

**KIN 5313: Physiological Basis of
Human Performance
Fall 2015
Sul Ross State University
Kinesiology & Sport Science**

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COURSE RATIONALE: The purpose of this course is to provide an in-depth study of the human body's physiological response to exercise and physical activity.

REQUIRED TEXTBOOKS/READING MATERIAL:

Textbook(s): Tipton, C. M., & American College of Sports Medicine. (2006). *ACSM's advanced exercise physiology*. Philadelphia: Lippincott Williams & Wilkins.

Other Materials: There may be handouts from various sources and outside readings assigned periodically. Additional course materials may be posted on Blackboard.

Southern Association of Colleges and Schools (SACS

Program Outcome One: Degree candidates in the M.S. program in Health and Human Performance program will demonstrate content knowledge in physiology, nutrition, sports law, test and measurements, motor learning, group dynamics and health and human behavior necessary for successful performance in their field.

COURSE OBJECTIVES: Students will be able to:

1. Increase understanding of energy metabolism and nutrition.
2. Explore aerobic and anaerobic principles of work and exercise.
3. Examine and discuss body composition measurement themes in exercise science.
4. Examine cardiorespiratory/renal and muscular/neural responses to exercise.
5. Identify the impact differing environments have on thermoregulation during exercise.
6. Analyze historical and contemporary concepts of exercise physiology throughout the twentieth century.

STYLE OF TEACHING: The objectives of this course will be met through an integrated teaching style that will include discussion via Blackboard and PowerPoint presentations. Students will be encouraged to remain actively involved in class discussions and will be responsible for reading all assigned material for this class.

GRADING:

720 total points possible

- Mid-Term Exam 150 points
- Final Exam 150 points

- Assignments/Discussions 420 points

EVALUATION PROCEDURES:

✓ **Exams = 150 points each**

- Exams may consist of essay, fill-in, short answer, true/false, and/or multiple choice questions. Exams could cover any material provided in the assigned readings.
- There will be 2 exams (midterm and final), each worth 50 points. All students are expected to take the exam on the designated day and time assigned. If a student cannot take the exam during the scheduled time, it is the student's responsibility to approve the absence and request a make-up exam with the instructor at least one week PRIOR to the week of the exam.

✓ **3 Peer-Reviewed Journal Article Submission = 60 points each**

- Students will submit a peer-reviewed article related to the material.
- Each article submission should be attached via discussion board in a 1-2 page double spaced review of the journal article.
- Students are responsible for reviewing the submissions of their peers.
- Each article submission is worth 60 points.
- Each article reviewed must be from a peer reviewed journal article from the library. See podcast lecture on how to use the library (ignore any mention of research methods as I use the same lecture for that class to introduce the library). Each article must be within 5 years of publication.

Discussions = 40 points each

There will be a discussion question posted under the discussion tab for you to respond to by Midnight Friday night each week. To respond to the discussion you click on the hyperlink to the discussion and then click on create new thread. Put your last name and the week in the subject line (eg. LathamWeek1). You can respond directly in the message area, however, I suggest you type your response in a word document, spell check, then copy and paste it into the message area. You can upload your response as an attachment, but please **ALSO** copy and paste it into the message area so we do not have to open an attachment to read your post. Each discussion post is worth 40 points. 10 points will be deducted for each day it is late. 10 points will be deducted for not following the instructions above. Follow all instructions in the directions of the discussion.

Responses to others = 20 points each

Under each discussion post you must respond to another classmate's original discussion post. The response is worth 20 points (so a total of 60 points for class discussion is available for you to earn each week) and due by Sunday Midnight each week. The response must be more

than “good job”, “I like what you said”, etc., it must be a substantial response that would be as if you were having a discussion on the topic in class. A substantial response would include, but not limited to: adding to the discussion with further information you find (cite your source), asking relevant questions, as well as critiquing in a positive way the post. ALWAYS spell check and edit your responses. These should be academic responses and not chat room or informal language. Do be respectful of others, do use proper language – do NOT hurt others feelings. To respond to another’s post, click on their post and reply. Title the subject of your response with your last name and “response to _____ week 1 post” (eg. Latham’s response to Henderson’s Week 1 post).

Note: All grading will be based on the quality of the assignment submitted; factors such as a student's ability and the effort put into an assignment will only be assessed to the extent that they influence the quality of the work submitted. All written work should be submitted in APA format.

EXPECTATION OF STUDENTS:

- Students are responsible for keeping up with the reading and are expected to read the assigned chapters and/or other posted readings prior to class in order to contribute to online discussion.
- Handouts distributed through Blackboard should be kept in a notebook in order to be referred to as necessary.

