KINE 3680 – Exercise Physiology

Course Syllabus

Spring, 2020

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## Instructor: Dulce H. Gomez KINE 237

E-mail [dhg0008@auburn.edu](mailto:dhg0008@auburn.edu)

There are no set office hours. If you have questions about the material, please email me and we can set up a time to meet.

All information for the class can be found on Canvas under module

**Lectures:** *Student Activities Center (STAC), Room 241*

Monday, Wednesday, and Friday: 11-11:50 am

**Textbook:** A textbook is **NOT** required for the course. I have listed a textbook below that is typically used in exercise physiology courses if you would like to use a textbook for additional readings or as a future resource.

Powers, S.K & Howley, E. T. (2015 or 2017). *Exercise Physiology: Theory and Application to Fitness and Performance*. (*9th or 10th Ed*.) New York, NY: McGraw-Hill Humanities

**Course Description:** This course will focus on the physiological, anatomical, biochemical and molecular aspects of exercise physiology.

**Course Objectives:** Upon completion of this course students should demonstrate an understanding of:

1. The physiological adaptations that occur in response to exercise
2. The physiological aspects of muscle, respiratory, cardiovascular responses to exercise
3. Basic concepts of bioenergetics, muscle, respiratory & cardiovascular physiology

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| --- | --- | --- |
| **Assignments** | **Description** | **Points** |
| Exams | Lecture based exams **(4)**  \*100 points each | 400 / 100% |

**Grading Rubric:**

1. Lecture based exams will be given on scheduled exam days
2. Final Exam will be given on a scheduled day according to Auburn University’s final exam schedule posted by the Office of the Registrar

# Exams: You must provide the instructor with an acceptable university excuse in writing that explains why you missed a scheduled exam.

* + - * **The student is responsible for being aware of scheduled exams**
      * **Excused absences on exam dates must be arranged prior to the start of the exam for makeup consideration.**
        + Students who do not contact me in advance of their missed exam will not be allowed to take the exam at a later date.
        + You must provide a written excuse, and I will confirm the excuse before the makeup is given.
        + Please refer to the Student Policy eHandbook ([www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies)) for the definition of excused absences
        + **Unexcused absences will result in a zero for the missed assignment**
      * **You must schedule the makeup exam within a week of the initial exam.** 
        + The makeup will be a different format from the original exam.
        + If these steps are not followed there will be no makeup exam.
      * From the time an exam is returned in class, **you will be allowed one week to inquire about corrections or errors in grading**; after that time, grades will not be changed for any reason.

**Exam Schedule**: Exam 1 January 31, 2020

Exam 2 February 28, 2020

Exam 3 March 27, 2020

Exam 4 April 22, 2020

**Grade Distribution:** Final grades will be calculated using a 10-point scale:

|  |  |  |
| --- | --- | --- |
| **Letter Grade** | **Point Range** | **Percent Scale** |
| **A** | 360-400 | 90-100% |
| **B** | 320-359 | 80-89% |
| **C** | 280-319 | 70-79% |
| **D** | 240-279 | 60-69% |
| **F** | <240 | <60% |

**NOTE: Please do not ask the professor to round your grade at the end of the semester. Any requests for extra credit or special exceptions to these grading policies will be interpreted as an honor code violation (i.e., asking for preferential treatment) and will be handled accordingly.**

**Class attendance:** Attendance is expected but not required. You are responsible for any announcements and subject matter covered during regular class periods.

**Cell phone policy:** Cell phones must be turned off or on silent mode 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. **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.

**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 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.

**Honesty Code:** The Auburn University student academic honesty code Title XII found on the University Policies webpage (<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.

**Disability and other accommodations:**

Students who need special accommodations in class, as provided by the Americans with Disabilities Act, should follow university-approved procedures. If you need assistance, make an appointment with the Program for Students with Disabilities, 1244 Haley Center 844-2096. **Accommodations for examinations should be discussed with the instructor at least one week prior to the scheduled examination.**

**Contingency Plan:** If the normal schedule is disrupted, the syllabus and other course plans may be modified to allow for completion of the course.

#### Topics for KINE 3680

*\*\*\* The below content, schedule and procedures in this course are subject to change at*

*the discretion of the instructor\*\*\**

**Introduction & Syllabus**

**Control of Internal Environment:** Chapter 2

**Bioenergetics** Chapter 3

**Exercise Metabolism** Chapter 4

**Cell Signaling & the Hormonal Responses to Exercise** Chapter 5

**Skeletal Muscle:** Chapter 8

**Nervous System:** Chapter 7

**Circulatory Response to Exercise:** Chapter 9

**Respiration During Exercise:** Chapter 10

**Acid-Base Balance During Exercise:** Chapter 11

**Temperature Regulation:** Chapter 12

**Exercise & the Environment:** Chapter 24

**The Physiology of Training Aerobic:** Chapter 13/21

**Health & Fitness:** Chapter 14

**Laboratory Assessment of Human Performance:** Chapter 15/20

**Exercise Prescription:** Chapter 16/17