

UK SPONSORED PROGRAM PROPOSAL -- RECURRING PROGRAM

Submission requested 9-12 months prior to program departure

UK Education Abroad asks faculty members who are organizing for their department a recurring credit-bearing, education abroad program to submit the following information for review. Proposals must be submitted with approval signatures from the organizing faculty member (Program Director), the chair of the sponsoring department, and the dean or designee of the sponsoring college.

Proposals should be submitted to Ben Vockery, Coordinator of Faculty-Directed Programming, at ben.vockery@uky.edu. Ben may be contacted for consultation via email or phone at 859-323-2174.

DEPARTMENT INFORMATION

Department: Kinesiology and Health Promotion
College: Education
Current Program Director: Rosie Lanphere
Email: rosie.lanphere@uky.edu
Position/Rank: Assistant Professor
Additional program leader(s) and their role(s): _____

PROGRAM INFORMATION

Program title: Kinesiology and Exercise Physiology in Valencia, Spain
Term of enrollment: Summer Session 2019
Dates (from U.S.A. - from host country): May 16th-June 15th, 2019
Number of students expected to participate: 10-22
Number of non-credit participants expected: 0
When was the program previously conducted? May 23-June 17th, 2018
Who was the previous director of the program? I was the previous director.
First course number & title: KHP 420G, The Physiology of Exercise Credit hours: 3
Second course number & title (if applicable): KHP 395, Independent Study Credit hours: 3
Third course number & title (if applicable): _____ Credit hours: _____

Please provide an updated description of the education abroad program that we can use on our website and in promotional materials. Also, please list 3-5 highlights of the program that we can use to promote the program.

In the wonderful and historically rich setting of Valencia, Spain, students will engage in the study of exercise science and environmental exercise physiology by also visiting one of the Centers for High Performance Sports Council Facilities (Consejo Superior de Deportes: Centro de Alto Rendimiento, CAR) just outside Granada, Spain. The CAR is one of the only high-altitude training centers for sport performance in the world and is located at 2,320 m above sea level. During this four-week program, students will also participate in a variety of cultural and educational excursions, as well as classroom sessions at the University of Valencia. Students will develop basic knowledge of historic sites and cities as well as Barcelona. They will also visit

Kathryn Rosle Lanphere

Kinesiology and Exercise Physiology in Valencia Spain

Summer 2019

August 28, 2018

Description of the education abroad program:

In the wonderful and historically rich setting of Valencia, Spain, students will engage in the study of exercise science and environmental exercise physiology by also visiting one of the Centers for High Performance Sports Council Facilities (Consejo Superior de Deportes: Centro de Alto Rendimiento, CAR) just outside Granada, Spain. The CAR is one of the only high-altitude training centers for sport performance in the world and is located at 2,320 m above sea level. During this four-week program, students will also participate in a variety of cultural and educational excursions, as well as classroom sessions at the University of Valencia. Students will develop basic knowledge of historic sites and cities as well as Barcelona. They will also visit Valencia historic sites and other cities and sites of educational interest. Program activities include a paella cooking class, guided tour of the Picasso museum in the Gothic quarter of Barcelona, the Sagrada Família, a visit to the Ciudad de las Artes y de las Ciencias, a flamenco show, and a guided tour of the Alhambra. During their free weekends in Spain, participants may opt to visit some of Spain's main cities (Barcelona, Sevilla, Madrid, etc.) as well as neighboring European countries (France, Portugal, Italy, Germany, Switzerland, etc.).

Highlights

- Apply basic knowledge of exercise physiology and exercise testing to environmental or elite performance training at altitude by visiting one of the Centers for High Performance Sports Council Facilities in Spain
- Visit and get hands-on experience with the exercise physiology laboratory at the Catholic University of Valencia
- Discuss and compare concepts of public transportation, obesity, exercise, and diet in Spain with cultural norms in Kentucky
- Through required cultural field trips, explore and discuss the value of different cultural lifestyles relating to health and exercise

CURRICULUM APPROVAL FOR EDUCATION ABROAD COURSES
SUBMISSION REQUESTED PRIOR TO PROGRAM DEPARTURE.