ACADEMIC DISHONESTY OR MISCONDUCT: Sul Ross State University is committed to the highest standards of integrity and ethical conduct. Participating in behavior that violates academic integrity (plagiarism, etc.) will result in disciplinary action and may include: receiving a failing grade for the assignment, failing the course, and suspension and/or dismissal from the University.

DROP POLICY: Access information regarding schedule changes at:
<http://www.sulross.edu/page/967/schedule-changes-withdrawals>

ADA Policy:

Sul Ross State University is committed to equal access in compliance with the Americans With Disabilities Act of 1973. It is the student’s responsibility to initiate a request for accessibility services. Students seeking accessibility services must contact Mary Schwartze, M. Ed., L.P.C., in Counseling and Accessibility Services, Ferguson Hall, Room 112. The mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas 79832. Telephone: 432-837-8203. E-mail: mschwartz@sulross.edu .

APPENDIX A

Blackboard Instructions

1. Login to the blackboard course
2. Most things are “clickable”. Once in click on every tab and read everything.
3. Announcements – click on this tab and check those daily. A copy is always sent to your email. So check your email often as well.
4. Syllabus & Course Materials tab – has everything in attachments for you to download that you need for the course. Read the Syllabus first day you log in. All other course materials are referenced to you in discussions and assignments for you to download and refer to. I suggest saving everything to a flash drive, hard drive, cloud database (i.e. drop box) so you have them forever.
5. Assignments – click on the assignment tab. Click on the Name of the assignment (usually named by week). Read all of the assignment information. If the assignment refers you to materials in the course materials tab be sure to use/read all of those. Due dates are always mentioned in the assignment information. When you are ready to submit (turn in) your assignment go to the Assignment Submission” area, click on browse my computer, search your computer for wherever you saved your finished/completed assignment, upload it to attach the file in the assignment submission area. **YOU MUST checkmark the box “I agree to submit mypaper(s) to the GRD” where the plagiarism tools are.** This ensures you did not copy/paste from the internet or from another student you may have had the course before. You can be kicked out of the university, and/or fail a class for plagiarizing. The add comments are is optional, but a place for you to leave me a comment. Ps. I like jokes when I am grading!!!! ☺ Click the SUBMIT button to actually turn in your assignment.
6. Discussions – click on discussions tab. Each week there are discussions (these are formal discussions not chat room type discussions) you must respond to as well as respond to at least one other classmate (see syllabus). Click on the Forum/Discussion Name (e.g. Week 1). To post your discussion post = click on create thread. Put your First and last name in the Subject line followed by 1-2 words describing your post/thread, e.g., StefanieLatham_Week1 Discussion. Type your response to the discussion/forum in the message. **I highly, highly, really really, highly recommend that you first type your response in a Word Doc spell check and grammar check (read it yourself as spell check doesn’t fix grammar) and then copy/paste it into the message area. DO NOT attach a file for discussions. You will only use the browse my computer/attach file feature for assignments.** Click Submit to submit your work. If you need to edit whatever you turned in for some reason, find your thread in the discussion area, click on it, move your cursor around near the “reply” button, you will

see an option to delete, edit, or email yourself. To respond to a classmate: click on the thread of a classmate you want to read his/her post then click reply. Type your response in the message area (again recommend using word to edit first...plus if you have a computer issue you can save your word doc...you can't save your message until you submit it). **Please Check your thread so read what others have said to you. If classmates or if I ask you a question in your thread and you never respond...points will be deducted from your weekly discussion points. It is also recommended for you to scan all the threads and read any feedback I am giving other students as that feedback may help you as well.**

7. MY Grades tab – you should be able to view your numerical grade here as well as written feedback. I will always provide written feedback. If you cannot view the written feedback please check your email as it is always emailed to you as well. If you do not see a numerical grade either I haven't graded it (I will grade all previous week's work by Wed of the week after it is due if not sooner). If you feel you turned it in and still see not grade email or text me and I will look into it.
8. Late work. Despite what the syllabus says if you are taking a Senior Level undergraduate course or a Graduate Level course with me...as long as you are in communication with me I will NOT deduct point for things that are 1 week late. Anything 1 week late or longer you **MUST CALL ME** for approval and let me know what is going on in your life. I am a fair and reasonable person and will most likely work something out with you as I want everyone to be successful in the least "stressful" way. This being said, if you are just lazy and waiting to do things last minute, most likely your work will reflect that and so will your grade that you earn. Communication is key to online learning. As long as the technology is working I will NOT be MIA (missing in action). There are multiple ways to communicate with me (cell phone text, call, sul ross email, personal email, and in blackboard under the questions forum in the discussion tab).

Don't worry be happy! Never Settle for Mediocrity in life! And always remember the 6 P's. PRIOR PROPER PLANNING PREVENTS POOR PERFORMANCE!