



TEXAS A&M UNIVERSITY
SAN ANTONIO

College of Education & Human Development
Department of Counseling, Health, & Kinesiology

EDKN 4334 Research Projects in Exercise Science
Fall 2025

Instructor: Jesse Delacruz, M.S.
Office Location: 142G
Office Hours: Mon-Thurs/12pm-3pm
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Class Time: Monday & Wednesday 7:00pm- 8:15pm

Class Location: SciTech 223

Required Text: Baumgartner, T., Hensley, L. D., Weimo, Z., & Kulinna, P. H. (2021). [*Conducting & Reading Research in Kinesiology*](#) (6th ed. eBook). Jones & Bartlett Learning ISBN: 9781284157536

Supplies: N/A

Catalog Description: An independent review of literature and a laboratory or field problem yielding a formal report on the research.

Course Objective: The course provides students with the opportunity to develop, conduct, analyze, and interpret research in the exercise science field related to health, fitness, and human performance.

Student Learner Outcomes: Upon completion of this course, each student will be able to:

1. Describe the nature of research and explain the scientific method.
2. Understand the various steps of the research process and the factors that must be considered when selecting a research question.
3. Read and comprehend related literature and generate a working problem in which he/she is particularly interested.
4. Understand the role of the hypotheses and hypothesis testing in the research process.
5. Develop a hypothesis for a research project and synthesize this information to prepare a short review of literature.
6. Identify ethical codes that serve to guide research in the US and understand the importance of the Institutional Review Board and the informed consent.
7. Complete a human subjects application and attain simulated approval through the A&M-SA IRB.

8. Test a hypothesis and obtain data, analyze, and interpret results by carrying out a small research project in a *specific* exercise science-related topic.
9. Effectively communicate knowledge of a specific exercise science-related current topic in written form through the preparation and completion of a research project.
10. Effectively communicate knowledge of a specific exercise science-related topic in verbal form through the oral presentation of the current research on the topic.

Class Attendance:

A vital part of every student's education is regular attendance of class meetings. Any absences tend to lower the quality of a student's work in a course, and frequent or persistent absences may preclude a passing grade or cause a student to be dropped from one or more courses upon the request of a faculty member to the Provost and Vice President for Academic Affairs.

- Quizzes and assignments related to weekly topics will be completed inside and/or outside of class. In-class quizzes and assignments missed because of absence will *not* be made up.
 - Although attendance and tardies are not part of your grade, you will have **Ten points** deducted from your presentation grade for not being present for other presentations. **Five points** will be deducted from your presentation grade for missing partial presentation (you will not be allowed to enter the room once a presentation has started) or if you leave early during other students' presentations.
1. The general policy outlined by the University will be followed as stated in the [Student Handbook](#): There are no 'free' unexcused absences.
 2. The instructor's policy for this course includes:
 - a. Your presence is expected in class daily except for emergencies. Students assume responsibility for any material missed in class. Arrange to pick up handouts as soon as possible. It is YOUR responsibility to make up missed work.
 - b. Requests to be absent from class for official University business (athletics, field trips, student government, etc.) shall be made prior to the anticipated absence. Arrangements for missed work will be made at that time.
 - c. If you miss an exam or quiz or do not show up on the day of a presentation or when an assignment is due without **prior arrangement** with the instructor, **no make-up** will be allowed unless there is a **documented** emergency.
 - i. If there is an emergency (hospital, funeral, etc.) please contact me the day of the problem or the day you missed class.
 - ii. Without prior arrangement, 10 points from your presentation grade will be deducted for not being present for other presentations and 5 points if you leave early for other student presentations.
 - d. Excused absences: *In the event that you need to be away for a given period of time (e.g. funerals, hospital stays, family emergencies, military duty, etc.), you should contact [Student Counseling and Wellness](#) (210-784-1331 (or 1329); StuCounseling@tamusa.edu or StuWellness@tamusa.edu).* If you will be missing more than a week of classes (whether

continuous or not), inform them of the situation and they can send a notice to all your instructors rather than you having to explain to each of them your circumstances.

