Dept. of Kinesiology and Health Science
KINE 5353-001 Graduate Exercise Physiology
Fall 2023

Instructor: Eric Jones Ph.D.
Office: EDAN 103
Credits: 3
Other Contact Information: Lab # 468-1493

Prerequisites: Undergraduate Exercise Physiology or instructor consent

I. Course Description:
This course examines the human physiological response to stress (exercise, environmental, etc.) and how we can apply physiological principles to our personal and professional lives. KINE 5353 “Physiology of Exercise” (3 credits) meets one time each week in 150-minute segments for 15 weeks, includes 150 minutes of asynchronous instruction, and also meets for a 2-hour final examination. Students have significant weekly reading assignments and take 3 essay exams throughout the semester. These activities average a minimum 6 hours of work each week to adequately prepare outside of classroom hours. The James I. Perkins College of Education is committed to proactively recruiting and retaining a diverse faculty, staff, and student population. Through open dialogue, mutual respect and shared responsibility, faculty, staff and students will demonstrate an understanding and sensitivity to ethnicity, race, gender, exceptionalities, culture, language/dialect, age, social class, family structure, sexual orientation, religion and spiritual values in order to enhance the quality of life in a diverse, global community.

II. Intended Learning Outcomes/Goals/Objectives (Program/Student Learning Outcomes):
This course links with SFA Initiative #4: Develop a learner-centered environment.
This course links with SFA’s COE Goal and Initiative #2: Prepare educators and industry professionals.
This course links with SFA Initiative #5: Create new learning opportunities through additional interdisciplinary, international, service learning, and civic engagement experiences.
This course links with SFA’s COE Goal and Initiative #2: Prepare educators and industry professionals.

Program Learning Outcomes:
• The student will be able to demonstrate the ability to read and make critical analysis of original research.
• The student will demonstrate advanced knowledge of anatomical, physiological, psychological and developmental aspects of physical activity as it relates to human well-being and issues of exercise and sport performance.
• The student will be able to demonstrate an understanding of a variety of research methods employed in the subdisciplines in Kinesiology.
• The student will demonstrate the ability to apply their Kinesiology-related knowledge and skills to think critically and ethically in examining issues and solving problems associated with their chosen subdiscipline.

Student Learning Outcomes:
• Students will be able to expand upon and explain concepts commonly introduced in exercise physiology courses at the undergraduate level using textbooks, current literature, and participation. (PLO 1,2,4)
• Students will be able to identify applications of current information in health, industry, fitness, sports, and medicine. (PLO 1,4)
• Students will be able to identify the inadequacies of knowledge of the professor, texts, research, and themselves in these areas. (PLO 3,4)

III. Course Assignments and Exams:
Cognitive evaluation will consist of three essay exams (100 pts each). We will also try to incorporate reading and evaluating scientific journal articles that address the topics being discussed in lecture from week to week. It is my
hope that we can maximize our learning time and minimize our evaluation time. We will attempt to do this through the additional learning that will come from reading about new findings in our field and also by rethinking what you have already learned.

**Make Up Exams** – Make up exams will not be given, prior arrangements must be made in critical cases. If a student is absent on exam day he/she will earn a zero.

**IV. Evaluation and Assessment**

**Grading/Evaluation Procedures**

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<tr>
<th>Exam</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Exam I</td>
<td>33%</td>
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<tr>
<td>Exam II</td>
<td>33%</td>
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<tr>
<td>Final Exam</td>
<td>33%</td>
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**V. Tentative Course Outline/Calendar:**

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<th>Monday</th>
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<tr>
<td>Aug. 28 Introduction, Syllabi,</td>
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<tr>
<td>Sept. 4 Chpt. 2 Bioenergetics (energy transformation, phosphorylation, and interactions)</td>
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<tr>
<td>Sept. 11 Chpt. 3 Bioenergetics (energy transformation, phosphorylation, and interactions)</td>
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<td>Sept. 18 Chpt 4-19 Expenditure/Fatigue (rest to exercise transition, recovery, fuel utilization)</td>
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<td>Sept. 25 Chpt. 13 Adaptations (Impacts on performance, homeostasis, and VO2)</td>
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<td>Oct. 2 Exam I Applied Literature Based Assignment (75 minutes asynchronous)</td>
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<td>Oct. 9 Chpt. 8 Muscle structure and function</td>
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<td>Oct. 16 Chpt. 7-21 Neural Control/muscular adaptations and responses</td>
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<td>Oct. 23 Chpt. 9 Cardiac function (organization, hemodynamics, and circulatory responses)</td>
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<tr>
<td>Oct. 30 Chpt. 9 Cardiac function (organization, hemodynamics, and circulatory responses)</td>
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<td>Nov. 6 Chpt. 10-13 Respiratory system (structure, diffusion of gases and transport, ventilatory control)</td>
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<td>Nov. 13 Exam II Applied Literature Based Assignment (75 minutes asynchronous)</td>
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<td>Nov. 20 Thanksgiving</td>
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<td>Nov. 27 Chpt 21 Training Applications (training techniques, common mistakes)</td>
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<td>Dec. 4 Chpt. 24 Environmental Phys (impact of altitude, thermoregulation, and pollution)</td>
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**Final Exam: Dec. 11th 4:00-6:30**

