

KES 5313 – Physiological Basis of Human Performance -5.5-Week Syllabus
Department of Kinesiology & Human Performance
Sul Ross State University

COURSE DESCRIPTION

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

INSTRUCTOR INFORMATION

Instructor: Dr. Chris Herrera, PhD, MBA

Office Hours: Tue/Thur 12:45pm – 3:15pm & Wed 10am-12pm

Email: Christopher.Herrera@sulross.edu (Response time: 24hrs M-Thur; 72hrs Fri-Sun)

Phone: 432.837.8375 (Please leave a detailed message with call back number if out of office)

Blackboard Collaborate: By appt & as listed on Blackboard

Required Textbook:

Title: Exercise Physiology: Theory and Application to Fitness and Performance 10th ed.

Author: Powers

Publisher: McGraw-Hill Education

ISBN: 9781259982651

For this course you will be required to purchase McGraw-Hill Education Connect® access for Exercise Physiology: Theory and Application to Fitness and Performance 10th ed. by Scott Powers and Edward Howley

You are not required to have a print text in addition to Connect access, so please be aware that if you purchase a used textbook you will still need to purchase Connect access. You can purchase Connect access directly from the Connect website at net cost when registering for your course section here http://connect.mheducation.com/class/c-herrera-su-ii_2019

A print-upgrade option is available via Connect if you find yourself wanting a print companion at some point during the semester. This will be a full color binder-ready version of the text and can be mailed directly to you for an additional \$25.00 (including shipping and handling). Please note that Connect works best on Google Chrome or Firefox.

You will also need to access the SRSU Library to locate and download peer-review, scholarly articles. For assistance you may [Ask the Library](#) or contact the [Graduate Student Center](#) for help.

STUDENT LEARNING OUTCOMES

- A. Increase understanding of energy metabolism and nutrition.
- B. Explore aerobic and anaerobic principles of work and exercise.
- C. Examine and discuss body composition measurement themes in exercise science.
- D. Examine cardiorespiratory/renal and muscular/neural responses to exercise.
- E. Identify the impact differing environments have on thermoregulation during exercise.
- F. Analyze historical and contemporary concepts of exercise physiology throughout the twentieth century.

Methods of Evaluation (See below 'Course Requirements' for more details)

Outcome Measure	Points per unit	Available Points	Percentage of Grade
Connect LearnSmart Chapter Readings	7-8	150	15%
Connect Quizzes	50	150	15%
Discussions & Responses	50	200	20%
Assignments	100	400	40%
Final Project	100	100	10%
Collaborate Session (3 available)	-	-	-
Total/Final Grade*	--	1000	100%

*Letter Grading as per SRSU policy will be used in this course.

Note: Satisfactory progress in the HHP program means a cumulative GPA of 3.0 in all core classes (e.g. everything leading up to the final practicum course). In most cases, this means a 'B' or better in each class is considered satisfactory progress.

TENTATIVE COURSE CALENDAR

Week	LearnSmart Chapters	Assessments
1	LearnSmart Chapters 00, 14, 1	Collaborate, Discussion 1 / Assignment 1
2	LearnSmart Chapters 2-6	Quiz 1: Chapters 1-6 & 14, Discussion 2 / Assignment 2
3	LearnSmart Chapters 8-11	Collaborate, Discussion 3 / Assignment 3
4	LearnSmart Chapters 19 & 24	Quiz 2: Chapters 8-11, 9 & 24, (Collaborate) Discussion 4 / Assignment 4
5	LearnSmart Chapters 13, 21, 22, & 25	Quiz 3: Chapters 13, 21, 22 & 25, (Collaborate)
5.5		Final Project

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.

LATE WORK POLICY

All coursework must be submitted by the provided due dates in Blackboard/Connect or will be subject to deductions based on this policy as follows: Discussions/Responses/Assignments/Quizzes/Final Projects carry a 5% deduction per day late; up to 30% maximum deduction. *LearnSmart readings must be completed by the due date for credit – in other words no credit will be given for completing this late.*

ALL COURSE REQUIREMENTS DEADLINE

Due to the time requirement for grading purposes, a 'Course Requirements Deadline' of *August 14th, at 11:59pm CST* will be instituted. All course requirements (e.g. discussions, responses, assignments, etc) must be submitted by this deadline to be counted for credit towards the final letter grade in this course. There will be no exceptions to this policy.

