Department of Kinesiology and Sport Management

KIN 5031: Independent Study

Instructors’ Information

- Dr. Marc Lochbaum
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  - Office hours by appointment

Course Description and Objectives

- ESS 5031
- Title – Independent Study
- The course is face-to-face with Dr. Lochbaum in the appropriate setting of the independent research.
- Text: There is not an assigned text. A list of research based articles pertinent to the research topic(s) chosen by the student and agreed upon by Dr. Lochbaum will be used for this course.

This course examines research topics related to the cardiovascular requirements with respect to playing collegiate football.

The course learning objectives are as follows:

1. To research literature on cardiovascular requirements of high impact team sport games related to collegiate football (e.g. rugby).
2. To quantify the cardiovascular requirements for playing defensive line or similar football positions based on data collected in either or both practices and games at a variety of participant levels.
3. To examine the collected data and report upon the findings in relation to the cardiovascular systems requirements.
4. To prepare a report providing training suggestions for professionals working with defensive lineman or similar football positions based on the summary of the literature review and the collected data.

The course learning objectives will be assessed as follows:

1. Essay summaries of the course readings.
2. Amount of data collected based on agreements between instructor and student.
3. Final report

Earning a Grade

Student will be required to read the relevant literature, collect data, enter the data, analyze the data, and prepare a report. A final grade is based on the five parts of the process (read, collect, enter, analyze, and write) in equal weights of 20%.

\[ >90\% = A; \quad >80\% - < 89.99\% = B; \quad >70\% - < 79.99\% = C; \quad >65\% - < 69.99\% = D; \quad <64.99\% = F \]