**SYLLABUS FOR KINE 7700**

**ADVANCED PHYSIOLOGY OF EXERCISE II**

**School of Kinesiology**

**Spring, 2021**

**Course Number:** KINE 7700

**Course Title:** Advanced Physiology of Exercise II

**Credit Hours:** 3 hours

**Meeting Times:** 4:00 pm – 6:30 pm, Wednesday

**Meeting Place:** Zoom

**Instructor:** L. Bruce Gladden – 844-1466; [gladdlb@auburn.edu](mailto:gladdlb@auburn.edu)

Office Hours on Zoom

Almost any time via appointment with short turnaround

**Textbook:** Brooks, George A., Thomas. D. Fahey, and Kenneth M. Baldwin (2005). Exercise Physiology: Human Bioenergetics and Its Applications (4th ed.). Boston: McGraw-Hill. ISBN 0-07-255642-0;

and

Powers, Scott K., Edward T. Howley, and Edward T. Howley (2021). Exercise Physiology: Theory and Application to Fitness and Performance, Eleventh Edition. New York: McGraw-Hill Education. ISBN (bound edition): 978-1-260-23776-4; ISBN (loose-leaf edition): 978-1-260-81349-4

and

Course Hand-Outs on Canvas.

This is a Graduate School course. Therefore, much material will be taken for granted as baseline knowledge. **If you feel that your background in the sciences and physiology is less than you would prefer, it is your responsibility to work even harder to compensate for any deficiencies you may have.** The course format will be lecture plus question and answer. Please ask questions! I will ask questions of you. **Since this is a Zoom class, it is even more important that you and I engage in discourse.**

It is imperative that you come to class prepared to discuss the topic of the day. In order to derive optimal benefits from our discussions, previous knowledge of the topic is required. Therefore, all students are expected to read all assignments prior to class, and to review material from previous class meetings. You will be asked to provide evidence that you are already familiar with the readings.

**GRADING**

1. There will be two examinations, a Midterm and a Final, each about 2.5 hours in length and each worth 100 points, for a total of 200 points.

2. There will be two “quizzes,” each about 75 minutes in length. Each quiz is worth 50

points for a total of 100 points.

3. Surprise quizzes are a possibility. If given, they would be about 10-15 minutes in length and worth 10 points each.

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 40+ years of teaching this class.

**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:**

**Unannounced Quizzes -** There could be unannounced quizzes in this class.

**Email –** You are responsible for checking your e-mail regularly and in a timely manner for any communications related to this class. The University has requested that all students use their Auburn University email accounts. This is the most efficient way for instructors to communicate with an entire class, and the University will occasionally send global notices that are important for all students. For this class, it is a requirement that you check your Auburn University email frequently.

**Electronic Devices** - As a courtesy to others, turn your cell phone completely off during class or individual meetings with me. If you are expecting an extremely important call, please let me know at the beginning of class or appointment. Similarly, texting, surfing, or other electronic use (e.g., computer, iPad, etc.), unless directly related to the class or appointment, is strictly prohibited. If these policies are violated, you will be asked to leave class or the appointment.

**Attendance -** Although roll will not be taken specifically, it is expected that students taking a graduate class will attend every class meeting and will actively participate in class discussions. Please refer to the Student Policy eHandbook (<http://www.auburn.edu/student_info/student_policies/>) for the definition of excused absences. Students are expected to show evidence of thorough reading of assigned materials. Students are responsible for initiating arrangements for missed work.

**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).

**Honesty Code** – The University Academic Honesty Code and the Student Policy eHandbook (<http://www.auburn.edu/student_info/student_policies/>) 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 7700 Course Outline:**

The course outline that follows is a baseline schedule. It is subject to change. This allows flexibility in dealing with different topics. For example, if more discussion arises on a particular subject or set of papers, it may take longer to cover it. In other cases, less time may be required. You will be informed regularly and promptly of any changes.

Weeks 1-3: Muscle and Nerve – Powers & Howley Chapters 7 and 8.

Weeks 4-5: Cardiovascular System and Exercise – Powers & Howley Chapter 9; Brooks et al. Chapters 14, 15, and 16.

Weeks 5-8: Respiratory System and Exercise – Powers & Howley Chapter 10; Brooks et al. Chapters 11, 12, and 13.