To ensure appropriate academic oversight, the University Senate requires that all UK courses taught as part of a credit-bearing, faculty-directed, education abroad program obtain college-level Curriculum Committee/Education Policy Committee approval. This requirement applies to all courses, even though the course has already been approved by the University Senate to be taught domestically. The purpose of the approval is to ensure that UK courses taught abroad meet college-approved learning objectives and outcomes.

Each Curriculum Committee may request additional materials be supplied along with this form, including but not limited to a syllabus and course description. The Curriculum Committee Approval for Education Abroad form must be submitted to UK Education Abroad at least 2 months prior to program departure.

SUBMIT FORM TO:

1. Sponsoring College Curriculum Committee or Education Policy Committee Chair
2. ATTN: Ben Vockery, Coordinator of Faculty-Directed Programming, UK Education Abroad; 301 Bradley Hall, ben.vockery@uky.edu

CURRICULUM COMMITTEE APPROVAL

Prefix, number and title course to be offered abroad:	KHP 420G, The Physiology of Exercise
Total credit hours not counting EAP 699:	3
Total contact hours of instruction:	48
Instructor of Record:	Kathryn Lanphere
Prefix, number and title of second course to be offered abroad (if applicable):	KHP 395, Independent Study
Total credit hours not counting EAP 699:	0-3
Total contact hours of instruction:	5
Instructor of Record:	Kathryn Lanphere

I certify that the course(s) listed above has been reviewed by the College's Curriculum or Educational Policy Committee. The course(s) is approved to be delivered abroad and is in compliance with UK's academic and administrative policies.

UK Faculty Program Director(s)

Kathryn Lanphere Date 9/17/18
Signature
Kathryn Lanphere
Printed Name/Title
College of Education
College

**College Curriculum or Educational Policy Committee:
(Chair)**

Jane Jensen Date 10/17/2019
Signature
Jane Jensen - Chair, Courses & Curricula
Printed Name/Title
College of Education
College



UNIVERSITY OF KENTUCKY
DEPARTMENT OF KINESIOLOGY AND HEALTH PROMOTION
COLLEGE OF EDUCATION

Syllabus

KHP 420*G 710 The Physiology of Exercise
Summer, 2019 Education Abroad
Location: Valencia, Spain

Instructor: Rosie Lanphere, Ph.D., CSCS

Class Location: TBD

Dates and Time: May 16-June 15th, 9:30 AM -12:30 PM, MTWRF *Excursions TBA

Emergency phone: +1 (505)-718-8063

Email: rosie.lanphere@uky.edu

Office hours: by appointment

Course Description:

A study of the immediate and long-term effects of exercise in the human organism. The course will include topics such as the role of exercise in health-related issues as well as physical training for fitness and sports performance. We will discuss current areas of research and controversies in exercise physiology. Lecture, two hours; laboratory, two hours. Prerequisites: ANA 209, PGY 206 or equivalent. Junior, senior or graduate standing.

Course Objectives:

Upon completion of this course students will have a basic understanding of:

- The primary adaptations of the major organ systems to various forms of training
- The role of the major organ systems in the performance forms of exercise anaerobic and aerobic energy production
- Energy expenditure during exercise
- Cardiovascular function and exercise
- Respiration and exercise
- Skeletal muscle and exercise

Research and Reflection for Learning and Leading. This is the theme of the conceptual framework for the College of Education and reflects how our college and this course approach the preparation of the future leaders in our field of study. **Research** is the foundation for the information you will be learning in this class. **Reflection** an important component of this course as you, with the help of the instructor and laboratory assistants, begin to apply the knowledge gained to maintaining and improving your own health and well beings, as well as the health and well-being of others. **Learning** is an expectation of faculty and students so that we can promote learning among diverse populations and provide much needed information concerning the role of exercise to meet homeostatic disruptions, increase health and well-being, and thus improve both the quantity and quality of life.

