2%)

Introductory Post & Comment – Students will be asked to create a short FlipGrid post to introduce themselves to the class. The activity will require the use of audio and visual recording tools. To earn full credit, each student must comment on at least one other student’s post.

Supplemental Learning Experiences (SLE) – 70% (7 of 10) of the SLEs are in the form of open-book assignments that are often started and discussed in small groups during live sessions but must be completed and submitted by each student individually by the end of the week in which it is assigned. These SLEs are designed to expand and elaborate on topics discussed in lecture in a more hands-on, active method. Sharing content or copy/pasting peer results may result in a “zero” grade for that SLE.

30% (3 of 10) of the SLEs are in the form of closed-book quizzes that are virtually proctored and under lockdown browser conditions through Canvas. Additional instructions on this and the final exam will be provided in Canvas. The quizzes will comprise 5-10 questions (multiple choice, short answer, matching) pertaining to all lecture, textbook, and possibly peer presentation material since the previous closed-book “SLE: Quiz”.

Your single lowest individual performance on the 10 SLEs, no matter its format (closed-book or open-book) will be dropped. The dropped assignment grade (5 points) will include any quiz not taken or assignment not submitted, for whatever reason. Thus, please do **not** ask for an accommodation for inappropriate excuses (i.e. extracurricular activity, out of town/vacation, sleeping in, sports, volunteering, work).

Given the extended access time for assignment submissions (minimum: an entire workweek), late submissions will **not** be accepted. Please plan accordingly for uploads to avoid technological issues and time zone discrepancies (i.e. gradebook closing out at 11:59 PM EST means you should probably not wait until 11:55 PM to upload your assignment). Please make sure that the **correct** assignment is uploaded in a **readable** file format (i.e. .doc, .pdf); failure to do so may result in a “zero” grade. In the case that you do upload an incorrect file or file type, you may reupload. The single **last** submission before the assignment deadline will be the one and only file graded.

Presentation – The presentation will be based on an original peer-reviewed research article on a relevant course topic, assigned to groups of 4 students (a couple groups may comprise 3 members). Within the first week of class, you will be randomly assigned presentation groups, papers, and dates. It is **your** responsibility to make a note of your presentation date and communicate to your instructor by the end of the first week of class if you are unable to make that presentation date for a valid reason (i.e. graduate/professional school interview, childbirth expectancy). Failure to participate in your live presentation may result in a “zero” grade. Please reach out regarding group discrepancies in advance.

Directions on presentation expectations (i.e. PowerPoint formatting, uploading to Canvas, and duration) will be given at the start of the semester as a live lecture session. Presentation evaluation forms (rubrics) will be finalized in the first week of class by the class; group grades (there will be no individual grades for presentations; so, please work together as a *team* to help each other succeed) will be based on the rubric developed (available on Canvas).

In addition to presenting on the original peer-reviewed research article, students go through the process of communicating with an author of the paper, who will be an individual from somewhere else in the world. The goal of this “internationalization”

opportunity is to understand the diverse background of scientific data and research scientists; the intent is that this will expand our cultural knowledge and experience with people from around the world in a common language – science.

Specifically, you will be required to incorporate an international/cultural component of the original research articles presented. In addition to presenting on the content of the original research article, you will be asked to share something pertaining to research, academia, and/or sports in the location of origin for each original research article. One member of each group will need to upload a transcript of the communication with the author, a list of questions asked, a transcript or summary of the answers to the questions, and a video recording (i.e. via Skype or Zoom). You will also need to upload a screenshot of you, your groupmates, and the researcher communicating. Students will be asked to share bits or clips of their interview in their presentation to the class during the live session. All presentation-related content must be submitted (uploaded) by 11:59 PM the night before your presentation day. Make sure the content is accessible (i.e. no log-in required to view). Creativity is welcome; please do discuss with me if you're unsure about what may or may not be appropriate.

Our section of APK 4115 fulfills one of the curriculum requirements of the International Scholars Program. Learn more about how you can obtain a graduation medallion and diploma here: <https://internationalcenter.ufl.edu/student-opportunities/international-scholars-program>.

