

**Sul Ross State University**  
**PE 3305 – Physiology of Exercise**  
**Spring 2016**

**Instructor:** CJ Richardson, MEd., MA, CSCS, USAW-1  
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**Phone:** 432-837-8448 (office); 708-846-1259 (cell)  
**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* (4<sup>th</sup> ed). Champaign, IL: Human Kinetics.

Baechle, T.R. & Earle, R.W. (2008). *Essentials of Strength Training & Conditioning* (3<sup>rd</sup> 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:**

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
<b>Total</b>	<b>1000</b>

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 25<sup>th</sup> – Class Introduction; Review Syllabus; Student Information Sheet

Thursday, August 27<sup>th</sup> – Introduction to Physiology; Anatomy of a Muscle

**WEEK 2**

Tuesday, September 1<sup>st</sup> – Metabolism and Hormonal Control

Thursday, September 3<sup>rd</sup> – Neural Control of Muscles

**WEEK 3**

Tuesday, September 8<sup>th</sup> – Energy Expenditure and Fatigue

Thursday, September 10<sup>th</sup> – Cardiovascular System

**ASSIGNMENT #1 DUE**

**WEEK 4**

Tuesday, September 15<sup>th</sup> – Respiratory System

Thursday, September 17<sup>th</sup> – Cardiorespiratory Responses to Exercise

#### **WEEK 5**

Tuesday, September 22<sup>nd</sup> – EXAM #1 Review

Thursday, September 24<sup>th</sup> – **EXAM #1**

#### **WEEK 6**

Tuesday, September 29<sup>th</sup> – Principles of Exercise Training

Thursday, October 1<sup>st</sup> – Adaptations to Different Types of Training

**ASSIGNMENT #2 DUE**

#### **WEEK 7**

Tuesday, October 6<sup>th</sup> – Thermoregulation; Exercise at Altitude

Thursday, October 8<sup>th</sup> – **Group Presentations**

#### **WEEK 8**

Tuesday, October 13<sup>th</sup> – **Group Presentations**

Thursday, October 15<sup>th</sup> – **Group Presentations**

#### **WEEK 9**

Tuesday, October 20<sup>th</sup> – **Group Presentations**

Thursday, October 22<sup>nd</sup> – Training for Sport

#### **WEEK 10**

Tuesday, October 27<sup>th</sup> – Body Composition and Nutrition

Thursday, October 29<sup>th</sup> – Ergogenic Aids and Sport

**ASSIGNMENT #3 DUE**

**WEEK 11**

Tuesday, November 3<sup>rd</sup> – EXAM #2 Review

Thursday, November 5<sup>th</sup> – **EXAM #2**

**WEEK 12**

Tuesday, November 10<sup>th</sup> – Children & Adolescents; Aging; Sex Differences

Thursday, November 12<sup>th</sup> – Prescription of Exercise for Health and Fitness

**WEEK 13**

Tuesday, November 17<sup>th</sup> – Cardiovascular Disease and Physical Activity

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

**WEEK 14**

Tuesday, November 24<sup>th</sup> – *THANKSGIVING BREAK*

Thursday, November 26<sup>th</sup> – *THANKSGIVING BREAK*

**WEEK 15**

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

Thursday, December 3<sup>rd</sup> – FINAL EXAM Review

**ASSIGNMENT #4 DUE**

**FINAL EXAM**

**Tuesday, December 8<sup>th</sup> – 10:15 AM**