

Sul Ross State University
PE 3305 – Physiology of Exercise
Fall 2015

Instructor: CJ Richardson, MEd., MA, CSCS, USAW-1
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Location: Graves-Pearce Room 106
Meeting Time: Tuesday/Thursday 11:00-12:15
Office Location: Graves-Pearce – 102C
Office Hours: TBA

Course Description:

This course will focus on the structures and systems of the human body, and how they are affected by both acute and chronic exercise.

Teaching Approach:

This will be a lecture-based course which will also include class discussion, homework assignments, exams, and a group presentation.

Course Text:

NO REQUIRED TEXT. MATERIAL WILL BE PRESENTED FROM THE FOLLOWING SOURCES:

Wilmore, J.H., Costill, D.L., & Kenney, W.L. (2008). *Physiology of Sport and Exercise* (4th ed). Champaign, IL: Human Kinetics.

Baechle, T.R. & Earle, R.W. (2008). *Essentials of Strength Training & Conditioning* (3rd ed). Champaign, IL: Human Kinetics.

Thompson, J.L., Manore, M.M., & Vaughan, L.A. (2008). *The Science of Nutrition*. San Francisco, CA: Pearson Education.

Standard Alignment:

Standard II: The physical education teacher understands principles and benefits of a healthy, physically active lifestyle and motivates students to participate in activities that promote this lifestyle.

Competency 006: The teacher understands major body systems, principles of physical fitness development and training and the benefits of a healthy, active lifestyle.

Program Learning Outcomes:

1. The Kinesiology and Sport Science students will understand the principles of motor learning; understand the practice for developing motor skills; apply knowledge to biomechanical principles; apply knowledge of individual and teams sports and understand the principles of dance, personal performance activities, recreational activities and outdoor pursuits Movement Skills and Knowledge Domain).
2. The Kinesiology and Sport Science students will understand major body systems, principles of physical fitness and benefits of a healthy lifestyle; understand the principles and activities for developing cardiovascular endurance; understand principles and activities for developing and maintaining flexibility, muscular strength and endurance; and understand health and wellness concepts (Health-Related Physical Fitness Domain).

Classroom Policies:

Students are to arrive to class on time. Cell phones must not be visible or heard during class, or student could be asked to leave the room. Such a disturbance and dismissal from class will count as an unexcused absence.

Academic Dishonesty:

The basic definition of “Academic Dishonesty” is presenting work as your own that you are not entirely responsible for. This includes, but is not limited to, plagiarism, cheating on exams or assignments, and collusion. Academic Dishonesty will result in an F in the course.

Program Accessibility:

Qualified students with disabilities needing academic or other accommodations to ensure full participation in the programs, services and activities at Sul Ross State University should contact Disability Services Coordinator, Ferg 112, Box C-122, Alpine, TX, 79832 (432-837-8203).

Grade Breakdown:

Attendance/Participation	250
Exams	300
Group Presentation	150
Assignments/Presentations	300
<hr/> Total	1000

Attendance/Participation:

Every day you will have the opportunity to earn 10 Attendance/Participation points. You will receive 5 points for showing up on time and staying for the whole class, and you can earn another 5 points by participating. This point structure will allow you to miss 2 classes before your grade starts to be affected by absences.

Regular absences and/or tardiness may be grounds for being dropped from the course. Excused absences must be documented.

Exams:

You will have 3 exams, each scored out of 150 points. I will drop your lowest exam score at the end of the semester.

Group Presentation:

You will work in a group of 3-4 people and make a presentation to the class. This presentation will be worth 150 points.

Assignments:

You will have four assignments throughout the semester, worth 75 points each. Late assignments will lose 15 points for each class day that the assignment is not turned in.

Tentative Weekly Schedule:

WEEK 1

Tuesday, August 25th – Class Introduction; Review Syllabus; Student Information Sheet

Thursday, August 27th – Introduction to Physiology; Anatomy of a Muscle

WEEK 2

Tuesday, September 1st – Metabolism and Hormonal Control

Thursday, September 3rd – Neural Control of Muscles

WEEK 3

Tuesday, September 8th – Energy Expenditure and Fatigue

Thursday, September 10th – Cardiovascular System

ASSIGNMENT #1 DUE

WEEK 4

Tuesday, September 15th – Respiratory System

Thursday, September 17th – Cardiorespiratory Responses to Exercise

WEEK 5

Tuesday, September 22nd – EXAM #1 Review

Thursday, September 24th – **EXAM #1**

WEEK 6

Tuesday, September 29th – Principles of Exercise Training

Thursday, October 1st – Adaptations to Different Types of Training

ASSIGNMENT #2 DUE

WEEK 7

Tuesday, October 6th – Thermoregulation; Exercise at Altitude

Thursday, October 8th – **Group Presentations**

WEEK 8

Tuesday, October 13th – **Group Presentations**

Thursday, October 15th – **Group Presentations**

WEEK 9

Tuesday, October 20th – **Group Presentations**

Thursday, October 22nd – Training for Sport

WEEK 10

Tuesday, October 27th – Body Composition and Nutrition

Thursday, October 29th – Ergogenic Aids and Sport

ASSIGNMENT #3 DUE

WEEK 11

Tuesday, November 3rd – EXAM #2 Review

Thursday, November 5th – **EXAM #2**

WEEK 12

Tuesday, November 10th – Children & Adolescents; Aging; Sex Differences

Thursday, November 12th – Prescription of Exercise for Health and Fitness

WEEK 13

Tuesday, November 17th – Cardiovascular Disease and Physical Activity

Thursday, November 19th – In-Class Practical Activity (**Basis of ASSIGNMENT #4**)

WEEK 14

Tuesday, November 24th – *THANKSGIVING BREAK*

Thursday, November 26th – *THANKSGIVING BREAK*

WEEK 15

Tuesday, December 1st – Obesity, Diabetes, and Physical Activity; Other Illnesses and Conditions Associated with Lack of Physical Activity

Thursday, December 3rd – FINAL EXAM Review

ASSIGNMENT #4 DUE

FINAL EXAM

Tuesday, December 8th – 10:15 AM