

**KINE 3373: Physiology of Exercise
Spring 2018
College of Health Sciences, Department of Kinesiology**

Instructor:

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Meeting Time:

TTh 8:00am - 9:20pm 239 HKC
Office Hours TTh 9:30 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. Prereq: Junior standing

Textbook:

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:

-Exams (50 pts each) -	150 pts
-Journal Responses (25 pts each) -	50 pts
-Quizzes (5 pts each) -	50 pts
-Final Exam (Optional)-	<u>50 pts</u>
Total	250-300 pts

Grade Scale:

≥90% = A
80-89.99% = B
70-79.99% = C
60-69.99% = D
<59.99% = F

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. In an emergency situation you should notify me as soon as possible.

Statement on Plagiarism and Honesty:

Plagiarism is the use or imitation another person's work or ideas without proper referencing of that work. I have a zero tolerance for plagiarism and any assignment that is found to have been plagiarized will result in a score of zero for that assignment. A second case a plagiarism will result in a grade of F for the course.

Secondly, the use of professional writers is not tolerated and if discovered will result in an automatic failure of the course. All work completed in this course must represent your own work and ideas.

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. If you are using electronics devices for other purposes, you will be asked to leave the classroom.

Tentative Schedule:

(Subject to Change)

Date	Lecture Content	Reading
18-Jan	Introduction	
23-Jan	Structure and Function of Muscle	29-45
25-Jan	Neural Control of Muscle	85-92
30-Jan	Fuel for Muscle	52-57
1-Feb	Energy Systems	57-69
6-Feb	Energy Expenditure	120-121; 123-124;126-139
8-Feb	Hormonal Influence on Exercise	96-97; 106-109
13-Feb	Review	
15-Feb	Exam 1	
20-Feb	Cardiovascular System	156-159;161-163; 170-172
22-Feb	Respiratory System	178-189
27-Feb	Principles of Exercise Training	224-228
1-Mar	Acute Responses to Exercise	196-209
6-Mar	Adaptations to Aerobic Exercise	262-271;273-277;285-290
8-Mar	Adaptations to Anaerobic Exercise	262-271;273-277;285-290
13-Mar	<u>Spring Break</u>	
15-Mar	<u>Spring Break</u>	
20-Mar	Adaptations to Resistance Training	244-248;250-254
22-Mar	Ergogenic Aids	408-417
27-Mar	Review	
29-Mar	Exam 2	
3-Apr	Body Composition	370-374;378-388;399-404
5-Apr	Thermoregulation	296-299;308-313
10-Apr	Altitude	326-336
12-Apr	Age Differences in Exercise	
17-Apr	Sex Differences in Exercise	482-488;493-497
19-Apr	Cardiovascular Disease	530-538
24-Apr	Obesity	552-564
26-Apr	Diabetes	569-572
1-May	Review	
3-May	Exam 3	
7-10-May	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](#)