SYLLABUS FOR KINE 7680

**ADVANCED PHYSIOLOGY OF EXERCISE I**

Summer, 2018

**Course Number:** KINE 7680

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

**Credit Hours:** 3 hours

**Meeting Times:** 8:00 am – 9:29, MTWRF

**Meeting Place:** STACT 247

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

Office Hours, Room 280 Kinesiology Building:

T and Th – 2:30 – 3:30 pm and by appointment

Textbook: Exercise Physiology: Theory and Application to Fitness and Performance, Tenth Edition, by Scott K. Powers and Edward T. Howley, McGraw-Hill Education, New York, 2017. ISBN-13: 978-1259870453; ISBN-10: 1259870456

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. Please ask questions! I will ask questions of you.

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. You will be asked to provide evidence that you are already familiar with the readings.

**GRADING**

1. There will be four examinations, each worth 100 points, for a total of 400 points.

2. There will be **at least one** assignment for a total of 40 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 35+ 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:**

**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 emergency 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 7680 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, it may take longer to cover it. In other cases, less time may be required. Due to some missed classes, we will attempt to schedule make-up times. You will be informed regularly and promptly of any changes.

M Jun 25 Introduction and Chapters 0 and 2.

T Jun 26 Chapter 3.

W Jun 27 Chapter 3, continued.

R Jun 28 Chapter 3, continued.

F Jun 29 Chapter 3 continued.

M Jul 2 Finish Chapter 3 – **Exam 1** approximately here.

T Jul 3 pp. 20-23 in Chapter 1, O2 Handout.

W Jul 4 **Independence Day Holiday.**

R Jul 5 O2 Handout.

F Jul 6 O2 continued.

M Jul 9 Chapter 4.

T Jul 10 Chapter 4, continued.

W Jul 11 Chapter 1.

R Jul 12 Finish Chapter 1.

F Jul 13 **Exam 2.**

M Jul 16 Chapter 15. – **Assignment** due approximately here.

T Jul 17 Chapter 20.

W Jul 18 Finish Chapter 20.

R Jul 19 Chapter 8.

F Jul 20 Chapter 8, continued.

M Jul 23 Chapter 8, continued. **Exam 3** approximately here.

T Jul 24 Chapter 8, continued.

W Jul 25 Chapter 8, continued.

R Jul 26 Chapter 8, continued.

F Jul 27 Finish Chapter 8. Last class day. **Exam 4** soon after here.