- e. Do not make doctor's appointments on the days of class, tests, labs, or presentations.

Texas A&M-San Antonio Important Policies and Resources

Academic Accommodations for Persons with Disabilities: The Americans with Disabilities Act of 1990, as amended, and the Rehabilitation Act of 1973 are federal anti-discrimination statutes that provide comprehensive civil rights protection for individuals with disabilities. Title II of the ADA and Section 504 of the Rehabilitation Act require that students with disabilities be guaranteed equal access to the learning environment through the provision of reasonable and appropriate accommodation of their disability. If you have a disability that may require accommodation, please contact Disability Support Services (DSS) for the coordination of services. The phone number for DSS is (210) 784-1335 and email is dss@tamusa.edu.

Academic Learning Center: All currently enrolled students at Texas A&M University-San Antonio can utilize the Academic Learning Center for subject-area tutoring. The Academic Learning Center is an appointment-based center where appointments are made through the Navigate platform. Students access Navigate through Jagwire in the Student Services tab. The Center is active on campus outreaching to students to highlight services offered. You can contact the Academic Learning Center by emailing tutoring@tamusa.edu or calling (210)-784-1332. Appointments can also be made through JagWire under the services tab.

Counseling Resources: As a college student, there may be times when personal stress interferes with your academic performance and/or negatively impacts your daily functioning. If you or someone you know is experiencing life stressors, emotional difficulties, or mental health concerns at Texas A&M University – San Antonio, please contact the Student Counseling Center (SCC) located in Modular C, Room 166 (rear entrance) or call 210-784-1331 between the hours of 8:00AM and 5:00PM, Monday – Friday. After-hours crisis support is available by calling 210-784-1331 (select option “2”). Please contact UPD at 911 if harm to self or harm to others is imminent.

All mental health services provided by the SCC are free, confidential (as the law allows), and are not part of a student's academic or university record. SCC provides brief individual and group therapy, crisis intervention, consultation, case management, and prevention services. For more information, please visit www.tamusa.edu/studentcounseling

Emergency Preparedness JagE Alert is Texas A&M University-San Antonio's mass notification. In the event of an emergency, such as inclement weather, students, staff and faculty, who are registered, will have the option to receive a text message, email and/or phone call with instructions and updates. To register or update your information visit: <https://tamusa.bbcportal.com/>

More information about Emergency Preparedness and the Emergency Response Guide can be found here:
<https://www.tamusa.edu/upd/index.html>

Financial Aid and Verification of Attendance: According to the following federal regulation, 34 CFR 668.21: U.S. Department of Education (DoE) Title IV regulation, a student can only receive Title IV funds based on Title IV eligibility criteria which include class attendance. If Title IV funds are disbursed to ineligible students (including students who fail to begin attendance), the institution must return these funds to the U.S. DoE within 30 days of becoming aware that the student will not or has not begun attendance.

Faculty will provide the Office of Financial Aid with an electronic notification if a student has not attended the first week of class. Any student receiving federal financial aid who does not attend the first week of class will have their aid terminated and returned to the DoE. Please note that any student who stops attending at any time during the semester may also need to return a portion of their federal aid.

Meeting Basic Needs: If you face challenges securing food, housing or other basic needs, you are not alone, and A&M- San Antonio can help during this time of crisis. We invite you to learn about the many resources available to support you by visiting the Dean of Student's website or by reaching out via dos@tamusa.edu. Additionally, it is not unusual for students to encounter temporary illness or injuries that may interfere with your academic success. Students may request temporary illness/disability assistance by reaching out to the Dean of Student's Office (210) 784-1354. If you are comfortable doing so, please notify the professor of any issues so that they may provide additional resources.

Military Affairs: Veterans and active-duty military personnel are welcomed and encouraged to communicate, in advance if possible, and in special circumstances (e.g., upcoming deployment, drill requirements, disability accommodations). You are also encouraged to visit the Patriots' Casa in-person room 202, or to contact the Office of Military Affairs with any questions at military.va@tamusa.edu, or (210)784-1397.

