**SCHOOL OF KINESIOLOGY**

**COURSE SYLLABUS**

**SPRING 2018**

# GENERAL INFORMATION

# Course Number: KINE 8970

# Course Title: Exercise and Cardiovascular Disease Risk Factors

**Day/Time:** Thursdays 4:00-6:30

**Location:** Student Activities Center, Room 253

**Instructor:**  Dr. Michael Brown

Phone: 334-844-1982

E-mail: mdb0075@auburn.edu

Office: Kinesiology Building, Room 279

Office hours: Thursdays, 1:00pm. – 3:00pm; or by arrangement

**Course Description**

In a seminar format, the course will provide students with a better understanding how various forms of exercise training affect cardiovascular disease (CVD) conventional and unconventional risk factors. Students will get an overview of CVD epidemiology and the pathophysiology of CVD. The majority of the course will be on discussion of research articles and other materials related specifically to CVD risk factors. Each discussion will be preceded by a short PowerPoint presentation to provide an overview of the topic. The instructor will provide readings and the students will also be given topics from which to select research articles for their presentations.

**Course Learning Outcomes**

After taking this course, you should be able to:

* Describe, in general, the epidemiology of CVD including health disparities
* Describe, in general, the pathophysiology of CVD
* Understand modifiable and non-modifiable CVD risk factors
* Be able to use the Framingham Risk Score Calculator
* Locate CVD educational material at the National Heart, Lung and Blood Institute, the Centers for Disease Control and Prevention, and the American Heart association
* Understand the effects of lifestyle behavior modification interventions on CVD risk factors

**Reading List**

Articles will be provided by the instructor except those selected by students for their presentations.

Being a seminar class, student participation is essential to making it a good experience. Therefore, 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.

# Assessment and Evaluation

Students are required to complete all assignments. Failure to fulfill this requirement will result in a grade of 0% for that particular examination. Please contact my office in case of an emergency. Standard grading policy will apply: A=90% and above; B=80-89%; C=70-79%; D=60-69%; F= Below 60%. + (7-9) and – (0-2) grades will apply within each grade range. Evaluation will be based on research article presentations 60%, Framingham Risk Score assignment (20%), and participation (20%).

**Class Policy Statements:**

**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. 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 ([www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies)) 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 ([www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies)) 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.

**PROPOSED SCHEDULE**

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| **WEEK** | **TOPIC** |
|  |  |
| 1 | Course administration, CVD Epidemiology and Risk Factors |
| 2 | CVD Epidemiology and Risk Factors continued, Introduction to Framingham Risk Factor Calculator (Assignment) |
| 3 | Framingham Risk Factor Assignment Reports from Students |
| 4 | Pathophysiology of CVD Overview |
| 5 | Exercise and Hypertension  |
| 6 | Exercise and Insulin Resistance and Diabetes |
| 7 | Exercise and Hyperlipidemia |
| 8 | Student presentations |
| 9 | Student presentations |
| 10 | Exercise and Inflammation |
| 11 | Exercise and Oxidative Stress |
| 12 | Spring Break |
| 13 | Exercise and Obesity |
| 14 | Student Presentations |
| 15 | Student Presentations |