Grading:

Exam 1	100 points
Exam 2	100 points
Exam 3	100 points
Lab Report	50 points
Quizzes	122 points
Responsibility and Accountability	20 points
Total points:	492 points possible

Grading Scale:

Letter	Percentage
A	90-100%
B	80-89%
C	70-79%
D	60-69%
E	59 or below

Graduate Students or Honors Credit (*G): Graduate or honors students enrolled in this class will be required to complete an additional writing assignment. The writing assignment will be focused on research concerning exercise training and performance at altitude. Details and instructions for this research paper and due date will be provided by Dr. Lanphere during the first week of classes.

Textbook: The Physiology of Exercise. Rosie Lanphere, PhD. 2016. Top Hat Monocle

Top Hat Instructions: We will be using the Top Hat (www.tophat.com) classroom response system in class. You will be able to submit answers to in-class questions using Apple or Android smartphones and tablets, laptops, or through text message. Additionally, we will be using the custom-built textbook "The Physiology of Exercise" within Top Hat for this class.

You can visit tinyurl.com/TopHatStudentGuide for the Student Quick Start Guide 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. An email invitation will also be sent to your school email account (if you don't receive this email, you can register by visiting our course website <https://app.tophat.com/e/517985> or search our join code 517985).

Top Hat will require a paid subscription. You can choose the cheapest option, \$24 for 4-months of unlimited access or, if you'll be using Top Hat for multiple semesters, you can select the discounted price of \$36 for a full year. For a complete breakdown of all subscription options available please click [here](#). After you pick your subscription, your textbook will be applied at checkout for an additional \$20. Don't worry if you don't see any content in the course right away, I will make it available to you as we progress through the semester.

If you have any questions about Top Hat, please contact their support team at support@tophat.com.

Attendance Policy: Because of the accelerated nature of education abroad programs attendance is MANDATORY and will be taken every class period. In addition, not all materials presented in class and covered on the exams are found in your required text. You are advised to attend class, as past student performance has demonstrated those who regularly attend, tend to perform better in this class. According to the Rules of the University Senate, those students who miss more than 20% of the class **FOR ANY REASON** may be dropped from the class. This is true even if you are sick and have medical excuses. The rationale for this rule is that people who miss more than 20% are not really receiving the content of the course. Students that do not drop the course and are absent (even a combination of excused and unexcused absences) more than one-fifth (or 20%) of class meetings will receive a failing grade (E). Late work will result in a 15% deduction in grade **per day** that it is late. If an exam is missed without prior notification, 15% will be deducted from the final grade. The student must notify and schedule the make up the exam with Dr. Lanphere within 3 days of returning to school. If the make-up exam is missed, the student will receive a "0" for that exam grade. If you are unable to email due to extenuating circumstances, you are required to email or contact the instructor within 3 days of returning to classes.

Excused absence policies: Professional courtesy of absence beforehand is expected however university policy states that a student must notify the instructor of an absence prior to the absence or within one day after the period of the absence. In the case of education abroad, communication with Dr. Lanphere and ISA are extremely important. Student should make extraordinary efforts to let one of the previously mentioned individuals know that they will not be attending class for ANY reason by email, telephone, or in person. SR 5.2.4.2.E. A student must submit any written documentation supporting an excused absence **within one week** after the period of absence, except when the absence is for the observation of a major religious holiday. An absence for a major religious holiday requires advance written notification and should be submitted to the instructor no later than 3 days from the first day of the semester. It is up to the instructor's judgment as to whether the [religious] observance in question is important enough to warrant" an excused absence. SR 5.2.4.2.D. *Documentation Provided by Health Services ("HS")*: Tier 2 and Tier 3 documents are generated by UHS. Tier 2 or Tier 3 document provided to the student by HS is appropriate verification for an excused absence for illness. SR 5.2.4.2 provides, in relevant part, that "if a student has excused absences in excess of one-fifth of the class contact hours for that course, a student shall have the right to petition for a 'W,' and the Instructor of Record may require the student to petition for a 'W' or take an 'I' in the course."

