**Physiology of Exercise**

**(KINE3680-002 and -003) Course Syllabus**

**Spring 2014**

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**Instructor:** Dr. Heidi Kluess

**Office:** 283 New Kinesiology Building, 301 Wire Rd

**Phone:** 844-1844

**E-mail:** hak0006@auburn.edu

**Office Hours:** M 12:30-1:45PM, T 8:30-9AM, W 8:30-9:45AM, F 8:30-9AM, or by appointment

**Credit:** 4 credit hours

**Syllabus prepared:** 12/13/13

**Class Schedule:**

section 002:TTH 12:30-1:45PM, Student act Ctr 206, lab T 3-4:50PM KINE building 136.

section 003: TTH 9:30-10:45AM, COLSM 2043, lab W 3-4:50 KINE building 136.

**Course Description:** This course will focus on basic energy, musculoskeletal, nervous, and cardiovascular systems as they relate to aerobic and anaerobic exercise. Emphasis will be placed on the adaptations of these systems to training.

**Objectives:** Undergraduate exercise physiology students are expected to demonstrate competency in the following areas:

1. A general knowledge of the bioenergetics systems and their functions during specific exercises
2. A general knowledge of the adaptations of the bioenergetics systems to specific training programs
3. A general knowledge of various organ systems and their functions during exercise and adaptations to specific training programs

**Required Text:** Powers and Howley. Exercise Physiology: Theory and Application to Fitness and Performance, 2012, 8thed.

**Student Evaluation:**

For the lecture portion of the class:

In class quizzes: 5 points each (7 total)………………………35 points

Quizzes on Canvas: 2 points each (13 total)…………………26 points

Participation: 0.32 points each day (28 days of class) ……….9 points

Final Exam……………………………………………………….10 points

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**TOTAL for lecture portion of class** ………..……………... 80 points

Laboratory (see lab syllabus for point breakdown) 20 points

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**TOTAL FOR CLASS** ………………………………………… 100 points

This syllabus serves as a contract to identify what is required for a given course grade. Each student is welcome to engage in open discussion with the instructor about matters of clarification/alteration.

**Grading Scale:**

A: 90 – 100 points D: 69.99 - 60.0 points

B: 89.99 - 80.0 points F: < 60.00 points

C: 79.99 - 70.0 points

**Attendance Policy:**

***Lecture participation*** Attendance is mandatory as a pre-requisite for participation. Asking thoughtful, content based questions, being involved in the review of material at the beginning of class, and being involved in the discussion during class is required for full participation points each day.

Students that are absent for any excused or unexcused reasons are expected to obtain all information necessary for successful completion of this course. I would recommend that you contact one of the students that did attend. Please do not contact me to ask if something important happened in class that day. Lecture slides are available on Canvas and the schedule for the class is attached to this syllabus and on Canvas.

***In class quizzes and attendance***: In class quizzes will be given in the first 30 minutes of class. If you show up late, you will not receive a make-up for the missed portion of the quiz. Missed exams will result in 0 points for that portion of the course grade. Excused absences on in class quiz dates must be arranged in advance of the start of the exam for makeup consideration. It is the student’s responsibility to be aware of scheduled exams – even in the event that they miss a class where an exam is announced (for excused or unexcused reasons).

Failure to do so will result in a **ZERO** on the quiz. The only appropriate excuses for failing to inform me ahead of time are: you were unconscious, you were unable to speak or type as a result of a medical condition, or you were in jail and didn’t want to use your one phone call on me.

***Quizzes on Canvas****:* Quizzes on Canvas will be available to the student from Monday at 8AM through Sunday at 5PM). You may use whatever materials that you would like to complete the exam, but you must complete the exam within the time period indicated on the quiz. You will only get one opportunity per question and per quiz. Computer issues sometimes do occur, so please plan ahead and take the quiz well before the deadline for that week. Failure to take the quiz will result in a zero. Quiz questions will come from that week’s information.

**Final Exam**: The final exam will be given on the stated date and time in the schedule in the usual classroom. It will be a comprehensive exam.

**Academic Integrity Policy:** The Auburn University student academic honesty code Title XII ([https://sites.auburn.edu/admin/universitypolicies/Policies/AcademicHonestyCode.pdf](https://sites.auburn.edu/admin/universitypolicies/default.aspx)) applies to this class. 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. All quizzes (in-class and Canvas) must be the work of the individual. Sharing questions or answers is a violation of the academic honesty code.

