

KES 5313 – Physiological Basis of Human Performance -8-Week Syllabus
Department of Kinesiology & Human Performance
Sul Ross State University

INSTRUCTOR INFORMATION

Instructor: Dr. Chris Herrera, PhD, MBA

Office Hours: Mon/Wed 10am-12pm & Tue/Thur 2-4pm

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: https://connect.mheducation.com/class/c-herrera-kes-5316_fall-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.

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.

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.

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.

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: <http://www.sulross.edu/page/967/schedule-changes-withdrawals>

LATE WORK POLICY

All coursework must be submitted by the provided due dates in Blackboard or Connect. LearnSmart readings must be completed by the due date for credit – no late work will be accepted. Discussions/Responses/Assignments/ Quizzes/Final Projects carry a 5% deduction per day late; up to 30% maximum deduction. If you have not turned in an assignment within 7 days of the due date, you must email the professor for grading consideration.

ALL COURSE REQUIREMENTS DEADLINE

Due to the time requirement for grading purposes, all course requirements must be submitted/completed by the 'Course Requirements Deadline' of Wednesday in Week 8 at 11:59pm to be counted for credit towards the final letter grade in this course. There will be no exceptions to this policy. Late deductions will apply as per above policy.

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

Outcome Measure	Points per unit	Available Points	Percentage of Grade
Connect LearnSmart Chapter Readings	7-10	150	15%
Connect Quizzes	50	150	15%
Assignments	100	400	40%
Discussions	50	200	20%
Final Project	100	100	10%
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,
3	LearnSmart Chapters 8-11	Discussion 2 / Assignment 2, (Collabroate)
4	LearnSmart Chapters 19 & 24	Quiz 2: Chapters 8-11, 9 & 24
5	LearnSmart Chapters 13, 21, 22, & 25	Discussion 3 / Assignment 3 (Collaborate)
6		Quiz 3: Chapters 13, 21, 22 & 25
7		Discussion 4 / Assignmemnt 4
8		Final Project

COURSE REQUIREMENTS

Connect LearnSmart

-150 points total; 7-10 points per chapter

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

There will be three quizzes throughout the semester that will assess your knowledge of the corresponding LearnSmart assignments. Each quiz contains a mixture of information from the various chapters assigned. The quizzes will consist of multiple choice and true/false questions.

Assignments-400 points total; 100 points per assignment

The assignments provide a real-world / practical application of the course content. There will be three assignments throughout the semester that will focus on specific topics covered in the text. Each assignment also has a corresponding discussion board. The basic format of the discussion is responding to a listed prompt in paragraph structure, citing sources when appropriate, using the APA format.

Discussions - 200 points total; 40 points for post / 10 points for 'response'

There will be a set of discussion prompts to choose from within the week in which an assignment is due. To create a thread, you click on the hyperlink to the discussion and then click on create new thread. Put a short title and the week number in the subject line (e.g. Maximum voluntary contraction in basketball players-Week 3). Please only respond directly in the message area, no attachments.

'Applied Response'

Under each discussion post you must read and respond to one of your classmate's original discussion post. Each response is worth up to 10 points. Responses are due 48hrs after the original discussion due date. The response must be more than "good job", "I like what you said", etc., it must be an applied response that would be as if you were having a discussion on the topic in class.

Specifically, an applied response would include, but not limited to: adding to the discussion with further information you find (cite your source or attached links or pdf copies of articles), asking relevant questions, describing application to your career, sports, health or performance, as well as providing constructive criticism / a different viewpoint. 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).

Final Project

-100 points total

This Final Project will require in depth application of knowledge gained throughout the course in relation to the Student Learn Outcomes stated previously in the syllabus. For detailed instructions on this assignment refer to Week 8 in Blackboard.

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.