Weeks 9-12: Aerobic Training – Powers & Howley Chapter 13; “Quantity and quality of exercise for developing and maintaining cardiorespiratory, musculosketal, and neuromotor fitness in apparently healthy adults: Guidance for prescribing exercise,” American College of Sports Medicine Position Stand, Medicine and Science in Sports and Exercise 43(7):1334-1359, 2011; “Linear increase in aerobic power induced by a strenuous program of endurance exercise,” by Hickson, Bomze and Holloszy, Journal of Applied Physiology 42:372-376, 1977; “Influence of intense endurance training on aerobic power of competitive distance runners,” by Mikesell and Dudley, Medicine and Science in Sports and Exercise 16:371-375, 1984.

Weeks 13-15: Strength Training – Powers & Howley Chapter 14; Brooks et al. Chapters 19 and 20; “Progression models in resistance training for healthy adults,” American College of Sports Medicine Position Stand, Medicine and Science in Sports and Exercise 41(3):687-708, 2009.

**2021 SPRING TERM**

**CLASS DAYS – KINE 7700 Advanced Physiology of Exercise II**

1 W Jan 13

M Jan 18 – Martin Luther King, Jr. Holiday

2 W Jan 20

3 W Jan 27

4 W Feb 3 – QUIZ #1 approximately here

5 W Feb 10

6 W Feb 17

W-F – Feb 17-19 – SEACSM Virtual Meeting

7 W Feb 24

T Mar 2 – Mid-Semester

8 W Mar 3 – Midterm approximately here

W Mar 10 – No Class – Wellness Day

9 W Mar 17

10 W Mar 24

11 W Mar 31 – QUIZ #2 approximately here

12 W Apr 7

13 W Apr 14

14 W Apr 21 - LAST CLASS

F-Su Apr 23-25 - Study/Reading Days

M-F Apr 26-30 - Final Exam Days

Th Apr 29 – 4:00-6:30 pm, KINE 7700 **Officially Scheduled** Final Exam Time

Sa-M May 1-3 – COMMENCEMENTS

T-F Apr 27-30 – Experimental Biology Virtual Meeting

**TENTATIVE TESTING SCHEDULE**

**QUIZ #1** – W February 3.

**MIDTERM** – W March 3.

**QUIZ #2** – W March 31.

**FINAL EXAM** – Th April 29 or other convenient time for all students.

**COVID-19 CONSIDERATIONS/POLICIES**

**Health and Well-Being Resources**

These are difficult times, and academic and personal stress is a natural result. Everyone is encouraged to take care of themselves and their peers. If you need additional support, there are several resources on campus to assist you:

● COVID Resource Center (covidresourcecenter@auburn.edu)

● Student Counseling and Psychological Services (http://wp.auburn.edu/scs/)

● AU Medical Clinic (https://cws.auburn.edu/aumc/

● If you or someone you know are experiencing food, housing or financial insecurity, please visit the Auburn Cares Office (http://aucares.auburn.edu/)

**A Healthier U Campus Community Expectations**

We are all responsible for protecting ourselves and our community. Please read about student expectations for fall semester, including completing the daily GuideSafe™ Healthcheck (https://ahealthieru.auburn.edu/).

You are expected to (1) take your temperature daily and (2) complete your Healthcheck screener to receive your A Healthier U pass. You may be asked at any time during class to show your pass.

**Course contingency**

If normal class is 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.

**Face Covering Policy**

As a member of the Auburn University academic community you are required to follow all university guidelines for personal safety with face coverings, physical distancing, and sanitation. Face coverings are required in this class and in all campus buildings. Note that face coverings must meet safety specifications, be worn correctly, and be socially appropriate.

You are required to wear your face coverings at all times. If you remove your face covering or are non-compliant with the university’s policy on face coverings, you will be instructed to leave the classroom and will be held to the protocols outlined in the Auburn University Policy on Classroom Behavior. Any student who willfully refuses to wear a face covering and does not have a noted accommodation may be subject to disciplinary action. If you come to an in-person class without a face covering, you will be asked to leave.

*Disruptive or concerning classroom behavior involving the failure to wear a face covering, as directed by Auburn University, represents a potential Code of Student Conduct violation and may be reported as a non-academic violation. Please consult the Classroom Behavior Policy.*

**Physical Distancing Policy**

Face coverings are not a substitute for physical distancing. Students should observe appropriate physical distancing and follow all classroom signage/avoid congregating around doorways before or after class. If the instructional space has designated entrance and exit doors, you should use them. Students should exit the instructional space immediately after the end of instruction to help ensure social distancing and allow for the persons attending the next scheduled class session to enter.

