

KIN 3370

Exercise Physiology

Fall 2020



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Office Hours: MWF 11-12, TR 9-11

Course Information

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.

Course Credits

Three hours

Prerequisite and Co-requisite Courses

BIO 2323/2123, BIO 2324/2124 or HSP 2301/2101, HSP 2302/2102

Prerequisite Skills

Example: Accessing Internet websites, using ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are expectations of KIN 3370

Program Outcomes

Upon completion of the program of study for Kinesiology, the graduate will be prepared to: examine and investigate the major body systems, body processes and functions as they relate to human work and performance.

Student Learning Outcomes

Student Learning Outcome By completing all course requirements, students will be able to:	Assignment(s) or activity(ies) validating outcome achievement:	Mapping to Program Outcomes
Identify major body systems and processes	Periodic chapter exams, midterm and final exam, and essays	
Develop the ability to design strength and endurance training programs	Periodic chapter exams, major exams and essays	
Develop the ability to design cardiovascular aerobic programs	Periodic chapter exams, major exams and essays	
Develop the ability to design speed, agility, and quickness programs	Periodic chapter exams, major exams and essays	

Course Delivery

This is a hybrid course with Powerpoint and lectures available on line through Bb and class attendance on Monday and Wednesday with Friday's class being virtual on-line.

Required Texts and Materials

Physiology of Exercise (2020). 7th Ed. Kenney, W. L., Wilmore, J.H., Costill, D. L.
 Human Kinetics: Champaign, IL. Available as ebook and looseleaf.

Recommended Texts and Materials

Technology Requirements

To successfully complete this course, students need to [purchase access to XXXXX](#). [\[More details or instructions about using publisher tools can be included here.\]](#)

[This is also a good place to mention the use of tools such as Top Hat, Respondus Lockdown Browser and Monitor \(which requires a web cam\), Blackboard Collaborate \(which also requires a web cam\), and any other software.](#)

[For online courses -](#)

To participate in one of ASU's distance education programs, you need this technology:

- A computer capable of running Windows 7 or later, or Mac OSX 10.8 or later
- The latest version of one of these web browsers: internet Explorer, Firefox, or Safari
- Microsoft Office Suite or a compatible Open Office Suite
- Adobe Acrobat Reader
- High Speed Internet Access
- Ethernet adapter cable required (wireless connections can drop during tests and Collaborate sessions)
- Webcam

Refer to Angelo State University's Distance Education website for further technology requirements: [Angelo State University's Distance Education Website](#)

Topic Outline

1. Structure and Function of Exercising Muscle
2. Bioenergetics and Muscle Metabolism
3. Neural Control of Exercising Muscle
4. Hormonal Control During Exercise
5. Energy Expenditure, Fatigue, and Muscle Soreness
6. Cardiovascular System and Its Control
7. Respiratory System and Its Regulation
8. Cardiorespiratory Responses to Acute Exercise
9. Principles of Exercise Training
10. Adaptations to Resistance Training
11. Adaptations to Aerobic and Anaerobic Training
12. Exercise in Hot and Cold Environments
13. Exercise at Altitude
14. Training for Sport
15. Body Composition and Nutrition for Sport
16. Ergogenic Aids in Sport
17. Children and Adolescents in Sport
18. Aging in Sport and Exercise
19. Sex Differences in Sport and Exercise
20. Prescription of Exercise for Health and Fitness
21. Cardiovascular Disease and Physical Activity
22. Obesity, Diabetes, and Physical Activity

Communication

Faculty will respond to email and/or telephone messages within 24 hours during working hours Monday through Friday. Weekend messages may not be returned until Monday.

Written communication via email: All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes. In your emails to faculty, include the course name and section number in your subject line.

Grading

Evaluation and Grades

Course grades will be determined as indicated in the table below.

Assessment	Percent/Points of Total Grade
Chapter Exams	40
Midterm Exam	30
Final Exam	30
Total	100%

Grading System

Course grades will be dependent upon completing course requirements and meeting the student learning outcomes.

The following grading scale is in use for this course:

- A = 90.00-100 points
- B = 80.00-89.99 points
- C = 70.00-79.99 points
- D = 60.00-69.99 points
- F = 0-59.99 points (Grades are not rounded up)

Teaching Strategies

Students are expected to be “active learners.” It is a basic assumption of the instructor that students will be involved (**beyond the materials and lectures presented in the course**)

discovering, processing, and applying the course information using peer-review journal articles, researching additional information and examples on the Internet, and discussing course material and clinical experiences with their peers.

