Summer 2021 - Physiology of Exercise (KINE-3680-D01)

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**##**Physiology of Exercise KINE 3680

Course Description

This course will focus on basic energy, musculoskeletal, nervous, and cardiovascular systems as they relate to aerobic and anaerobic exercise. Emphasis will be placed on the adaptations of these systems to training.

Course Objectives

Undergraduate exercise physiology students are expected to demonstrate competency in the following areas:

1. A general knowledge of the bioenergetics systems and their functions during specific exercises
2. A general knowledge of the adaptations of the bioenergetics systems to specific training programs
3. A general knowledge of various organ systems and their functions during exercise and adaptations to specific training programs

Instructor

**Instructor:**Dr. Heidi Kluess

**Office:**283 New Kinesiology Building, 301 Wire Rd

**Phone:**844-1844, no answering service! Please do not leave a message.

**E-mail:**hak0006@auburn.edu

**Office Hours: M, TH 9:45-10:45 AM in person, or by appointment zoom or in person**

Course Format

This class is taught as a flipped classroom. This means that lectures will be recorded and you can watch them outside of class. you will have at least 1 discussion question per lecture that you need to answer. several days a week during class time, we will have face-to-face discussion. Please see the class schedule at the end of the syllabus for a complete table of my plan for this semester.

I will teach from the classroom and I encourage students to attend. However, if you can't attend in person or you would prefer not to, I will provide a zoom link.  The link for zoom is on the menu to the left, you will find a link for each class day.

Required Text

Powers and Howley. Exercise Physiology: Theory and Application to Fitness and Performance, 2012, 9th ed.

Student Evaluations

For the lecture portion of the class:

Quizzes: variable pts ………………………………………......70 points

Discussions …………………………………………………. 20 points

Final Exam……………………………………………………… 10 points

**TOTAL FOR CLASS** ………………………………………… 100 points

This syllabus serves as a contract to identify what is required for a given course grade. Each student is welcome to engage in open discussion with the instructor about matters of clarification/alteration.

A: 90 - 100 points                    D: 69.99 - 60.0 points

B: 89.99 - 80.0 points              F: < 60.00 points

C: 79.99 - 70.0 points

Policies

This class is taught as a flipped classroom, therefore, attendance in class in person or via zoom on class discussion days is critical for your complete understanding of the material. ***We will have brief periods of open discussion questions (online). Your participation in a meaningful way to discussions (online and face-to-face) is required for full points in the class. For online discussions ,you may post an answer to the question or a new question about the material. The question must be related to the original prompt.*Lectures, discussion questions and quizzes are posted in the modules. It is your responsibility to keep up with this fast paced class. The schedule for each day is posted in the syllabus.**

***Quizzes on Canvas****:* You may use whatever materials that you would like to complete the quiz, but  you must complete the quiz within the time period indicated on the quiz. You may not consult with  another student while you are taking the exam. Any evidence to suggest that this may have occurred will be considered an academic honesty violation (see below).

\*\*\* Computer issues sometimes do occur, so please plan ahead and take the quiz well before the deadline for that week. Failure to take the quiz will result in a zero.

If you do have a computer failure (freezing up, etc) you must contact me IMMEDIATELY via e-mail (immediately =within 2 hrs of the deadline). On the next work day, I will reset the quiz to give you another shot. You will have 24hrs from the time I send the e-mail to complete the exam.

I appreciate that University approved excused absences do occur. Please let me know your reason within 1 class period of the absence. You are always welcome to zoom into class!

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 must follow the instructions on the Healthcheck app. 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.

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

* Notify me in advance of your absence, if possible
* Provide me with medical documentation, if possible
* Keep up with coursework as much as possible
* Participate in class activities and submit assignments remotely as much as possible
* Notify me if you require a modification to the deadline of an assignment or exam
* 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.

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

Final Exam

The final exam will be given online. It will be a comprehensive exam.

Academic Integrity

The Auburn University student academic honesty code Title XII ([https://sites.auburn.edu/admin/universitypolicies/Policies/AcademicHonestyCode.pdf](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. All quizzes must be the work of the individual. Sharing questions or answers is a violation of the academic honesty code.

Disability accomodations

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 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 PSD office, but need accommodations, make an appointment with The Program for Students with Disabilities, 1228 Haley Center, 844-2096 (V/TT).

Professionalism

As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional behaviors as defined in the College’s conceptual framework. These professional commitments or dispositions are listed below: Engage in responsible and ethical professional practices

o Contribute to collaborative learning communities

o Demonstrate a commitment to diversity

o Model and nurture intellectual vitality

University Class Cancellation

Should the University cancel classes due to weather or other type of emergency, please see Canvas and your auburn e-mail for assignments.

