1. Serving over 700 students within the College of Education, the Department of Kinesiology hosts four undergraduate and two graduate degree programs each with multiple sub-discipline areas of specialization. The department provides comprehensive undergraduate and graduate degree programs that incorporate scientific and professional methods of inquiry to study physical activity, exercise, sport, and health-related issues; advances the body of knowledge through scholarly inquiry; and offers a wide-range of fitness and sport activities that help promote lifelong well-being.

The Master of Science (MS) and Master of Kinesiology (MK) in Kinesiology programs offer three different areas of emphasis: behavioral studies, biophysical studies and socio-historical studies. The MK program is designed to be practitioner oriented, while the MS is research oriented. These programs share a similar curriculum with the main difference found in the culminating activity (capstone course and thesis, respectively). Those students interested in pursuing a doctorate in the future should complete MS program. With respect to the differences between the three areas of emphasis: behavioral, biophysical and socio-historical studies, please first note that all three programs share a common curriculum. Students selecting biophysical studies are primarily interested in what is more traditionally known as exercise science – the physiological, anatomical, biomechanical aspects of human movement. Behavioral studies focuses on the cognitive and psychological aspects of movement, while the socio-historical emphasis examines the social, historical and philosophical aspects of sport and physical activity in society. Students serving as the Human Performance Laboratory (HPL) Graduate Assistant (GA) are required to pursue an MS in Biophysical Studies.

The Kinesiology departments seeks to foster physical activity, optimum health, and extraordinary performances through science, teaching, and promotion.

The Human Performance Laboratory at Boise State University is a facility designated to teach, conduct research, and provide service to faculty, staff, students, and individuals in the community. Among the physiological and fitness parameters measured in the laboratory are: cardiorespiratory endurance (maximal oxygen uptake, $\dot{VO}_2\max$), anaerobic power, muscular fitness (strength and endurance), muscular flexibility, body composition, pulmonary function, resting and stress electrocardiography, agility, balance, coordination, power, reaction time, and speed.

The lab is equipped with research quality equipment and is set up to be a learning environment for students in related fields. Some of the equipment available in the lab includes: PARVO Medics TrueMax metabolic cart, Quinton and Woodway treadmills, RacerMate bicycle systems, Monark Bicycle ergometers, Bod Pod, hydrostatic weighing tank, Quinton TM55 Electrocardiogram Q-Stress, Cosmed Pulmonary System, isometric strength dynamometers, as well as many others.

To:

EXPLORE
EVALUATE
EDUCATE
ENHANCE  HUMAN PERFORMANCE
II. The HPL GA assists in the management of the HPL and conducting of related research in the laboratory and field.

III. Duties and Responsibilities

The HPL GA assists the HPL Director in the management of the HPL, performance testing, and conduct of related research in the laboratory and field.

A. Areas of Direct Coordination:

1. Service: Conducts human performance testing.
   a. The Boise State HPL offers performance testing to students, athletes, faculty, staff, and the community.
      i. Tests include, but are not limited to:
         1. Body composition (various methods)
         2. Metabolic Testing
            a. Anaerobic power
            b. Lactate threshold
            c. Maximal oxygen consumption
            d. Power – maximal, mean, etc.
            e. Resting metabolic rate
            f. Submaximal work capacity
         3. Exercise stress test
         4. Flexibility
         5. Pulmonary function
         6. Strength
      b. Coordinates payment for testing services.

2. Research: Assists HPL Director and other Exercise Science faculty in the management and conduct of human performance research in the laboratory and field.
   a. Assist in concept and protocol development.
   b. Assist in data collection.
   c. Assist in data analysis.
   d. Assist in manuscript preparation and publication.

3. Teaching:
   a. Classroom and laboratory: Assist the HPL Director in teaching, supervising, and grading lecture and laboratory courses

4. Communication and administration.
   a. Identifies, communicates, and rectifies laboratory maintenance concerns.
      i. To include, but not limited to:
         1. Equipment maintenance, repair, and replacement
         2. Facilities maintenance and repair
   b. Maintains open and frequent communication with HPL Director and other Exercise Science faculty regarding HPL updates, equipment, policies, procedures and announcements.
   c. Identifies, monitors, and addresses problematic issues within the HPL. Works in consultation with the HPL Director on major changes to the laboratory involving funding/purchases/program budgets, program direction, creation of new program offerings, marketing materials, contracts/payments, course/program hours, length of program, policies, etc.