

# KIN 3370

## Physiology of Exercise

### SPRING 2021

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#### **Instructor : Steven Snowden**

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**Phone:** 325-942-2173

**Office:** CHP 201

**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**

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**

<b>Student Learning Outcome</b> By completing all course requirements, students will be able to:	<b>Assignment(s) or activity(ies) validating outcome achievement:</b>	<b>Mapping to Program Outcomes</b>
<b>Identify major body systems and processes</b>	Periodic chapter exams, midterm and final exam, and essays	
<b>Develop the ability to design strength and endurance training programs</b>	Periodic chapter exams, major exams and essays	
<b>Develop the ability to design cardiovascular aerobic programs</b>	Periodic chapter exams, major exams and essays	
<b>Develop the ability to design speed, agility, and quickness programs</b>	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). 7<sup>th</sup> Ed. Kenney, W. L., Wilmore, J.H., Costill, D. L.  
Human Kinetics: Champaign, IL. Available as ebook and looseleaf.

## Recommended Texts and Materials

none

## Technology Requirements

To successfully complete this course, students need to To successfully complete this course, students need to have access to a computer supports webcam usage, the ability to accommodate Respondus Lockdown Browser, and access to Blackboard and the use of Collaborate.

**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.**

Describe each assignment/activity. Here are two examples.

### 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 [ssnowden@angelo.edu](mailto:ssnowden@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](#)<sup>1</sup>
- [Angelo State University Catalog](#)<sup>2</sup>

### 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](#).<sup>3</sup>

## **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](mailto:ADA@angelo.edu). For more information about the application process and requirements, visit the [Student Disability Services website](#).<sup>4</sup> 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](mailto: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](#)<sup>5</sup> for more information.

## **Plagiarism**

Plagiarism is a serious topic covered in ASU's [Academic Integrity policy](#)<sup>6</sup> 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](#)<sup>7</sup> 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](http://www.angelo.edu/incident-form)

Face to face: Mayer Administration Building, Room 210

Phone: 325-942-2022

Email: [michelle.boone@angelo.edu](mailto: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](http://www.angelo.edu/title-ix).

## **Course Schedule**

This course will be hybrid delivery. Half the class will attend on Monday and half will attend on Wednesday with Friday class delivered on-line through Collaborate. More on this in the

Orientation Module in Blackboard once, the class roster is official. There will be assigned seating as well.

Week 1 J 25-29 Syllabus and Seating Charts

Week 2 F 1-5 Chapter 1 and Exam 1

Week 3 F 8-12 Chapter 2 and Exam 2

Week 4 F 15-19 Chapters 3&4 Exams 3&4

Week 5 F 22-26 Chapters 5&6 Exams 5&6

Week 6 M 1-5 Chapter 7&8 Exams 7&8

Week 7 M 8-12 Chapters 9&10 Exams 9&10

Week 8 M 15-19 Review for Midterm and Midterm Exam

Week 9 M 22-26 Chapters 11&12 Exams 11&12

Week 10 M 29-A1 Chapters 13&14 Exams 13&14

Week 11 A 5-9 Chapters 15&16 Exams 15&16

Week 12 A 12-16 Chapters 17&18 Exams 17&18

Week 13 A 19 -23 Chapters 19&20 Exams 19&20

Week 14 A 26-30 Chapters 21&2 Exams 21&22

Week 15 M 3-7 Review for Final

Week 16 M 10 Final Exam 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

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

<sup>2</sup> <https://www.angelo.edu/catalogs/>

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

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

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

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

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