Religious Observances: Texas A&M University-San Antonio recognizes the diversity of faiths represented among the campus community and protects the rights of students, faculty, and staff to observe religious holidays according to their tradition. Under the policy, students are provided an opportunity to make up any examination, study, or work requirements that may be missed due to a religious observance provided they notify their instructors before the end of the second week of classes for regular session classes.

Respect for Diversity: We understand that our students represent diverse backgrounds and perspectives. When we are equity-minded, we are aware of differences and inequalities and are willing to discuss them so we can act to resolve them. The University is committed to building cultural competencies, or the attitudes, skills, and knowledge that enable individuals and organizations to acknowledge cultural differences and incorporate these differences in working with people from diverse cultures. Respecting and accepting people different than you is vital to your success in the class, on campus, and as a future professional in the global community. While working together to build this community we ask all members to:

- Share their unique experiences, values, and beliefs.

- Be open to the views of others.
- Honor the uniqueness of their colleagues.
- Value each other's opinions and communicate respectfully.
- Keep confidential discussions that the community has of a personal (or professional) nature.
- Use this opportunity together to discuss ways in which we can create an inclusive environment in this course and across the A&M-San Antonio community.

The Six-Drop Rule: Students are subject to the requirements of Senate Bill (SB) 1231 passed by the Texas Legislature in 2007. SB 1231 limits students to a maximum of six (6) non-punitive course drops (i.e., courses a student chooses to drop) during their undergraduate careers. A non-punitive drop does not affect the student's GPA. However, course drops that exceed the maximum allowed by SB 1231 will be treated as "F" grades and will impact the student's GPA.

Statement of Harassment and Discrimination Texas A&M University-San Antonio is committed to the fundamental principles of academic freedom, equality of opportunity, and human dignity. To fulfill its multiple missions as an institution of higher learning, A&M-San Antonio encourages a climate that values and nurtures collegiality, diversity, pluralism, and the uniqueness of the individual within our state, nation, and world. All decisions and actions involving students and employees should be based on applicable law and individual merit. Texas A&M University-San Antonio, in accordance with applicable federal and state law, prohibits discrimination, including harassment, on the basis of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation, gender identity, or gender expression. Individuals who believe they have experienced harassment or discrimination prohibited by this statement are encouraged to contact the appropriate offices within their respective units.

Texas A&M University-San Antonio faculty are committed to helping create a safe learning environment for all students and for the university as a whole. If you have experienced any form of sex- or gender-based discrimination or harassment, including sexual assault, sexual harassment, domestic or dating violence, or stalking, know that help and support are available. A&M-San Antonio has staff members trained to support survivors in navigating campus life, accessing health and counseling services, providing academic and housing accommodations, and more. The university strongly encourages all students to report any such incidents to the university. Please be aware that all A&M-San Antonio employees (other than those designated as confidential resources such as counselors and other healthcare providers) are required to report information about such discrimination and harassment to the university. This means that if you tell a faculty member about a situation of sexual harassment, sexual violence, or other related misconduct, the faculty member must share that information with the university's Title IX Coordinator. If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact the Student Counseling Center at (210) 784-1331, Modular C.

Students' Rights and Responsibilities: The purpose of the following statement is to enumerate the essential provisions for the student freedom and responsibility to learn at Texas A&M University-San Antonio. All students are required to follow all policies and regulations as set forth by The Texas A&M University System. This includes the A&M-San Antonio Student Code of Conduct.

Students' Rights

1. A student shall have the right to participate in a free exchange of ideas, and there shall be no university rule or procedure that in any way abridges the rights of freedom of speech, expression, petition and peaceful assembly as set forth in the U.S. Constitution.
2. Each student shall have the right to participate in all areas and activities of the university, free from any form of discrimination, including harassment, on the basis of race, color, national or ethnic origin, religion, sex, disability, age, sexual orientation, genetic information, veteran status, gender identity, or gender expression in accordance with applicable federal and state laws.
3. A student has the right to personal privacy except as otherwise provided by law, and this will be observed by students and University authorities alike.
4. Each student subject to disciplinary action arising from violations of university student rules shall be assured a fundamentally fair process.