Assignment and Activity Descriptions

***Please note: Rubrics for all assignments and activities are located at the end of this syllabus.**

Assignment Submission

All assignments MUST be submitted through the Assignments link in the Blackboard site. This is for grading, documenting, and archiving purposes. Issues with technology use arise from time to time. If a technology issue does occur regarding an assignment submission, email me at XXXXXXX@angelo.edu and attach a copy of what you are trying to submit. **Please contact the IT Service Center at (325) 942-2911 or go to your Technology Support tab to report the issue.** This lets your faculty know you completed the assignment on time and are just having problems with the online submission feature in Blackboard. Once the problem is resolved, submit your assignment through the appropriate link. This process will document the problem and establish a timeline. Be sure to keep a backup of all work.

Late Work or Missed Assignments Policy

Due dates and times for assignments are posted. Failure to submit your assignments on the assigned date will result in no grade for that assignment.

General Policies Related to This Course

All students are required to follow the policies and procedures presented in these documents:

- [Angelo State University Student Handbook](#)¹
- [Angelo State University Catalog](#)²

Student Responsibility and Attendance

Attendance is required for this class as stated by University policy.

Physical Health and Well Being Expectations:

Students are responsible to monitor and self-screen their physical health everyday they attend campus. To assist you with this endeavor, the following information is for you to comprehend and apply to the daily wellness screen:

COVID-19 symptoms:

- Fever of 100 degrees Fahrenheit or greater
- A new cough that is not attributable to another medical condition
- New muscle aches not attributable to another medical condition or another specific activity (e.g., due to physical activity and/or exercise)
- New or worsening headache
- New loss of taste or smell
- Throat pain not attributable to another medical condition
- Congestion and/or runny nose not attributable to another medical condition
- New shortness of breath not attributable to another condition
- Nausea or vomiting
- Diarrhea

Expectations for class:

1. Complete the “Daily COVID-19 Wellness Screening” tool found on the ASU website before coming on to campus. Go to: <https://www.angelo.edu/wellness-screening>.
2. Be prepared to show “wellness badge” before and/or upon entering the building and/or classrooms.
3. Face coverings and physically distancing while in class
4. If you are experiencing symptoms, email the instructor after you have sought medical attention.

If you are exhibiting COVID-19 symptoms and/or have a temperature of 100 degrees Fahrenheit or greater, it is recommended that the student stay home and seek medical attention.

Seek medical attention:

First option:

- Download and use the Shannon on Demand app.
- Create an account
- Use payment code SHANNONCOVID19 which will cover your cost if it is COVID related.
- Talk to one of the physicians available
- Carefully follow the physician’s instructions

Second option:

- Call and make an appointment with ASU Shannon Clinic – Jackson by calling 325-942-2171
- Attend appointment
- Carefully follow the physician’s and/or healthcare provider’s instructions.

Addition to your physical health, your mental and emotional health should be monitored and screened as well. If you are experiencing signs and symptoms related to anxiety and /or depression revolving around this current pandemic situation, please contact the ASU Counseling Services at 325-942-2371 or visiting [Counseling Services](#).

As a member of the Texas Tech University System, Angelo State University has adopted the mandatory *Facial Covering Policy* to ensure a safe and healthy classroom experience. Current research on the COVID-19 virus suggests there is a significant reduction in the potential for transmission of the virus from person to person by wearing a mask/facial covering that covers the nose and mouth areas. Therefore, in compliance with the university policy students in this class are required to wear a mask/facial covering before, during, and after class. Faculty members may also ask you to display your daily screening badge as a prerequisite to enter the classroom. You are also asked to maintain safe distancing practices to the best of your ability. For the safety of everyone, any student not appropriately wearing a mask/facial covering will be asked to leave the classroom immediately. The student will be responsible to make up any missed class content or work. Continued non-compliance with the Texas Tech University System Policy may result in disciplinary action through the Office of Student Conduct.

