

**KINE 3373: Physiology of Exercise
Fall 2017
College of Health Sciences, Department of Kinesiology**

Instructor:

Patrick Davis, Ph.D.
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Meeting Time:

MW 9:30am - 10:50pm 239 HKC
Office Hours TTr 11:00 am or by appointment

Course Description:

This course is designed to develop an understanding of the manner in which the body reacts to the exacting requirements of activity and exercise. Students are exposed to the basis of the physiological effects of activity and physiological demands of sport. Course content includes review of the major physiological systems and examines the body's acute response to exercise and its chronic response to training. Founded on current research findings, students will also learn about approaches used to optimize performance, how the environment affects physiological responses, and the importance of physical activity to health.

Suggested Text:

The course will utilize figures and concepts found in the suggested text. There will be optional readings from the text book to supplement classroom discussion.

Physiology of Sport and Exercise; Kenney, Wilmore, Costill; Human Kinetics 6th ed
ISBN-13: 978-1450477673

Evaluation:

Students will be evaluated using three methods, mainly exams, journal responses, and quizzes. There will be 3 midterm exams and one final cumulative exam. The final exam will be optional. If you choose to not take the final, your grade will be calculated out of 250 points. If you do take the final, your grade will be calculated out of 300 points. The journal responses will be short (< 1.5 page) responses to questions posed in class/blackboard and will be due on blackboard. The quizzes will be given randomly throughout the semester and will be a mix of blackboard and in class deliveries. The exams will consist of multiple choice, fill-in-the-blank, matching, and calculation questions.

You earn your own grade, I do not 'give' grades nor do I negotiate grades at the end of the semester. Take ownership and responsibility for the grade that you want to earn.

The point breakdown will be as follows:

		Grade Scale:
-Exams (50 pts each) -	150 pts	≥90% = A
-Journal Responses (25 pts each) -	50 pts	80-89.99% = B
-Quizzes (5 pts each) -	50 pts	70-79.99% = C
-Final Exam (Optional)-	<u>50 pts</u>	60-69.99% = D
		<59.99% = F
Total	250-300 pts	

Attendance:

Attendance in this class is critical to your success. If you do have a university excused absence, it is your responsibility to provide the written documentation to me. If you know you are going to miss an exam you must let me know in **advance** and provide sufficient documentation otherwise there will not be an opportunity to make-up the missed work.

Classroom Conduct:

Please act professionally and show respect to your peers and professor. The use of electronic devices during class times should be directly related to class activities.

Tentative Schedule:

(Subject to Change)

Date	Lecture Content	Reading
23-Aug	Introduction	
28-Aug	Structure and Function of Muscle	29-45
30-Aug	Neural Control of Muscle	85-92
6-Sep	Fuel for Muscle	52-57
11-Sep	Energy Systems	57-69
13-Sep	Energy Expenditure	120-121; 123-124;126-139
18-Sep	Hormonal Influence on Exercise	96-97; 106-109
20-Sep	Review	
25-Sep	Exam 1	
27-Sep	<u>No Class</u>	
2-Oct	Cardiovascular and Respiratory Systems	156-159;161-163;170-172; 178-189
4-Oct	Principles of Exercise Training	224-228
9-Oct	Acute Responses to Exercise	196-209
11-Oct	Adaptations to Aerobic Exercise	262-271;273-277;285-290
16-Oct	Adaptations to Anaerobic Exercise	262-271;273-277;285-290
18-Oct	Adaptations to Resistance Training	244-248;250-254
23-Oct	Review	
25-Oct	Exam 2	
30-Oct	Ergogenic Aids	408-417
1-Nov	Body Composition	370-374;378-388;399-404
6-Nov	Thermoregulation	326-336;296-299;308-313
8-Nov	Altitude	326-336;296-299;308-313
13-Nov	Sex Differences in Exercise	482-488;530-535;552-564;569-571
15-Nov	Cardiovascular Disease	482-488;530-535;552-564;569-571
20-Nov	Obesity & Diabetes	482-488;530-535;552-564;569-571
22-Nov	<u>No Class</u>	
27-Nov	Review	
29-Nov	Exam 3	
December 4-7	Final Exam (Optional)	

University Policies:

- a. Class attendance policy (see [SHSU Class Attendance policy AP 800401](#)) – each faculty member is obligated to clarify her/his classroom policy regarding absences in writing to each student enrolled in class.
- b. [Procedures in cases of Academic Dishonesty AP 810213](#) (be sure to include statement regarding plagiarism)
- c. [Academic Grievance Procedures for Students AP 900823](#)
- d. [Students with Disabilities AP 811006](#)
- e. [Student Absences on Religious Holy Days AP 861001](#)
- f. [Use of Telephones and Text Messengers in Academic Classrooms and Facilities AP 100728](#)