Course Description:
Physiological responses of the systems of the human body to acute and chronic exercise. Emphasis is on the processes and mechanisms for such responses.

Text:

Course Objectives:
A. To understand the basic physiology of the following systems and processes:
B. To understand the function of the above systems and processes when subjected to work/exercise of varying intensity, duration and frequency.
C. To be able to compare and contrast the changes which occur in the above systems and processes as a result of **ACUTE** and **CHRONIC** work/exercise.
D. To understand the application of Exercise Physiology to athletic conditioning and Health Related Physical Fitness.
E. To be able to design muscular strength/endurance weight training programs.
F. To be able to design cardiovascular aerobic programs.
G. To be able to design speed, agility, and quickness programs

POLICIES
Attendance – Attendance is required for this class as stated by University policy. Additionally, it has been the experience of this instructor that in some cases, there appears to be a high positive correlation with attendance and the final corresponding grade of some students. If an absence is based upon a school-sponsored activity, please notify me in advance if possible.
Tentative Course Outline
We will have exams after 4 chapters for the first three exams and 5 chapters for the last two.

Person seeking accommodations. "Persons with disabilities which may warrant academic accommodations must contact the Student Life Office, Room 112 University Center, in order to request such accommodations prior to any accommodations being implemented. You are encouraged to make this request early in the semester so that appropriate arrangements can be made."

Honor Code "Angelo State University expects its students to maintain complete honesty and integrity in their academic pursuits. Students are responsible for understanding the Academic Honor Code, which is contained in both print and web versions of the Student Handbook."

Religious Holidays
Students should make faculty aware of their intention be absent on these days in writing prior its occurrence.

Grading – as follows
Exam 1 100 points
Exam 2 100 points
Exam 3 100 points
Exam 4 100 points
Exam 5 100 points
The grading scale for this class is as follows as a percentage of total points:
100-90 A
89-80 B
79-70 C
69-60 D
59 or less F