Academic Integrity

Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The College of Health and Human Services adheres to the university's [Statement of Academic Integrity](#).³

Accommodations for Students with Disabilities

ASU is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student's responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at ADA@angelo.edu. For

more information about the application process and requirements, visit the [Student Disability Services website](#).⁴ The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford
Director of Student Disability Services
Office of Student Affairs
325-942-2047
dallas.swafford@angelo.edu
Houston Harte University Center, Room 112

Incomplete Grade Policy

It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required. See ASU Operating Policy 10.11 [Grading Procedures](#)⁵ for more information.

Plagiarism

Plagiarism is a serious topic covered in ASU's [Academic Integrity policy](#)⁶ in the Student Handbook. Plagiarism is the action or practice of taking someone else's work, idea, etc., and passing it off as one's own. Plagiarism is literary theft.

In your discussions and/or your papers, it is unacceptable to copy word-for-word without quotation marks and the source of the quotation. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list.

Student Absence for Observance of Religious Holy Days

A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence. See ASU Operating Policy 10.19 Student Absence for [Observance of Religious Holy Day](#)⁷ for more information.

Copyright Policy

Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.

Syllabus Changes

The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. It is the student's responsibility to look for such communications about the course on a daily basis.

Title IX at Angelo State University

Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex.

You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D. You may submit reports in the following manner:

Online: www.angelo.edu/incident-form

Face to face: Mayer Administration Building, Room 210

Phone: 325-942-2022

Email: michelle.boone@angelo.edu

Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).

For more information about resources related to sexual misconduct, Title IX, or Angelo State's policy please visit: www.angelo.edu/title-ix.

Course Schedule

This course will be hybrid delivery. Student from Bales to Martinez will attend class on Monday and McNeme through Wells will attend class on Wednesday. This will change the week of Labor Day (September 7th) to Wednesday and Friday and then back to Monday and Wednesday. Friday's classes will be on-line through Collaborate with the exception of the Labor Day week. More on this the first week when we discuss the syllabus in detail. There will be assigned seating in this class.

Week 1 Aug 17-19th Syllabus, Chapter 1 &2

Week 2 Aug 24-28 chapt.1&2, chapters 3&4 available Friday and tests for chapter 1&2

Week 3 A31-S4 Chap 3&4, chs. 5&6 available Friday and tests for chs. 3&4

Week 4 S7-11 Labor Day chs. 5&6, 7&8 available Friday and tests for 5&6

Week 5 S14-18, Ch 7&8, 9&10 available Friday and tests for 7&8

Week 6 S21-25 Chs. 9&10 and test for 9&10.

Week 7 S28-O2. Review for Midterm and Midterm available Friday. Chs. 11&12 available.

Week 8 O5-9 Chs 11&12 Ch 13 & 14 available and tests for 11&12.

Week 9 O12-16 Ch 13&14 Chs 15 & 16 available and tests for 13&14.

Week 10 O19-23 Chs 15&16. Chs 17&18 available and tests for 15&16

Week 11 O26-30 Chs 17&18 Chs 19 &20 available and test for 17&18.

Week 12 N2-6 Chs 19&20 Ch 21& 22 available and tests for 19 & 20

Week 13 N-13 Chs 21& 22 Test for 21& 22 available Friday.

Week 14 N 16-20 Review Monday and Wednesday for Final . Final Exam Friday 8-10 AM.

Grading Rubrics

Student Evaluation of Faculty and Course

Students in all programs are given the opportunity to evaluate their courses and the faculty who teach them. Evaluations are most helpful when they are honest, fair, constructive, and pertinent to the class, clinical experience, or course. Faculty value student evaluations, and use student suggestions in making modifications in courses, labs and clinical experiences.

Angelo State University uses the IDEA (Individual Development and Educational Assessment) system administered through Kansas State University for all course evaluations. The Office of Institutional Research and Assessment administers IDEA for the entire university, online and has established a policy whereby students can complete course evaluations free from coercion.

1. Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories)
2. Learning to apply course material (to improve thinking, problem solving, and decisions)
3. Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course
4. Developing skill in expressing oneself orally or in writing
5. Learning appropriate methods for collecting, analyzing, and interpreting numerical information

End of Syllabus

¹ <https://www.angelo.edu/student-handbook/>

² <https://www.angelo.edu/catalogs/>

³ <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

⁴ <https://www.angelo.edu/services/disability-services/>

⁵ <https://www.angelo.edu/content/files/14197-op-1011-grading-procedures>

⁶ <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

⁷ <https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of>