

Kinesiology of Exercise
Fall 2019
Dr. Steven R. Snowden, Ph.D., ATC, LAT

General Information:

Class: KIN 3370
Time: MWF 8-8:50AM
Place: CHP 205
Off Ph: 325-942-2173
Office: CHP 201
Office Hours: MWF 10-12, T-TH 9:30- 11

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:

Physiology of Exercise (2019). 7th. Ed. Kenney, W.L. Wilmore, J.H., Costill, D. L.,
Human Kinetics: Champaign, IL.

Course Objectives/Student Learning Outcomes:

- A. To understand the basic physiology of the following systems and processes:
1. Bioenergetics (food to energy), 2. Muscular, 3. Nervous, 4. Cardiorespiratory (Heart, Circulatory, Pulmonary, Gas Transport), 5. Metabolic, and 6. Endocrine.
- 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

TENTATIVE COURSE OUTLINE

WEEK	DATE	TOPIC	READING
1	Aug 26	Syllabus	syllabus
	28	Structure and function	Chapter 1
	30		
2	Sep 2	Labor Day	
	4	bioenergetics	Chapter 2
	6		
3	9	Neural Control	Chapter 3
	11	Neural Control	
	13	Hormonal Control	Chapter 4
4	16		
	18	Energy Expenditure	Chapter 5
	20		
5	23	Cardiovascular Center	Chapter 6
	25		
	27	Respiratory System	Chapter 7
6	30		
	Oct 2	Cardiorespiratory Responses to Acute Ex.	Chapter 8
7	4		
	7	Principles of Exercise Training	Chapter 9
	9		
8	11	Adaptations to Resistance Training	Chapter 10
	14	Midterm Exam	
	16	Adaptations to Aerobic and Anaerobic Tr.	Chapter 11
9	18		
	21	Exercise in Hot and Cold	Chapter 12
	23		
10	25	Exercise at Altitude	Chapter 13
	28		
	30	Training for Sport	Chapter 14
11	Nov1		
	4	Body Comp and Nutrition	Chapter 15
	6		
12	8	Ergogenic Aids	Chapter 16
	11		
	13	Children and Adolescents	Chapter 17
13	15	Aging in Sport and Exercise	Chapter 18
	18	Sex Differences in Sport and Exercise	Chapter 19
	21	Sex Differences in Sport and Exercise	Chapter 19
14	23	Exercise Prescription	Chapter 20
	25	Exercise Prescription	Chapter 20
	27	Thanksgiving	
15	29	Thanksgiving	
	Dec 2	Cardiovascular Disease	Chapter 21
	4	Cardiovascular Disease	Chapter 21
16	6	Obesity and Diabetes	Chapter 22
	9	Final Exam Monday 8:00AM	
17			

POLICIES

Attendance – Attendance is required for this class as stated by University policy. **After 5 unexcused absences you will experience a two point reduction in your final grade for each additional absence.**

Tardiness- 3 Tardies will count as one absence.

Cell phones – Turn them OFF or put on vibrate if there is pending family emergency. If I discover that you are texting during class you will be required to leave class for the day.

Extra Credit – You have an option to answer the study questions for each chapter. **These must be typed.** Chapter 1-10 two class days before Midterm (October 11) and 11-22 Dec. 4. This gives you the opportunity to raise your grade substantially as well as learn the material to a higher level. **HOWEVER!!! This must be your own work. If I suspect that this is not the case you will not receive extra credit and further penalties based upon plagiarism may come into play. These will be worth 2.5% of your total grade.**

TESTS - There will be chapter exams for each chapter **AFTER** each chapter. There will be 40 questions for which you will have 60 minutes in Blackboard. I will throw out the lowest chapter exam.

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

Chapter Tests	40%
Midterm Exam	30%
Final	30%

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- below	F