Students' Responsibilities

1. A student has the responsibility to respect the rights and property of others, including other students, the faculty and the administration.
2. A student has the responsibility to be fully acquainted with the published University Student Rules found in the Student Handbook, Student Code of Conduct, on our website, University Catalog and students must comply with them and the laws of the land.
3. A student has the responsibility to recognize that student actions reflect upon the individuals involved and upon the entire university community.
4. A student has the responsibility to recognize the University's obligation to provide an environment for learning.
5. A student has the responsibility to check their university email for any updates or official university notification.
6. We expect that students will behave in a manner that is dignified, respectful, and courteous to all people, regardless of sex, ethnic/racial origin, religious background, sexual orientation or disability. Behaviors that infringe on the rights of another individual will not be tolerated.

Writing, Language, and Digital Composing Center: The Writing, Language, and Digital Composing Center supports graduate and undergraduate students in all three colleges as well as faculty and staff. Tutors work with students to develop reading skills, prepare oral presentations, and plan, draft, and revise their written assignments. Our language tutors support students enrolled in Spanish courses and students composing in Spanish for any assignment. Our digital studio tutors support students working on digital projects such as eportfolios, class presentations, or other digital multimedia projects. Students can schedule appointments through JagWire under the Student Services tab. Click on “Writing, Language, and Digital Composing Center” to make your appointment. The Center offers face-to-face, synchronous online, and asynchronous digital appointments. More information about what services we offer, how to make an appointment, and how to access your appointment can be found on our website at <https://bit.ly/WLDCCenter>.

Academic Dishonesty

Students at Texas A&M University-San Antonio are expected to adhere to the highest standards of academic honesty and integrity. Academic Dishonesty for which a student is subject to penalty includes **cheating, plagiarism, fabrication, multiple submission, misrepresentation of academic records, facilitating academic dishonesty, unfair advantage, violating known safety requirements and ethical misconduct**. This includes holding other students to same standards and reporting any incidents of alleged violation of the honesty policy to the instructor involved or, if necessary, to the appropriate academic department head. All students are responsible for being familiar with the Academic Dishonesty Policy which may be found in the Texas A&M University-San Antonio Student Handbook.

Forms of academic dishonesty:

- a. Cheating - A student can be accused of academic dishonesty if he/she uses, or attempts to use, unauthorized assistance (e.g., asking someone else for an answer during a test, copying answers from another person's paper during a test, etc.), uses unauthorized study aids in examinations or other academic work (i.e., "cheat sheets" or textbooks/notes when that use has been disallowed by the faculty), or submits the work of another as his/her own.
- b. Plagiarism - A student can be accused of academic dishonesty if he/she uses the ideas, data or language of another without specific or proper acknowledgment.
- c. Fabrication - A student can be accused of academic dishonesty if he/she submits, or attempts to submit material that is contrived or altered (e.g., making up data for an experiment, misrepresenting data, citing nonexistent articles, contriving sources, falsifying design and/or troubleshooting data, or padding estimates with intent to defraud customers, etc.).
- d. Multiple submission - A student can be accused of academic dishonesty if he/she submits, without prior permission, any work previously submitted to fulfill another academic requirement (e.g., the unauthorized submission of a pre-existing paper or project).
- e. Lying - Deliberate falsification with the intent to deceive in written or verbal form as it applies to an academic submission.
- f. Bribery - Providing, offering or taking rewards in exchange for a grade, an assignment or the aid of academic dishonesty.
- g. Threat - An attempt to intimidate a student, staff, or faculty member for the purpose of receiving an unearned grade or in an effort to prevent the reporting of an Honor Code violation.

- h. Misrepresentation of academic records - A student may be accused of academic dishonesty if he/she misrepresents, tampers with or attempts to tamper with any portion of a student's transcripts or academic record (e.g., changing one's grade, altering computer records, falsifying academic information on one's resume, etc.).
- i. Facilitating Academic Dishonesty - A student may be accused of academic dishonesty if he/she knowingly helps or attempts to help another violate the principles of academic integrity (e.g., working together on a take-home exam without instructor permission, providing another student with a pre-written paper or test, unauthorized collaboration of any kind, including online testing, giving answers to lab projects with the intent to help students take practical exams, etc.).

