

Determination of Lab Report Grades:

You are required to turn in 6 lab reports during the semester.

The lab reports will be formatted like journal articles with a cover page and will include an Introduction, Purpose and Hypothesis, Methods, Results, Discussion, Conclusion, and References.

- The Cover page should have a Title with your name, course, year, and semester.
- The Introduction should give the reader a brief but basic understanding of the variable or variables of physiological significance and how this relates to exercise. The introduction should lead into the purpose statement.
- The purpose statement and hypothesis will be given to you but are required to put it in the report.
- The methods should be concise and to the point. DO NOT detail every step that took place in the data collection process. I should be able read the methods quickly and know what the intervention(s) was, when measurements were taken relative to the exercise session, what variables were measured, etc.
- The Results section will consist of tables and or figures that are clearly labeled and formatted with legends to help the reader. In the text, explain what you want the reader to see. DO NOT discuss the data, simply describe the data collected (i.e., write about what you want the reader to see).
- In the Discussion section you will interpret/explain your results and their physiological significance, and how they are consistent or inconsistent with the literature (use references). If the results are not consistent with the literature, provide a plausible explanation why.
- In the conclusion, you will give a concise summary and state what can be concluded from these data. You should cite references in your lab report since it simply builds on previous work.
- References may include 1 text book; other references may be obtained from peer-review articles obtained through PubMed, Ovid or Google scholar. Runner's World or similar news/popular magazines are not appropriate references. Number the references in the body of text as the reference appears in the references section.

The lab reports will be evaluated based on the following scale for each section.

Section	Inadequate	Adequate	Very Good
Introduction	5	8	10
Purpose/Hypothesis	3	4	5
Methods	3	4	5
Results	7	12	15
Discussion	7	12	15
Conclusion	3	4	5
References	3	4	5