Onsite information for the ISA office is provided on this syllabus.

On Site Support through the ISA
ISACP Valencia, Spain
Pasaje Doctor Bartual Moret
No 6, Oficina Ñ
46010 Valencia, Spain
Phone: 963.696.083
Fax: 963.696.083
Email: valencia@studiesabroad.com

ISA office Hours: TBD

Laboratory Policy: The laboratory session cannot be missed or rescheduled under any circumstance and you **WILL RECEIVE A ZERO** for the lab report if you do not attend the lab on June 4th. Specifically, if you miss the lab session you will not be allowed to submit a laboratory write up. Due to the nature of education abroad there will be no make-up opportunities for the labs. "Closed toed" shoes are required while in the designated lab areas. You will not be admitted in the laboratory without them and will receive a zero for the laboratory session. Be prepared to participate in the lab and dressed appropriately i.e. in workout attire (ladies must wear sports bras), regardless of if you volunteered or not. Additional laboratory procedures and policies will be provided by Dr. Lanphere.

Academic Integrity, Cheating and Plagiarism: All work that is submitted in class is to be written in your own words. All exams completed are to be completed by the student, alone, without help or guidance from other students; this includes exams completed on Canvas. Academic honesty and integrity is not only expected but required. Plagiarism and other forms of cheating are unacceptable and will not be tolerated. Violations will be met with adverse consequences including, but not limited to; a zero on the assignment, quiz or exam; or failing grade for the entire course. UK's plagiarism policy can be found here: <http://www.uky.edu/Ombud/Plagiarism.pdf>

Cell Phone or Inappropriate Use of Computer: Inappropriate use of cell phone, pagers, or other electronic devices in the classroom will not be tolerated. Using cell phones, pagers, or their electronic devices in the classroom is disruptive student behavior that interferes with the educational process of other students or prevents faculty or staff from performing their professional responsibilities. You will not receive a warning. If you are found to be using electronic devices inappropriately you will be required to leave the classroom immediately. Additional violations to this policy will result in permanent expulsion from the course. Cell phones **CANNOT** be used for calculations. An authentic calculator can be used for class and exams; it is encouraged to bring your authentic calculator every day. You may never take pictures of PowerPoint slides with any cell phone, camera, or photo device.

**TENTATIVE LECTURE SCHEDULE
(TRIPS AND LABS ARE NOT TENTATIVE)**

Week	May	Day	Time	Chapter	Lecture (tentative)
	17	F	TBD		Arrive at Valencia, airport pickup, settle in with homestays
		S	TBD		Welcome dinner, walking tour of the city, ISA Orientation
		U	TBD		Free day
1	20	M	9:30-12:30	2, 9	Introduction: Syllabus and Rules, Control of the Internal Environment, Circulatory System
	21	T	9:30-12:30	9, 10	Circulatory System, Respiratory System
	22	W	9:30-12:30	10	Respiratory System
	23	R	9:30-12:30	10, Exam 1	Asthma/COPD, Altitude
	24	F	TBD		Depart for Barcelona/Sagrada Familia
	25	S	TBD		Tour of Picasso museum/Walking tour
	26	U	TBD		Return to Valencia
2	27	M	9:30-12:30	3	Exam 1 due, Altitude, Bioenergetics
***	28	T	9:30-12:30	-	Lab Day at UCY: Dress in workout clothing and close toed shoes
	29	W	9:30-12:30	4	Metabolism
	30	R	9:30-12:30	4	Metabolism
***	31	F	TBD	-	Depart for Granada/Flamenco Show
	June				
***	1	S	TBD	-	Visit the Alhambra/Tour of CAR
***	2	U	TBD	-	Return to Valencia
3	3	M	9:30-12:30	5	Metabolic Adaptations to Exercise
	4	T	9:30-12:30	6, Exam 2	Lab report due, Measurement of Work, Power, and Energy Expenditure
	5	W	9:30-12:30	6	Measurement of Work, Power, and Energy Expenditure
	6	R	9:30-12:30	7	Exam 2 due, Nervous System
	7	F	9:30-12:30	7	Nervous System
	8	S	-	-	Free Weekend
	9	U	-	-	Free Weekend
4	10	M	9:30-12:30	7	Nervous System
	11	T	9:30-12:30	7, 8	Nervous System, Skeletal Muscle
	12	W	9:30-12:30	8	Skeletal Muscle
	13	R	9:30-12:30	Exam 3	Exam 3
	14	F	TBD		Exam 3 due at Farewell Dinner
	15	S			ISA Dropoff at Airport/Flights Home/End of Program

