

**THE UNIVERSITY OF TEXAS AT TYLER  
DEPARTMENT OF HEALTH AND KINESIOLOGY**

**Course Syllabus – Spring 2009**

**GENERAL INFORMATION ABOUT COURSE**

Course Title, Number & Credit Hours: KINE 3311 Physiology of Exercise (3 semester credit hours); Section 002

Prerequisite: Credit in anatomy and physiology course or consent of instructor.

Corequisite: KINE 3112 Physiology of Exercise Laboratory

Location of Classroom: RBN 4024

Day and Hours the Class Meets: Tuesday, 5:30-8:10 p.m.

**INFORMATION ABOUT INSTRUCTOR**

Name & Title: James A. Schwane, Ph.D., Professor, Department of Health and Kinesiology

Office Location and Phone Number: HPC 3065; 903-566-7306

FAX: 903-566-7065

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Office Hours: Tuesdays, 9:00-11:00 a.m., & Thursdays, 1:30-3:30 p.m. For appointment outside of regular office hours, please contact Gail Goetz, Administrative Assistant, Department of Health and Kinesiology (903-566-7031; [ggoetz@uttyler.edu](mailto:ggoetz@uttyler.edu)).

Emergency Phone Numbers: Messages may be left on Instructor's voice mail at 903-566-7306. Or phone the Department Administrative Assistant, Gail Goetz, at 903-566-7031. Instructor's home phone: 903-839-2040—Please use home phone for only extraordinary situations.

**TEXTS, READINGS, MATERIALS**

Required Text: Wilmore, Costill and Kenney, Physiology of Sport and Exercise (Human Kinetics, 4<sup>th</sup> Edition, 2008—ISBN-10: 0-7360-5583-5; ISBN-13: 978-0-7360-5583-3).

Additional readings may be assigned on handout, library or Web-based materials.

**COURSE DESCRIPTION/GOALS**

Course Description: Study of functional responses to acute and chronic exercise.

### Course Goal:

The goal is that the student learns the basic concepts of exercise physiology (exercise physiology is the study of how the body functions in response to exercise), including normal and abnormal responses to acute and chronic exercise of various types.

### Specific Learning Outcomes

The successful student will be able to:

1. distinguish between normal and abnormal responses to acute exercise;
2. distinguish between normal and abnormal responses to chronic exercise;
3. explain the relationships between key structures and functions of skeletal muscles, the cardiovascular system, and the respiratory systems during acute exercise;
4. explain the relationship between power input and power output, including the sources of power input during acute exercise of various intensities and durations; and
5. analyze acute exercise of various intensities and durations in terms of potential factors that limit performance.

### **INSTRUCTIONAL ACTIVITIES**

Very little time will be spent in this course reviewing general anatomy and physiology. The student is expected to have a good foundation in general anatomy and physiology from prior courses, and to review general anatomy and physiology on his/her own as needed. Most time and attention in this course will be devoted to physiological adaptations to exercise, that is, exercise physiology. The textbook will be a key source of information. The student is expected to read and diligently study assigned textbook material. Furthermore, the student should use the online learning resources that supplement the textbook that the publisher (Human Kinetics) has made available. The instructor will refer to and discuss some of these online materials in class but will definitely not address all of these materials in class. In-class lectures and discussions will identify and expand on key concepts, as well as note points of disagreement. The best learning strategy for a student will be to read the textbook material and study the online learning resources before the related material is addressed in class.

At the start of some class periods a brief quiz will be given over the assigned textbook reading and online learning resources.

## COURSE CALENDAR and TENTATIVE SCHEDULE

Week # – Date(s)	Topics	Textbook Assignments
1 – Jan. 13	Introduction to course Introductory concepts	“An Introduction to Exercise and Sport Physiology”
2 – Jan. 20	Skeletal muscle function	Chapters 1 and 3
3 – Jan. 27	Skeletal muscle function (cont.)	Chapters 1 and 3
4 – Feb. 3	Energy metabolism	Chapters 2 and 4
5 – Feb. 10	Energy metabolism (cont.)	Chapters 2 and 4
6 – Feb. 17	Energy metabolism (cont.)	Chapters 2 and 4
<b>7 – Feb. 24</b>	<b>EXAM 1</b>	
8 – Mar. 3	Cardiovascular & respiratory exercise physiology	Chapters 5-7
<b>Mar. 9-13</b>	<b>SPRING BREAK</b>	
9 – Mar. 17	Cardiovascular & respiratory exercise physiology (cont.)	Chapters 5-7
10 – Mar. 24	Exercise training <b>*See Note below.</b>	Chapters 8-10
11 – Mar. 31	Environmental influence on exercise physiology	Chapters 11-12
12 – Apr. 7	“Optimizing Performance in Sport”	Chapters 13-15
<b>13 – Apr. 14</b>	<b>Exam 2</b>	
14 – Apr. 21	“Age and Sex Considerations in Sport and Exercise”	Chapters 16-18
15 – Apr. 28	“Physical Activity for Health and Fitness”	Chapters 19-21
<b>16 – May 5, 5:30-7:30 (Tentative)</b>	<b>FINAL EXAM</b>	

