

**AUBURN UNIVERSITY
SYLLABUS**

Course Number:

KINE 3680 001

Course Title:

Physiology of Exercise

Class Room:

COLSM 1081

Credit Hours:

4 semester hours

Lecture: Lab ratio of 3:1

Prerequisites:

Co-requisites:

None

Term:

Fall 2013

Day/Time:

TR 8:00 – 9:15 am

Instructor:

Matthew Rogatzki

Office Address:

238 Kinesiology Building

Contact Information:

mjr0014@auburn.edu

Office Hours:

MW 11am-1pm or by appointment.

Texts or Major Resources:

Powers, SK and Howley, ET. Exercise Physiology: Theory and Application to Fitness and Performance 8th edition. New York, NY: McGraw-Hill Companies, Inc., 2012.

ISBN: 978-0-07-802253-1

Course Description:

Energetics of exercise and physiological responses and adaptations of various organ systems (muscular, circulatory, respiratory, etc.) to acute and chronic exercise in different environments.

Student Learning Outcomes:

Upon Completion of this course students will have a working knowledge of:

1. Bioenergetics
2. Organ system physiological response to exercise
3. Acute exercise in various environments
4. Chronic exercise in different environments
5. And more...!

Course Content Outline: This outline is tentative and may be altered by the instructor when appropriate

Week 1: Aug. 21-23

History; Measurement of Work, Power, and Energy

Week 2: Aug. 26-30

Bioenergetics

Week 3: Sept. 3-6

Metabolism

Week 4: Sept. 9-13

Cell Signaling; Exercise and the immune system

Week 5: Sept. 16-20

The nervous system; Skeletal muscle

Week 6: Sept. 23-27

Circulation; Respiration

Week 7: Sept. 30-Oct. 4

Acid-Base balance; Temperature regulation

Week 8: Oct. 7-11

Physiology of Training

Week 9: Oct. 14-18

Risk Factors; Work tests for cardiorespiratory fitness

Week 10: Oct. 21-25

Exercise prescription for Health and Fitness; Special Populations

Week 11: Oct. 28-Nov.1

Body Composition; Nutrition

Week 12: Nov. 4-8

Factors Affecting Performance; Lab assessment of Human Performance

Week 13: Nov. 11-15

Training for Performance; Special pops.

Week 14: Nov. 18-22

Nutrition, Body Comp, and performance

Week 15: Nov. 25 – 29

THANKSGIVING BREAK!!

Week 16: Dec. 2-6

Exercise and the environment; ergogenic aids

Final Exam Tuesday December 10th 8-10:30am

AU eValuate Fall Semester evaluation dates:

Open: December 1, 2013 (8:00 am)

Close: December 8, 2013 (11:59 pm)

Exams**Due Date****Exam I****Sept. 17**

Material Covered during first 5 wks. of Class

Exam II**Oct. 15**

Material Covered during second 4 wks. of Class

Exam III**Nov. 12**

Material Covered during third 4 wks. of Class

Final Exam**Dec. 10**

Cumulative Final

Rubric and Grading Scale:

| | <u>Points</u> |
|---------------------|-------------------|
| Exam I | 100 |
| Exam II | 100 |
| Exam III | 100 |
| Final Exam | 150 |
| Lab | 100 |
| <u>Total</u> | <u>550</u> |

Grading Scale:

A = 90 – 100%

B = 80 – 90%

C = 70 – 80%

D = 60 – 70%

F < 60%

Class Policy Statements:

Following are AU recommended class policy statements. Any modifications are to be approved by the department head who will consult as needed with the associate dean for academic affairs to ensure consistency with university policies.

- A. Attendance: Although attendance is not required, students are expected to attend all classes, and will be held responsible for any content covered in the event of an absence. 1. If an instructor chooses to require attendance, the attendance policy must be consistent with the university attendance policy outlined in the *Student Policy eHandbook*. Instructors may not invoke grade penalties for appropriately documented excused absences.
2. ***Distance learning courses***: *If attendance is required, indicate how this requirement will be handled in a distance learning environment.*
- B. Excused absences: Students are granted excused absences from class for the following reasons: illness of the student or serious illness of a member of the student's immediate family, the death of a member of the student's immediate family, trips for student organizations sponsored by an academic unit, trips for university classes, trips for participation in intercollegiate athletic events, subpoena for a court appearance, and religious holidays. Students who wish to have an excused absence from class for any other reason must contact the instructor in advance of the absence to request permission. The instructor will weigh the merits of the request and render a decision. When feasible, the student must notify the instructor prior to the occurrence of any excused absences, but in no case shall such notification occur more than one week after the absence. Appropriate documentation for all excused absences is required. Please see the *Student Policy eHandbook* for more information on excused absences.
- C. Make-Up Policy: Arrangement to make up a missed major examination (e.g., hour exams, mid-term exams) due to properly authorized excused absences must be initiated by the student within one week of the end of the period of the excused absences(s). Except in unusual circumstances, such as the continued absence of the student or the advent of university holidays, a make-up exam will take place within two weeks of the date that the student initiates arrangements for it. Except in extraordinary circumstance, no make-up exams will be arranged during the last three days before the final exam period begins.
- Instructor/Term Specific Syllabi: COE Guidelines, updated 11/20/2009 5
- D. Academic Honesty Policy: All portions of the Auburn University student academic honesty code (Title XII) found in the *Student Policy eHandbook* will apply to university courses. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee.
- E. Disability Accommodations: "Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternate time can be arranged. To set up this meeting, please contact me by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT)."
- F. Course contingency: If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation, the syllabus and other course plans and assignments may

be modified to allow completion of the course. If this occurs, an addendum to your syllabus and/or course assignments will replace the original materials.

In addition, to the university recommended statements noted above, College of Education syllabi are to include the following statement:

G. Professionalism: As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional behaviors as defined in the College's conceptual framework. These professional commitments or dispositions are listed below:

- Engage in responsible and ethical professional practices
- Contribute to collaborative learning communities
- Demonstrate a commitment to diversity
- Model and nurture intellectual vitality