Attendance & Participation – Questions will be presented throughout various lectures, both pre-recorded and live, that will be answered via Top Hat; these will be given for participation points. Please support your classmates by attending one another's presentations; attendance will be collected via Top Hat during all group presentations. All students, whether presenting or not, are required to review the assigned presentation paper prior to its presentation date.

Final Exam – The final exam is cumulative. A review document with exam content may be posted a couple weeks prior. The structure of the final exam will be similar to that of the monthly "SLE: Quiz", but longer in duration and more comprehensive. The exam will be virtually proctored and under lockdown browser conditions through Canvas.

Extra Credit – You may earn up to 3 points of extra credit in this course, awarded at the discretion of the instructor. These points may be earned from a single (one-time) submission, which may be in the form of anything from writing a poem to recording a short video (creativity and uniqueness is highly encouraged!). The submission may be uploaded any time during the semester, up to the deadline (see "Course Schedule" below); earlier submissions are welcome, especially when it comes to sharing with classmates and maintaining a level of creativity and uniqueness. Needless to say, the

submission must be an original piece of work on a topic relevant to the course, which includes lecture content, reading material, and internationalization. Depending on the activity, students may work in pairs for a submission and expand on the topic (within reason).

GRADING SCALE: Any discrepancies with points displayed in the gradebook must be brought to the attention of the instructor as soon as possible, or before the last day of class. There is no curve for this course and final grades will not be rounded up. More detailed information regarding current UF grading policies can be found here: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>. *Any requests for additional extra credit or special exceptions to these grading policies will be interpreted as an honor code violation (i.e., asking for preferential treatment) and will be handled accordingly.*

Letter Grade	Percent of Total Points Associated with Each Letter Grade	GPA Impact of Each Letter Grade
A+*	97.00-100%	4.0
A	93.00-96.99%	4.0
A-	90.00-92.99%	3.7
B+	87.00-89.99%	3.3
B	83.00-86.99%	3.0
B-	80.00-82.99%	2.7
C+	77.00-79.99%	2.3
C	73.00-76.99%	2.0
C-	70.00-72.99%	1.7
D+	67.00-69.99%	1.3
D	60.00-66.99%	1.0
E (F)	0-59.99%	0

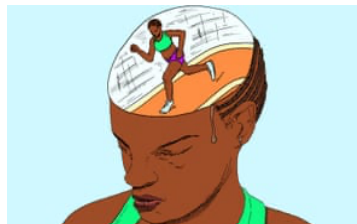
*An A+ appears as an “A” in the final UF grade system

COURSE SCHEDULE:

It is strongly recommended that you adhere to the following schedule as closely as possible, as the amount of pre-recorded lecture content varies and is split into sections for your convenience. Changes to the schedule will be posted on Canvas; please review all announcements for updates. For those who follow along in the recommended textbook, suggested pages are provided in a reading list posted on Canvas.