**Possibility of going remote**

This course may require particular technologies to complete coursework. If you need access to additional technological support, please contact the AU Bookstore at aubookstore@auburn.edu. In the event that the University is forced to move to fully online instruction, please be assured that the learning goals and outcomes of the course will not change; however, some aspects of the course will change in terms of the mode of delivery, participation, and testing methods. Those details will be shared via a Canvas Announcement within 24 hours of the announcement that we are going remote. Please be prepared for this contingency by ensuring that you have access to a computer and Internet.

**Assignment/Schedule subject to change due to pandemic**

Please be aware that the situation regarding COVID-19 is frequently changing, and the delivery mode of this course may adjust accordingly. In the event that the delivery method is altered, please be assured that the learning goals and outcomes of the course will not change; however, some aspects of the course will change in terms of the mode of delivery, participation, and testing methods. Those details will be shared via Canvas as soon as possible. Please be prepared for this contingency by ensuring that you have access to a computer and reliable Internet. The course schedule and assignments are designed with the most up-to-date information and policies in mind. If the situation changes I will make every effort to keep the schedule as consistent as possible; however, please note that the due dates for assignments and tests may be changed during the semester in response to the changing health and safety requirements or policies of the University. When changes are made, they will be communicated via Canvas Announcement, Canvas message, and all assignment due dates will be updated.

**In the event a student in class tests positive and in-person meetings are occurring**

Students must conduct daily health checks in accordance with [CDC guidelines (Links to an external site.)](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html). Students testing positive for COVID-19, exhibiting COVID-19 symptoms or who have been in direct contact with someone testing positive for COVID-19 will not be allowed to attend in-person instructional activities and must leave the venue immediately. Students should contact the [Student Health Center (Links to an external site.)](https://cws.auburn.edu/aumc/) or their health care provider to receive care and who can provide the latest direction on quarantine and self-isolation. Contact your instructor immediately to make instructional and learning arrangements.

**In the event that I (your instructor) test positive or am required to quarantine**

If I am unable to attend any in-person portions of the class, we will transition to a fully online course until I am allowed to return. If I become ill or unable to lead the class, a backup instructor will be identified and he/she will communicate any changes or updates to the course schedule or mode of instruction as soon as possible.

**Zoom policies**

When we meet on Zoom, your attendance, attention, and participation are expected. Zoom participation requires you to keep your video on and your microphone muted when you are not speaking. Although you may be participating from your domicile, our Zoom meetings are professional interactions. You should dress and behave as you would in a normal in-person classroom. To the extent possible, please minimize distractions in the background. I reserve the right to dismiss anyone from a Zoom meeting whose environment or behavior is distracting or problematic. If you have any issues with sharing your video feed, adhering to this policy, or anything else related to your use of Zoom please notify me via email in the first week of class. I’m happy to consider and provide accommodations, but you will need to be in communication with me.

**Attendance**

You are expected to complete your Healthcheck screener daily.

Your health and safety, and the health and safety of your peers, are my top priorities. If you are experiencing any symptoms of COVID-19, or if you discover that you have been in close contact with others who have symptoms or who have tested positive, you should not attend in-person classes. You will not be penalized for such an absence nor will you be asked to provide formal documentation from a healthcare provider. My hope is that if you are feeling ill or if you have been exposed to someone with the virus, you will stay home to protect others. I don’t want the need for documentation to discourage you from self-isolating when you are experiencing symptoms.

Please do the following in the event of an illness or COVID-related absence:

* Notify me in advance of your absence if possible
* If you are quarantined or otherwise need to miss class because you have been advised that you may have been exposed to COVID-19, you will be expected to develop a plan to keep up with your coursework during any such absences
* Participate in class activities and submit assignments electronically as much as possible
* Notify me if you require a modification to the deadline of an assignment or exam

Students with questions about COVID-related illnesses should reach out to the COVID Resource Center at (334) 844-6000 or at [covidresourcecenter@auburn.edu](mailto:covidresourcecenter@auburn.edu).

Finally, if remaining in a class and fulfilling the necessary requirements becomes impossible due to illness or other COVID-related issues, please let me know as soon as possible so we can discuss your options.