*Schedule is an approximation and could change*


**VII. Course Evaluations:**

"Near the conclusion of each semester, students in the College of Education electronically evaluate courses taken within the COE. Evaluation data is used for a variety of important purposes including: 1. Course and program improvement, planning, and accreditation; 2. Instruction evaluation purposes; and 3. Making decisions on faculty tenure, promotion, pay, and retention. As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the COE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical! In the College of Education, the course evaluation process has been simplified and is completed electronically through MySFA. **Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after final grades are posted.**

**VIII. Student Ethics and Other Policy Information:**

The Code of Student Conduct and Academic Integrity outlines the prohibited conduct by any student enrolled in a course at SFA. It is the responsibility of all members of all faculty, staff, and students to adhere to and uphold this policy.
Articles IV, VI, and VII of the new Code of Student Conduct and Academic Integrity outline the violations and procedures concerning academic conduct, including cheating, plagiarism, collusion, and misrepresentation. Cheating includes, but is not limited to: (1) Copying from the test paper (or other assignment) of another student, (2) Possession and/or use during a test of materials that are not authorized by the person giving the test, (3) Using, obtaining, or attempting to obtain by any means the whole or any part of a non-administered test, test key, homework solution, or computer program, or using a test that has been administered in prior classes or semesters without permission of the Faculty member, (4) Substituting for another person, or permitting another person to substitute for one’s self, to take a test, (5) Falsifying research data, laboratory reports, and/or other records or academic work offered for credit, (6) Using any sort of unauthorized resources or technology in completion of educational activities.

Plagiarism is the appropriation of material that is attributable in whole or in part to another source or the use of one’s own previous work in another context without citing that it was used previously, without any indication of the original source, including words, ideas, illustrations, structure, computer code, and other expression or media, and presenting that material as one’s own academic work being offered for credit or in conjunction with a program course or degree requirements.

Collusion is the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any provision of the rules on academic dishonesty, including disclosing and/or distributing the contents of an exam.

Misrepresentation is providing false grades or résumés; providing false or misleading information in an effort to receive a postponement or an extension on a test, quiz, or other assignment for the purpose of obtaining an academic or financial benefit for oneself or another individual or to injure another student academically or financially.

Withheld Grades Semester Grades Policy (5.5)

Ordinarily, at the discretion of the instructor of record and with the approval of the academic chair/director, a grade of WH will be assigned only if the student cannot complete the coursework because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F. If students register for the same course in future terms the WH will automatically become an F and will be counted as a repeated course to compute the grade point average. For additional information, go to https://www.sfasu.edu/policies/course-grades-5.5.pdf.

Students with Disabilities

To obtain disability-related accommodations, alternate formats, and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 468-3004 / 468-1004 (TDD) as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services promptly may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/.

Attendance:

Regular, punctual attendance, documented participation, and, if indicated in the syllabus, submission of completed assignments are expected at all classes, laboratories, and other activities for which the student is registered. Based on university policy, failure of students to adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. The instructor shall maintain an accurate record of each student’s attendance and participation as well as note this information in required reports (including the first 12-day attendance report) and in determining final grades. Students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events.
However, students are responsible for notifying their instructors in advance, when possible, for excusable absences. Whether absences are excused or unexcused, a student is still responsible for all course content and assignments. Students with accepted excuses may be permitted to make up work for up to three weeks of absences during a semester or one week of a summer term, depending on the nature of the missed work. Make-up work must be completed as soon as possible after returning from an absence.

Attendance and participation are required at all times. **2 absences will be given to each student for the entire semester, use them wisely!** University travel and Legal obligations will be the only excused absences allowed (written documentation required). Each absence beyond 2 will result in a loss of one letter grade. Arriving late to class and early departure is unacceptable. 3 such occurrences will result in an absence and the attendance grade will be reduced accordingly. Any student(s) maintaining no less than a “B” average and perfect attendance may waive the final exam if so desired. **No exceptions will be made for any of the above policies.**

**Student Wellness and Well-Being**
SFA values students’ overall well-being, mental health and the role it plays in academic and overall student success. Students may experience stressors that can impact both their academic experience and their personal well-being. These may include academic pressure and challenges associated with relationships, emotional well-being, alcohol and other drugs, identities, finances, etc.

If you are experiencing concerns, seeking help, SFA provides a variety of resources to support students’ mental health and wellness. Many of these resources are free, and all of them are confidential.

**On-campus Resources:**
**The Dean of Students Office** (Rusk Building, 3rd floor lobby)
[www.sfasu.edu/deanofstudents](http://www.sfasu.edu/deanofstudents)
936.468.7249
dos@sfasu.edu

**SFA Human Services Counseling Clinic** Human Services, Room 202
[www.sfasu.edu/humanservices/139.asp](http://www.sfasu.edu/humanservices/139.asp)
936.468.1041

**The Health and Wellness Hub** “The Hub”
Location: corner of E. College and Raguet St.

To support the health and well-being of every Lumberjack, the Health and Wellness Hub offers comprehensive services that treat the whole person – mind, body and spirit. Services include:
- Health Services
- Counseling Services
- Student Outreach and Support
- Food Pantry
- Wellness Coaching