

SYLLABUS FOR KINE 7680
ADVANCED PHYSIOLOGY OF EXERCISE I
 Fall, 2015

Course Instructor: John C. Quindry – 844-1421; [jqc0001@auburn.edu](mailto:jcq0001@auburn.edu)

Office Hours: MWF – 8:00 – 9:30 am, Kinesiology Building 282 (Lab 255) or by appointment

Meeting Place and Time: MC 2043 at 2:00 –3:15 pm, T, Th.

Textbook: American College of Sports Medicine Advanced Exercise Physiology 2nd Ed., by Peter A. Farrell, Michael J. Joyner, and Vincent Caiozzo, Lippincott Williams & Wilkins.

ISBN: 13: 978-0-7817-9780-2

Strongly recommended supplemental text: Powers and Howley, Exercise Physiology Theory and application to fitness and performance 6th, 7th, or 8th edition

This is a Graduate School course. Therefore, much material will be taken for granted as baseline knowledge. **If your background in the sciences and physiology is deficient by School of Kinesiology at Auburn University Standards, it is your responsibility to work even harder to compensate for these deficiencies.** Advanced Physiology of Exercise is a graduate survey course. Therefore, we will cover a broad range of material within the field of Exercise Physiology. The course format will be lecture plus Q:A and discussion. Please ask questions! Note that questions will be asked of you.

You are expected to have read the assigned text prior to each class meeting. For classroom success it is imperative that you come prepared to discuss the topic of the day. In order to derive optimal benefits from our discussions, prerequisite knowledge of the topic is needed. Therefore, all students are expected to read all assignments prior to class. You will be asked to provide evidence that you are already familiar with the readings.

GRADING

1. There will be four examinations, each worth 24% of the total class grade.
2. There will be three surprise/pop quizzes during the scheduled class time. Quiz duration will be a maximum of 15 minutes and worth 1% of the total class grade. Note that you will not be allowed to make up these quizzes if absent when they are given. This policy is based on the fact that rescheduled quizzes are no longer 'pop quizzes'.
3. A syllabus acceptance quiz, worth 1% of the total class grade, will be given via the Canvas course content module. You must complete this quiz by **September 1st, 2015 at 11:30 PM**. If you do not complete the quiz you will still be asked to sign a syllabus acceptance statement, but will not receive course points. The net effect of the syllabus acceptance quiz is that you have 2 weeks to read, understand, question, and even challenge the information presented in the syllabus. But after the first 2 weeks, it is expected that enough time has passed and you are satisfied with the course requirements, exam process, etc. Please do not accept the syllabus

until you are completely satisfied, but within reason, you have 2 weeks to attend to any potential issues.

Grad distribution:

88.00% or greater	=	A
79.00%-87.99%	=	B
70.00%-78.99%	=	C
60.00%-69.99%	=	D
less than 60.00%	=	F

Curving – DO NOT request that grades be adjusted (curved). The grading scheme above is based on over 12 years of teaching physiology/exercise physiology.

Extra Credit – There is no scheduled extra credit in this class; there is only credit. Should “extra” credit opportunities arise, they will be offered to all students in the class.

Class Policy Statements:

Attendance – Please refer to the Student Policy eHandbook (www.auburn.edu/studentpolicies) for the definition of excused absences. Attendance is mandatory as a pre-requisite for participation. However, attendance will not be regularly taken or recorded. As such, class attendance will not directly impact your course grade. Students will be expected, should they choose to be absent for any excused or unexcused reasons, to obtain all information necessary for successful completion of this course.

Exam attendance: Exam dates will be announced in class at least 1 week in advance of the exam date. Missed exams will result in 0 points for that portion of the course grade, no exceptions. Excused absences on exam dates must be arranged ***in advance of the start of the exam for makeup consideration***. Restated differently and independent of the reason for their absence, students who do not contact me in advance of their missed exam will not be allowed to take the exam at a later date. The student is responsible for being aware of scheduled exams – even in the event that a student misses a class where an exam is announced for excused or unexcused reasons.

Cell Phone policy: Cell phones must be turned off during class and not present from view. You will not be prohibited from answering cell phone calls during class time, though you will be required to leave class to answer a call. Further, students that choose to take cell phone calls during class time will not be permitted to return for the remainder of that class period as a courtesy to other students.

Texting in class will not be tolerated. Students observed texting will be removed from class.

Cell phones and other handheld devices may not be used or visible during exams. If you need a calculator during an exam, you must bring a “low-tech” device that is not

capable of text messaging. Students choosing to have a texting device visible during an exam will receive a 0 grade for that exam.

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).

Honesty Code – The University Academic Honesty Code and the Student Policy eHandbook (www.auburn.edu/studentpolicies) pertaining to Cheating will apply to this class.

Professionalism – As faculty, staff, and students interact in educational settings, they are expected to demonstrate professional behaviors as defined in the College of Education's conceptual framework. These professional commitments or dispositions are as follows: 1) engage in responsible and ethical practices, 2) contribute to collaborative learning communities, 3) demonstrate a commitment to diversity, and 4) model and nurture intellectual vitality.

KINE 7680 Course Outline - The course outline that follows is a baseline schedule, subject to change. Schedule flexibility permits more discussion arises as needed. In general, the quizzes and exams are set, but the lecture schedule may be slightly fluid. You will be informed regularly and promptly of any changes in the course schedule.

Tentative Lecture and Exam/Quiz Schedule

Syllabus, Biology Intro, Chapter 2 Nervous System & Movement

Chapter 2 Nervous System & Movement,

Chapter 3 Skeletal-Articular System, Chapter 4 Structure & Functional Plasticity

Chapter 4 Structure & Functional Plasticity,

Chapter 5 Control of Muscle Mass

Chapter 5 Control of Muscle Mass, Chapter 6 Fatigue Process

Chapter 6 Fatigue Process

Chapter 7 Autonomic Nervous System

Chapter 7 Autonomic Nervous System

Chapter 13 Control of ATP Synthesis in Skeletal Muscle

Chapter 13 Control of ATP Synthesis in Skeletal Muscle

Chapter 14 Carbohydrate Metabolism

Chapter 15 Lipid Metabolism

Chapter 16 Interaction of Lipid and Carbohydrate Metabolism

Chapter 17 Protein & Amino Acid Metabolism in Muscle

Chapter 18 Mitochondrial Biogenesis Induced by Endurance Training