***Field Trip/Lab

Accountability and Responsibility Contract KHP in Valencia, Spain Student Code of Conduct

You will be representing yourself, the University of Kentucky, and the United States while abroad. Accountability and responsibility are an important aspect of this program. Your actions reflect on the entire group, so accountability and responsibility will be emphasized throughout this program. Fulfillment of this Code of Conduct includes participation, accountability and responsibility to your roommate (s) and the entire group, and responsible conduct always.

Participation means participating fully in all lectures, group discussions, activities, and excursions. Active participation means being awake and engaged (taking notes) during class sessions, visits with community members and guest speakers. Being absent from any aspect of the itinerary for any reason without prior consent from the instructor will result in the loss of at least part of the 20 possible points.

Responsible conduct means that you will be a positive representative—of yourself, the University of Kentucky, and the U.S. always. Expectations include respect, appreciation, and hospitality for the local community, hotel/apartment staff, homestay hosts, bus drivers, guest speakers, community organizations, and local establishments. This means:

- Being on-time, awake, alert and attentive during all class periods and for guest speakers. Falling asleep or dozing during any class session or guest speaker is disrespectful and will automatically result in the loss of 4 accountability points.
- Presenting body language that demonstrates interest and attention to the individual speaking, including classmates.
- Being polite while on transportation, be it buses, trains, or chartered vehicles
- Keeping noise levels to a minimum in our overnight accommodations so your presence does not disrupt other guests or residents
- Conducting yourself in a responsible manner in local pubs, restaurants, parks, and shops. Be attentive to noise levels when you are in a large group in pubs—don't reinforce the loud, obnoxious U.S. stereotype!

Expectations regarding alcohol include:

- No alcohol consumption if you are not of age in the host country
- Responsible use
- Respect for anyone who chooses not to drink
- No drinking games
- Accountability and responsibility for every group member in pubs and any setting where alcohol is present
- Alcohol will not interfere with the priorities of the seminar

Failure to abide by the expectations outlined in this Code of Conduct, or other related situations that arise could result in the loss of part or all the 20 points, receiving an E in the course, and/or could result in your removal from the entire program at your expense.

I have read and understand the expectations outlined in the accountability/responsibility contract. A copy of this document will be attached to the syllabus in Canvas.

Signed: _____ Date: _____

**Independent Study Contract
Summer 2019 - Independent Study
KEP 395-711 (3 credits)**

Name: _____ Email: _____ Phone: _____

Faculty: Rosie Lanphere, rosie.lanphere@uky.edu

Brief description of independent study content:

The student is required to complete the following assignments:

- (15 pts) _____
- (15 pts) _____
- (15 pts) _____
- (15 pts) _____
- (15 pts) _____
- (15 pts) _____

Brief description of products used to determine learning/grade:

One meeting a week, face-to-face, via office, video conference or phone (10 pts.)
During each meeting the student will be prepared to discuss their progress on the goals of the independent study. The student's grade will be determined by completion of the independent assignments and observations (100 total pts. possible). The student needs at least a C average to earn a passing grade.

Student Signature

Faculty Signature