**Disability Accommodations:** Students who need accommodations are asked 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 PSD office, but need accommodations, make an appointment with The Program for Students with Disabilities, 1228 Haley Center, 844-2096 (V/TT).

**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

o Contribute to collaborative learning communities

o Demonstrate a commitment to diversity

o Model and nurture intellectual vitality

Schedule of topics, readings and quizzes for the lecture.

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| --- | --- | --- | --- |
| day | date | Topic/lecture | readings |
| Th | 1/9 | Syllabus, how to study | Videos on Canvas |
| T | 1/14 | Biological Control Systems part 1 | Ch 2 |
| Th | 1/16 | Biological Control Systems part 1 | Ch 2 |
| T | 1/21 | **In class Quiz 1:** Biological Control Systems part 2 | Ch 7 |
| Th | 1/23 | Biological Control Systems part 2 | Ch 7 |
| T | 1/28 | Biological Control Systems part 2 | Ch 7 |
| Th | 1/30 | Biological Control Systems part 2 | Ch 7 |
| T | 2/4 | **In class Quiz 2**: Biological Control Systems part 3 | Ch 5 |
| Th | 2/6 | Biological Control Systems part 3 | Ch 5 |
| T | 2/11 | Biological Control Systems part 4 | Ch 3, 4 (p80-85), 5(p111-121) |
| Th | 2/13 | **In class Quiz 3** | **Dr. Kluess at a conference** |
| T | 2/18 | Biological Control Systems part 4 | Ch 3, 4 (p80-85), 5(p111-121 |
| Th | 2/20 | Biological Control Systems part 5 |  |
| T | 2/25 | Biological Control Systems part 5 | Ch 3, Ch 4, ch 13 (p291-294), Ch 1 (p20-23) |
| Th | 2/27 | **In class Quiz 4**: Biological Control Systems part 5 | Ch 3, Ch 4, ch 13 (p291-294), Ch 1 (p20-23) |
| T | 3/4 | Biological Control Systems part 5 | Ch 3, Ch 4, ch 13 (p291-294), Ch 1 (p20-23) |
| Th | 3/6 | Biological Control Systems part 5 | Ch 3, Ch 4, ch 13 (p291-294), Ch 1 (p20-23) |
| T | 3/11-3/13 | **Spring break** |  |
| T | 3/18 | Biological Control Systems part 5 | Ch 3, Ch 4, ch 13 (p291-294), Ch 1 (p20-23) |
| Th | 3/20 | **In class Quiz 5:** VO2max part 6 | Ch 9, ch 13 (p285-287), Ch 12 |
| T | 3/25 | VO2max part 6 | Ch 9, ch 13 (p285-287), Ch 12 |
| Th | 3/27 | VO2max part 6 | Ch 9, ch 13 (p285-287), Ch 12 |
| T | 4/1 | VO2max part 6 | Ch 9, ch 13 (p285-287), Ch 12 |
| Th | 4/3 | VO2max part 6 | Ch 9, ch 13 (p285-287), Ch 12 |
| Th | 4/8 | VO2max part 6 | Ch 9, ch 13 (p285-287), Ch 12 |
| T | 4/10 | **In class Quiz 6:** The muscle part 7 | Ch 8, ch 13 (p282-284, 287-297), Ch 1 (p16-20, 23-37), Ch 19 |
| T | 4/15 | The muscle part 7 | Ch 8, ch 13 (p282-284, 287-297), Ch 1 (p16-20, 23-37), Ch 19 |
| Th | 4/17 | The muscle part 7 | Ch 8, ch 13 (p282-284, 287-297), Ch 1 (p16-20, 23-37), Ch 19 |
| T | 4/22 | **In class Quiz 7:** The muscle part 7 | Ch 8, ch 13 (p282-284, 287-297), Ch 1 (p16-20, 23-37), Ch 19 |
| Th | 4/24 | The muscle part 7 | Ch 8, ch 13 (p282-284, 287-297), Ch 1 (p16-20, 23-37), Ch 19 |
|  |  | **Final exam**  sec 002:Final exam at noon-2:30PM Wed 4/30  sec 003: Final Exam at 8AM-10:30, Wed 4/30 | **Dr. Kluess at a conference** |

section 002:Final exam at noon-2:30PM Wed April 30

section 003: Final Exam at 8AM-10:30, Wed April 30