Topic Schedule

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date | topic | Readings | Class meetings | watch |
| 5/19 W | BCS part 1 | Ch 2.7 | Class meets | lect 1 |
| 5/20 Th | BCS part 1 |   | Class meets |  lect 2 |
| 5/21 F | BCS part 1 |   |   | lect 3, Quiz 1 5/23 |
| 5/24 M | BCS 3 | Ch 5 | Class meets | Lect 1 |
| 5/25 T | BCS 3 |   | Class  meets |  lect 2 |
| 5/26 W | BCS 3 |   |   |  lect 3 |
| 5/27 TH | BCS 3 |   | Class meets | Lect 4,  Quiz 2 due Sun 5/30 |
| 5/28 F | BCS 4 | Ch 3, 4 (p80-85), 5(p111-121) |   | Lect 1 |
| 5/31 M | Memorial day, no class |   |   |   |
| 6/1 T | BCS 4 |   | Class meets | Lect 2 |
| 6/2 W | BCS 4 |   |   | Lect 3 |
| 6/3 Th | BCS 4 |   | Class meets | Lect 4, Quiz 3 Sun 6/6 |
| 6/4 F | BCS 4 |   |   | Lect 5 |
| 6/7 M | BCS 4 |   | Class meets | Lect 6 |
| 6/8 T | BCS 4 |   | Class meets | Lect 7, Quiz 4 Sun 6/13 |
| 6/9 W | VO2max part 5 | Ch 9, ch 13 (p285-287), Ch 12 |   | Lect 1 |
| 6/10 TH | VO2max part 5 |   | Class meets | Lect 2 |
| 6/11 F | VO2max part 5 |   |   | Lect 3 |
| 6/14 M | VO2max part 5 |   | Class meets | Lect 4 |
| 6/15 T | VO2max part 5 |   | Class meets | Lect 5 |
| 6/16 W | VO2max part 5 |   |   | Lect 6, Quiz 5 Sun 6/20 |
| 6/17 TH | The muscle part 6 | Ch 8, ch 13 (p282-284, 287-297), Ch 1 (p16-20, 23-37), Ch 19 | Class meets | Lect 1 |
| 6/18 F | The muscle part 6 |   |   | Lect 2 |
| 6/21 M | The muscle part 6 |   | Class meets | Lect 3 |
| 6/22 T | The muscle part 6 |   | Class meets | Lect 4 |
| 6/23 W | The muscle part 6 |   |   | Lect 5 |
| 6/24 TH | In class discussion about final exam |   | Class meets | Lect 6,  Quiz  6 due Thurs 6/24 |
| 6/25 F | Option class meeting to discuss final exam |   | optional |   |
| **Final Exam** | Fri June 25 by 6:30PM |   |   |   |

Extra Credit

You may earn a maximum of 5 points of extra credit in this class by participating in College of Education studies (points are variable depending on the type of study: online=0.5 pts, lab studies=0.5 pts per hour of participation) or  attending a physiology related seminar (0.5pts if you write at least 2 paragraphs about the talk).  For the study or seminar YOU must send me an email detailing what you did. The deadline for turning in extra credit is before you submit the final exam in this class.

[To get to the SONA login, use this Link](https://auburn-education.sona-systems.com/)

In person class time policies

* **Face Coverings**: 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(Links to an external site.)](https://ocm.auburn.edu/news/coronavirus/updates/20200618-face-masks-required.php?ref=coronavirus), you will be instructed to leave the classroom and will be held to the protocols outlined in the [Auburn University Policy on Classroom Behavior (Links to an external site.)](https://sites.auburn.edu/admin/universitypolicies/Policies/PolicyonClassroomBehavior.pdf). Any student who willfully refuses to wear a face covering and does not have a noted accommodation may be subject to disciplinary action.
* **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.**
* **Course Attendance**: 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 must zoom into class.
* **Technology Requirements:**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.

*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* (Links to an external site.)](https://sites.auburn.edu/admin/universitypolicies/Policies/PolicyonClassroomBehavior.pdf)*.*

Zoom class policies

Zoom will be available to you this semester. Zoom works well as long as everyone does their best. I do not require videos on, but I do expect you to be present in class. If I suspect that you have walked away from your zoom feed, I will count you as absent. If I ask for unmuting, I expect everyone to do so immediately. Leaving your mute on after a request to unmute will be considered an absence. I do understand that we don't all have awesome internet connections, do your best to stay in the class, even if you are having internet issues.

What will happen if we need to go online

I will send out an email through your auburn email to inform you of a change to zoom meetings. If it is going to last for a while, I will not send repeated messages, so please check the schedule for each module and look at the zoom link in the menu to the left.

If something should happen to me over the course of the semester such that I am unable to teach class, you will have another instructor and the class will continue as scheduled.