Support for APA 7th Edition Writing & Citing

The A&M-SA Library houses print copies of the **APA Publication Manual 7th Edition (2020)** for in-library use.

Much of the essential content from the print manual is available online for the 7th Edition. See the APA's 7th Edition Style and Grammar Guidelines page for links to explanations and examples for most of the rules.

For additional resources, see the Library's **Basics of APA Guide**; contact the **A&M-SA Writing Center**; or call or email **Kimberly Grotewold**, the Education Librarian.

Plagiarism:

The University recognizes plagiarism as a serious academic offense. Plagiarism, the act of representing the work of another as one's own, may take two forms. It may consist of copying, paraphrasing or otherwise using the written or oral work of another without acknowledging the source or it may consist of presenting oral or written course work prepared by another as one's own.

Unless an assignment is designated as a group project, assignments should be completed by the student. I encourage group learning and problem solving with assignments, but when you write up the assignment, it should be in your words. I need to know what YOU know, not what the group knows.

Normally a student who plagiarizes shall receive a grade of “F” in the course in which the act occurs. Students are expected to follow TAMU-SA's policies as defined in the Academic Catalog. Anyone caught cheating (including plagiarizing) will receive an automatic failure in the course. The instructor may decide to reduce this penalty to an F for the assignment or other appropriate consequence. If you have any questions about the meaning of plagiarizing, how to properly cite material from a source, or about any of the other forms of cheating listed above, do not hesitate to see me.

Any student caught using the work of another student and/or giving work to another student or caught cheating in any of the forms listed above, will be reported to student affairs for academic sanctions. Cheating, or copying from another student, will annul the validity of the specific assignments, and all students involved will receive NO points for it.

Use of electronic equipment during exams will result in a score of 0% for the test and may result in further discipline

Grading Policy & Course Requirements: To achieve the course objectives, the class will involve:

Lecture

Individual assignments

Partner assignments and discussion

Class discussion & small group discussions

Presentations

<u>Course Evaluation:</u>	
Poster	30%
Oral (PP) Presentation	30%
IRB (Protocol App)	20%
Tests	10%
Assignments/Discussions	10%
Total	100%

<u>Criteria:</u>	
90-100	A
80-89.99	B
70-79.99	C
60-69.99	D
0 - 59.99	F

On-line tests will be taken on Blackboard, and these are also intended for you to work INDIVIDUALLY. If you are caught collaborating with others during on-line testing, you will be reprimanded. Use of electronic equipment during exams will result in a score of 0% for the test and may result in further discipline.

A grade of “C” or better must be earned in this course to satisfy Kinesiology requirements. Majors who do not earn a grade of “C” or better will be required to repeat the course. I do not round up or round down your grade. If you earn an 89.9, then you earn a B. If you earn an 80.0, then you earn a B, not a C.

No changes to your final grade will occur once class has ended unless I have made a mistake. You are given the opportunity to follow your grade throughout the semester thus you should not be surprised with the grade you earn. There are no exceptions (eligibility, financial aid, etc.)

Late Penalties: All class work is due on the date and time assigned. There is no grace period. Work not submitted by the due date will result in a zero.

- ***I do not offer extra credit.***
- ***I do not offer Independent Studies if an acceptable grade is not earned***

Blackboard: All assignments will be turned in and all notes, announcements, etc., will be posted on Blackboard. Please check that your account is working, otherwise you will fall behind. If you have problems accessing Blackboard, reach out to the IT Help Desk.

Assignment Dropbox (course content folder) in Blackboard will be used to turn in electronic assignments.

Click on the assignment Dropbox and attach your document.

To access Blackboard, go to the [A&M-SA homepage](#).

If you need to pull up an assignment, notes, etc., my suggestion is to save it to your computer or disk, THEN open it.

