

SYLLABUS FOR KINE 7680
ADVANCED PHYSIOLOGY OF EXERCISE I
 Summer, 2010

Course Instructor: L. Bruce Gladden – 844-1466; gladdlb@auburn.edu.

Office Hours: T and Th – 9:30 – 10:30 am

Meeting Place and Time: Coliseum 2040 at 8:00-9:55 am MTWR.

Textbook: Exercise Physiology: Theory and Application to Fitness and Performance, Seventh Edition, by Scott K. Powers and Edward T. Howley, McGraw-Hill, New York, 2007. ISBN-13: 978-0-07-337647-9

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.** This course is a graduate survey course in Exercise Physiology. Therefore, we will cover a broad range of the field of Exercise Physiology. The course format will be lecture plus question and answer. You will be assigned chapters from the textbook to read before each class. During class time, I will lecture on the chapter topics and we will discuss those chapters through a question and answer format. You ask me questions and I answer, or I ask you questions and you answer. Through this discussive interplay, hopefully the material will be clarified.

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 to be discussed is required. 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 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; **these exams will be given outside of scheduled class time.**
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. There will be four surprise quizzes, each about 10-15 minutes in length. Each surprise quiz is worth 10 points for a total of 40 points.
4. There will be **at least one** assignment for a total of 30 points.

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 30 years of teaching this class.

Extra Credit – There is no 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:

There will be unannounced quizzes in this class.

Although roll will not be taken specifically, “taking this class” means attending all meetings of the class. Please refer to the current edition of the Tiger Cub (<http://www.auburn.edu/tigercub>) for the definition of excused absences.

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 the office hours, an alternate time can be arranged. To set up this meeting, please contact me by E-mail. Bring a copy of your Accommodation Memo and an Instructor Verification Form to the meeting. If you do not have an Accommodation Memo but need accommodations, make an appointment with The Program for Students with Disabilities, 1244 Haley Center, 844-2096 (V/TT).

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, 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.

HLHP 7680 Course Outline.

M	Jun 28	Introduction and Chapters 1 and 2.
T	Jun 29	Chapter 3.
W	Jun 30	Chapter 3, continued.
R	Jul 1	Chapter 3, continued.
M	Jul 5	INDEPENDENCE DAY HOLIDAY.
T	Jul 6	Chapter 3 continued.
W	Jul 7	Finish Chapter 3 and Quiz #1 .
R	Jul 8	pp. 109-110 in Chapter 6, Appendix A, VO ₂ Handout.
M	Jul 12	Appendix A, VO ₂ Handout.
T	Jul 13	Appendix A, VO ₂ Handout.

W Jul 14 Chapter 4.

R Jul 15 Chapter 4.

M Jul 19 Chapter 4, continued.

Midterm Exam - To be scheduled for sometime outside of class on Monday, July 19 or Tuesday, July 20.

T Jul 20 Chapter 4, continued.

W Jul 21 Chapter 6.

R Jul 22 Chapter 15.

M Jul 26 Chapter 15, continued and QUIZ #2.

T Jul 27 Chapter 20.

W Jul 28 Chapter 8.

R Jul 29 Chapter 8, continued.

M Aug 2 Finish Chapter 8.

T Aug 3 FINAL EXAM - 8:00 to 10:30 a.m.