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

Students are responsible to register and withdrawal from courses themselves, either through Banner (LoboOnline) or by contacting the University Registrar by published deadlines. For information regarding enrollment/registration changes please review the website at: <https://www.sulross.edu/page/967/schedule-changes-withdrawals>

COURSE REQUIREMENTS

Connect LearnSmart

-150 points total; 7-10 points per chapter

LearnSmart will provide the students with an opportunity to remember and understand the key learning principles in this course. LearnSmart is an interactive reading program provided through McGraw-Hill Connect. These modules will guide you through each individual chapter asking questions to assess your knowledge along the way. These assignments will cover information that will be on each of the chapter quizzes, as well as, information contained within your labs.

Connect Quizzes

-150 points total; 50 points per quiz

Connect Quizzes will provide the student with the opportunity to retrieve and associate new knowledge by choosing the correct answer to a variety of multiple choice, true/false, and short answer questions. There will be three quizzes throughout the semester.

Discussions + Responses

-50points each; 200 total

Discussions (40pts) will provide the student with the opportunity to develop a personalized social presence in the online learning environment. In addition, students will demonstrate higher learning by retrieving, paraphrasing, and examining key definitions from the required text, as well as linking the concept to their own personal/professional experience by illustrating an example, reflecting on a specific experience, debating a theory, hypothesizing a new theory, or by critiquing non-factual information presented by another student. Further, the student can provide additional reading opportunities through web links, PDF articles, videos or similar.

'Responses'(10pts)

As part of each discussion, the student must read and respond to at least one other classmate's original discussion post within 48hours of the discussion due date. To earn the full 10pts assigned to a response, it 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. Specifically, a substantial response would include, but not limited to: Adding to the discussion with further information you find (cite your source), presenting alternative theories, asking relevant questions with hypothesized answers, describing the application to sports, health or performance through illustrating an example, as well as providing constructive criticism / a different viewpoint with factual backing. Responses should be professional/academic responses and not chat room or informal language. To respond to another's post, click on their post and then choose reply. Title the subject of your response with your "Last name" and "response to Authors Last Name Week 3 post" (eg. Herrera's response to Henderson's Week 3 post).

Assignments- 400 points total; 100 points per assignment

The assignments provide a real-world / practical application of the course content providing the student with the opportunity to apply and analyze newly gained knowledge using qualitative and quantitative data methods, scientific/research evidence, and personal judgements. There will be four assignments throughout the semester that corresponding to specific topics covered in the text.

Final Project

-100 points total

This Final Project provides the student with the opportunity to analyze and evaluate newly gained knowledge by investigating the available scientific literature on a topic and then developing a critical analysis that also formulates new insight gained in the course.

Blackboard Collaborate

UNGRADED

Blackboard Collaborate is a virtual classroom that provides a synchronous experience that supports a positive, interactive online learning environment. Attendance is not required but it provides an opportunity to meet and discuss course related topics with the instructor using video conference and chat functions as well as an opportunity to discuss more informal/current event topics that relate to professionalism or course concepts.

Notes

- Although not necessary please try to email me prior to session if you would like to discuss a certain topic pertaining to an HHP class.
- No dress code for these session; just come prepared for professional conversation
- Contact SRSU Blackboard support should you need technical assistance. See syllabus for contact info.

PS!!!

Students can use this video conferencing tool to connect and discuss course materials ANYTIME - it's here for you to use :)

LEARNER SUPPORT

SRSU GRADUATE CENTER

The Graduate Student Center, located in **BAB 104**, provides resources and services for all SRSU graduate students. There is a computer lab with desktop computers and a networked printer/copier/scanner; laptop computers which can be checked out; a projector and screen for rehearsing student presentations; and a conference room for group study. Both Alpine and distance education students can receive writing and other assistance by calling 432-837-8524.

BLACKBOARD

Navigating Blackboard and this course is essential to your success as a student. If you have problems submitting assignments, contact the support staff listed below.

Mon-Fri 9:00 am - 6:00 pm

Sandy Bogus: sbogus@sulross.edu / 432-837-8523

Sat-Sun 11:00 am - 6:00 pm

Rusty Klein: rklein@sulross.edu / 432-837-8595

MCGRAW HILL CONNECT

If you have any technical issues or questions, please contact McGraw-Hill's Customer Experience Group at 1-800-331-5094.

SRSU DISABILITY SERVICES

The University is committed to equal access in compliance with the Americans with Disabilities Act of 1990 and Section 504 of the Rehabilitation Act of 1973. The Disability Services Coordinator in Counseling and Student Support Services has the responsibility to ensure students with disabilities the opportunity for full participation in programs, services and activities. Students seeking disability services need to contact the Disability Services Coordinator located in the University Center Room 211. The mailing address is PO Box C-171, Sul Ross State University, Alpine, Texas 79832. The telephone is 432- 837-8178; fax is 432-837-8724.