If you have a question, comment, etc. about an assignment or any other matter, please contact me through Email jdelacruz@tamusa.edu , but **NOT** Blackboard Messaging.

Research Information:

Once you decide to work in a group for your project, you **may not** leave the group under any circumstance unless you drop the class.

This is an independent (individual or group) project. It is **your** responsibility that you (or your team works together) and completes all projects elements in a timely manner. You will be required to provide weekly CHECK-INS.

Attendance is mandatory during the presentation of all research projects. Points will be deducted for (individual) members for any absence during the presentation of research projects.

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Fall 2025

Tentative Schedule: This is a tentative schedule. The course schedule will change as the demands of the students dictate. See Blackboard and Announcements for updates. All work will be due by 11:59 pm on the due date.

Module 1/ Week 1	Aug 25	Syllabus/Overview/Check-in / Chapter 1 – The Nature and Purpose of Research Topic Discussion/Group Assignments Acknowledgement of Syllabus and Policies Post due Thursday by 11:59 pm
	Aug 27	Chapter 7 – Understanding the Research Process
Module 2/ Week 2	Sept 1	No Classes- Labor Day
	Sept 3	Chapter 8- Review of Literature We will review topics, and how to search for original literature to support your topic proposal. Topic Proposal due Sunday by 11:59 pm
Module 3/ Week 3	Sept 8	Chapter 11 – Ethical Concerns in Research/ CITI Training Instructions.
	Sept 10	CITI Training Due by 11:59 pm
Module 4/ Week 4	Sept 15	Chapter 10 – Developing a Research Plan
	Sept 17	IRB Application Instructions
Module 5/ Week 5	Sept 22	Chapter 12 – Selection of Research Participants Finalize IRB Applications Practice Test (Graded) using Respondus DUE by Sunday 11:59 pm.
	Sept 24	Critique Assignment Instructions IRB Application/Consent Form due by Sunday by 11:59 pm
Module 6/ Week 6	Sept 29	Review Chapters 1, 7-8, 10-12/ Edits MUST be made to IRB APP this week!
	Oct 1	EXAM #1 (Ch. 1, 7-8, 10-12) due 11:59 pm Submit IRB APP edits by Sunday, 11:59 pm DATA COLLECTION BEGINS ONLY WHEN APPLICATION IS CLEARED
Module 7/ Week 7	Oct 6	Chapter 2 – Descriptive Research DATA COLLECTION BEGINS ONLY WHEN APPLICATION IS CLEARED
	Oct 8	Chapter 3 – Experimental Research DATA COLLECTION BEGINS ONLY WHEN APPLICATION IS CLEARED
Module 8/ Week 8	Oct 13	CHECK IN: DATA COLLECTION
	Oct 15	Chapter 14 – Descriptive Data Analysis
Module 9/ Week 9	Oct 20	Chapter 9 – Reading, Evaluating and Summarizing Research CHECK IN: DATA COLLECTION
	Oct 22	Chapter 15 – Inferential Data Analysis DATA COLLECTION
Module 10/ Week 10	Nov 3	CHECK IN: DATA COLLECTION
	Nov 5	DATA COLLECTION

Module 11/ Week 11	Nov 10	Review Chapters 2-3, 9, 14-15
	Nov 12	EXAM #2 (Chapters 2-3, 9, 14-15) due by 11:59 pm
Module 12/ Week 12	Nov 17	CHECK IN: DATA COLLECTION
	Nov 19	DATA COLLECTION
Module 13/ Week 13	Nov 24	CHECK IN: DATA COLLECTION
	Nov 26	No Classes- Study Day
Module 14/ Week 14	Dec 1	DATA COLLECTION/Begin Analysis (Suggest having data collection done by this week)
	Dec 3	DATA ANALYSIS
	Dec 7	Chapter 15 – Inferential Data Analysis FINAL TOUCHES ON POSTER AND PRESENTATIONS Poster due Sunday, Dec 7 by 11:59 pm Presentation due Sunday, Dec 7 by 11:59 pm
FINALS WEEK	Dec 10	FINALS WEEK/PRESENTATIONS- 6:00-7:50pm