\*NOTE: March 25 is last day to withdraw from class with automatic grade of W. (Disclaimer: My alerting to this date in this syllabus does not mean this is necessarily UT Tyler's official withdrawal date. You should check UT Tyler's official calendar to verify this date.)

## COURSE POLICIES

### Attendance and Make-up Policy:

Attendance is not required, nor is attendance a factor in determining a student's final course grade. It is not likely, however, that a student will earn a good grade in this course without attending class regularly. Making up missed work (e.g., exams, quizzes) will be allowed only according to University policy regarding attendance and valid excuses for nonattendance.

### Grading:

Your grade for the course will be determined as follows.

	<b><u>POINTS</u></b>
Exam 1	300
Exam 2	300
Final Exam (comprehensive)	300
Miscellaneous (e.g., quizzes, assignments)	100
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<b>Total</b>	<b>1,000</b>

Course grades will be assigned based on the following scale:

A – 900-1,000	B – 800-899	C – 700-799
D – 600-699	F – <600	

### **Selected University Policies and Procedures**

(Taken from the University's *Handbook of Operating Procedures* and the UT Tyler Web Site)

#### **Students Rights and Responsibilities**

To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link:

<http://www.uttyler.edu/wellness/StudentRightsandResponsibilities.html>

#### **Grade Replacement/Forgiveness**

If you are repeating this course for a grade replacement, you must file an intent to receive grade forgiveness with the registrar by the 12th day of class. Failure to do so will result in both the original and repeated grade being used to calculate your overall grade point average.

Undergraduates will receive grade forgiveness (grade replacement) for only three course repeats; graduates, for two course repeats during his/her career at UT Tyler.

### **State-Mandated Course Drop Policy**

Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the 12th day of class (See Schedule of Classes for the specific date). Exceptions to the 6-drop rule include, but are not limited to, the following: totally withdrawing from the university; being administratively dropped from a course; dropping a course for a personal emergency; dropping a course for documented change of work schedule; or dropping a course for active duty service with the U.S. armed forces or Texas National Guard. Petitions for exemptions must be submitted to the Registrar's Office and must be accompanied by documentation of the extenuating circumstance. Please contact the Registrar's Office if you have any questions.

### **Disability Services**

In accordance with federal law, a student requesting accommodation must provide documentation of his/her disability to the Disability Support Services counselor. If you have a disability, including a learning disability, for which you request an accommodation, please contact Ida MacDonald in the Disability Support Services office in UC 282, or call (903) 566-7079.

### **Student Absence due to Religious Observance**

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

### **Student Absence for University-Sponsored Events and Activities**

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

### **Social Security and FERPA Statement:**

It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

### **Academic Dishonesty**

At The University of Texas at Tyler students and faculty are responsible for maintaining an environment that encourages academic integrity. Students and faculty members are required to report an observed or suspected case of academic dishonesty immediately to the faculty member in charge of an examination, classroom or laboratory research project, or other academic exercise.

Since the value of an academic degree depends on the absolute integrity of the work done by the student for the degree, it is imperative that a student maintain a high standard of individual honor

in scholastic work. Scholastic dishonesty includes but is not limited to cheating, plagiarism, and collusion:

"*Cheating*" includes:

1. Copying from the paper of another student, engaging in written, oral or any other means of communication with another student, or giving aid to or seeking aid from another student when not permitted by the instructor;
2. Using material during an examination or when completing an assignment that is not authorized by the person giving the examination or making the work assignment;
3. Taking or attempting to take an examination for another student, or allowing another student to take an examination for oneself;
4. Using, obtaining, or attempting to obtain by any means, the whole or any part of, an unadministered examination or work assignment.

"*Plagiarism*" includes the unacknowledged incorporation of the work of another person in work that a student offers for credit.

"*Collusion*" includes the unauthorized collaboration with another person in preparing written work that a student offers for credit.

### **Food and Drink in the Classrooms**

Consumption of food and drink in university classrooms is prohibited.