Week	Date	Module	Content	Format	Assignment Deadline
1	31-Aug	Orientation:	Syllabus and Introductions	Live	
	2-Sep		Introduction to the Motor System	Live	
	4-Sep	Module 1:	Presenting Scientific Data	Pre-Recorded	Introductory Post upload by 11:59 PM*
2	7-Sep		<i>Labor Day (no class)</i>	-	
	9-Sep		SLE 1: Resources for Presentations	Live	Introductory Comment Due at 11:59 PM
	11-Sep	Module 2:	Activation Signals	Pre-Recorded	SLE 1 upload by 11:59 PM
3	14-Sep		Activation Signals	Pre-Recorded	
	16-Sep		SLE 2: Membrane Potentials	Live	
	18-Sep	Module 3:	Synaptic Transmission	Pre-Recorded	SLE 2 upload by 11:59 PM
4	21-Sep	Module 4:	Muscle Architecture & Mechanics	Pre-Recorded	
	23-Sep		Muscle Architecture & Mechanics	Pre-Recorded	
	25-Sep		SLE 3: Quiz	Live	
5	28-Sep	Module 5:	Plasticity; SLE 4: Plasticity	Pre-Recorded	
	30-Sep		<i>Group Presentation 1</i>	Live	
	2-Oct		<i>Homecoming (no class)</i>	-	SLE 4 upload by 11:59 PM
6	5-Oct		<i>Group Presentation 2</i>	Live	
	7-Oct	Module 6:	Motor Units	Pre-Recorded	
	9-Oct		<i>Group Presentation 3</i>	Live	
7	12-Oct		Motor Units	Pre-Recorded	
	14-Oct		<i>Group Presentation 4</i>	Live	
	16-Oct		Motor Units	Pre-Recorded	
8	19-Oct		Motor Units; SLE 5: Contraction Speed	Live	
	21-Oct		<i>Group Presentation 5</i>	Live	
	23-Oct		SLE 6: Quiz	Live	SLE 5 upload by 11:59 PM
9	26-Oct		<i>Group Presentation 6</i>	Live	
	28-Oct	Module 7:	Task Control of Force	Pre-Recorded	
	30-Oct		<i>Group Presentation 7</i>	Live	
10	2-Nov	Module 8:	Fatigue; SLE 7: Fatigue	Pre-Recorded	
	4-Nov		<i>Group Presentation 8</i>	Live	
	6-Nov		<i>Group Presentation 9</i>	Live	SLE 7 upload by 11:59 PM
11	9-Nov	Module 9:	Reflexes	Pre-Recorded	
	11-Nov		<i>Veteran's Day (no class)</i>	-	
	13-Nov		<i>Group Presentation 10</i>	Live	
12	16-Nov		Reflexes; SLE 8: Reflexes	Pre-Recorded	
	18-Nov		<i>Group Presentation 11</i>	Live	
	20-Nov		SLE 9: Quiz	Live	SLE 8 upload by 11:59 PM
13	23-Nov	Module 10:	Aging	Pre-Recorded	
	25-Nov		<i>Thanksgiving Break (no class)</i>	-	
	27-Nov		<i>Thanksgiving Break (no class)</i>	-	
14	30-Nov		Aging; SLE 10: Exercise is Medicine	Pre-Recorded	
	2-Dec		<i>Group Presentation 12</i>	Live	
	4-Dec		<i>Group Presentation 13</i>	Live	SLE 10 upload by 11:59 PM
15	7-Dec		Electrical Nerve Stimulation	Live	Extra Credit upload by 11:59 PM
	9-Dec	Closing Remarks:	Internationalization	Live	
	11-Dec		<i>Reading Day (no class)</i>	-	
16	TBA		Final Exam	Live	

*All times are EST



SUCCESS AND STUDY TIPS:

Recognizing that people learn in different ways and with no judgement on how you study (i.e. highlighting the textbook, using YouTube, drawing figures), here are some tips for success and studying in this course that haven't been proven useful for many:

- The suggested textbook is quite concisely written but should be read carefully and provides detail to material described during lecture. Although the material presented in lecture does not encompass everything described in the reading segments, the textbook explains topics discussed in class in a different way.
 - Any content that is required reading and fair game on assessments will be posted to Canvas.
- Engage with your peers in not just preparing and giving your presentation, but in answering in-class questions via Top Hat. We are one another's greatest resources for learning material.
- Look up material that inspires you. If we're talking about muscle contractions and you really become curious about diseases pertaining to the cross-bridge cycle – take a moment to look it up and read about it or watch a video clip! Share as a Discussion on Canvas.
- Do prepare and practice for your presentation *with your group* well in advance. We do presentations for a variety of reasons – take the opportunity to present to the class seriously; it'll likely come in handy when you're doing a med school interview or job talk in the future.
- Contact your researcher well in advance. Follow the tips given in class and reiterated on Canvas on how to do so respectfully and effectively.
- Check Canvas for announcements! Adjustments to the schedule and edits/clarifications to topics discussed in class will be posted here. Additionally, presentation resources will be described online.
- Prepare for the quizzes (within the SLEs) as the material rolls in. We have quizzes (instead of a midterm) throughout the term in hopes of encouraging you to stay on top of the material as we roll through the semester.
- Things happen. That's life. If there are some majorly overwhelming things happening during your semester, send me an email, come by virtual office hours. We'll work together to figure out what steps you should take in hopes of wrapping up the course well. Swing by and chat academia (grad school, anyone?), sports, and aspirations to travel the world some time. 😊