



**SUL ROSS**  
KINESIOLOGY DEPARTMENT

**KES 3305 - Exercise Physiology – Fall 2020**  
**T/R: 11am-12:15pm in GPC108**

**Dr. Chris Herrera, PhD**  
**Assistant Professor - Kinesiology**

**Office:** Graves-Pierce 101  
**Phone:** 432/837-8375 office  
**Email:** [Christopher.herrera@sulross.edu](mailto:Christopher.herrera@sulross.edu)  
**Office Hours:** MWF: 1230pm-2pm  
Tue/Thur: 9am-1030am

**By appointment** (Email to set an appointment)

**Required Text:** Title: Exercise Physiology: Theory and Application to Fitness and Performance **10<sup>th</sup> ed.**  
Author: Powers  
Publisher: McGraw-Hill Education  
ISBN: 9781259982651

Get Connect access directly from the Connect website when registering for your course section here  
[https://connect.mheducation.com/class/c-herrera-srsu-kes-3305\\_fall-2020](https://connect.mheducation.com/class/c-herrera-srsu-kes-3305_fall-2020)

### **Course Description**

Physiological responses of the human body during various levels/intensities of physical activity and exercise.

### **Purpose of the Course**

The purpose of this course is to provide an in-depth study of the principles of exercise physiology.

### **Course: Student Learning Objectives**

Upon successful completion of this course students will:

1. The acute physiological changes that occur during exercise
2. Appropriate means of maintaining the body in optimum physiological status for exercise
3. The physiological adaptations that occur following exercise training
4. Health benefits of a consistent exercise program and the health risks associated with inactivity
5. The students will be able to discuss how the various systems of the human body interrelate in response to exercise.
6. The students will be able to discuss the various control steps and mechanisms of metabolism (ATP production and ATP utilization).

### **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.

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

The teacher understands principles and activities for developing and maintaining cardiovascular endurance.

The teacher understands principles and activities for developing and maintaining flexibility, posture and muscular strength and endurance.

The teacher understands health and wellness concepts, including those related to nutrition, weight control and stress management, and analyses ways in which personal behaviors influence health and wellness.

### **Course: Marketable Skills**

The following marketable skills are achieved in this course:

**Critical Thinking/Problem Solving:** Exercise sound reasoning to analyze issues, make decisions, and overcome problems. The individual is able to obtain, interpret, and use knowledge, facts, and data in this process, and may demonstrate originality and inventiveness.

### **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).
  3. The Kinesiology and Sport Science students will know how to use effective instruction and assessment to prepare physically educated individuals; understand factors relevant to learning and performance in physical education and use knowledge to promote students' development; understand the structure and purposes of physical education programs; and understand legal issues and responsibilities of physical education teachers (The Physical Education Program Domain).
-

## **GRADING POLICIES/TESTING/ASSIGNMENTS/ATTENDANCE/EXPECTATIONS**

<b>Outcome Measure</b>	<b>Points per item</b>	<b>No of items</b>	<b>Available Points</b>	<b>Percentage of Grade</b>
Connect SmartBook Chapter Readings	5-11	26	250	25%
Discussion Boards	50	4	200	20%
Homework Assignments	50	4	200	20%
Tests (*Final Exam is Test 3)	100	3	300	30%
<b>Total/Final Grade*</b>	--		<b>1000</b>	<b>100%</b>

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

**Be sure to complete all assignments by the due date. Late assignments will have points deducted!**

### **COURSE REQUIREMENTS**

- I. Chapter Readings (e.g. SmartBook via Connect).** 26 units
- II. DISCUSSION BOARDS.** Choose a topic from each unit and write a minimum 250 word essay, also reply to two (2) classmates' discussion boards with a minimum 100 word scholarly reply.
- III. Homework assignments.** Six (4) available; will vary in difficulty and be in class and through distance
- IV. TESTS.** Three test will be given; Test 3 is the final exam.

### **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 16 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.

---

## **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. Connect quizzes, tests and homework carry a 5% deduction per day late; Discussions/Responses/Assignments/Final Projects carry a 5% deduction per day late with 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.

## **DISTANCE EDUCATION STATEMENT**

Students enrolled in distance education courses have equal access to the university's academic support services, such as Smarthinking, library resources, online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website. Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard or designated platform, which requires secure login information to verify students' identities and to protect students' information. The procedures for filing a student complaint are included in the student handbook. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website.

## TENTATIVE COURSE CALENDAR

<b>Week</b>	<b>Dates</b>	<b>Content</b>	<b>Due</b>
1	Aug 24-30	Ch 00 – Introduction to Exercise Physiology Ch 1 – Common Measurements in Exercise Physiology	LearnSmart Ch00-1
2	Aug 30-6 Sept	Ch 2 – Control of the Internal Environment Ch 3 – Bioenergetics	LearnSmart 2-3 <i>Discussion 1 – Chapters 00-3</i>
3	Sept 7-13	Ch 4 – Exercise Metabolism Ch 5 – Cell Signaling and Hormonal Response to Exercise	LearnSmart 4-5 <i>Assignment 1 – Collecting Data</i>
4	Sept 14-20	Ch 6 – Exercise and the Immune System	Ch 6 LearnSmart <i>Test #1: Ch 1-6</i>
5	Sept 21-27	Ch 7 – The Nervous System: Structure/Control of Movement Ch 8 – Skeletal Muscle Structure and Function Ch 9 – Circulatory Response to Exercise	LearnSmart: Ch 7-9 <i>Discussion 2 – Chapters 4-9</i>
6	Sept 28-4 Oct	Ch 10 – Respiration during Exercise Ch 11 – Acid-Base Balance During Exercise	<i>Assignment 2 – Measuring Strength</i>
7	Oct 5-11	Ch 12 – Temperature Regulation Ch 13 – The Physiology of Training: Effect on V <sub>O2</sub> Max	Test 2: Chapters 7-13
8	Oct 12-18	Ch 14 – Preventing chronic disease with Physical Activity Ch 15 – Exercise Tests to Evaluate Cardio Respiratory	LearnSmart: Ch 14-15 <i>Discussion #3 – Chapters 10-15</i>
9	Oct 19-25	Ch 16 – Exercise Prescription for Health and Fitness Ch 17 – Exercise for Special Populations	LearnSmart: Ch 16-17 <i>Assignment 3 – Exercise Tests</i>
10	Oct 26-1 Nov	Ch 18 – Nutrition and Body Composition for Health Ch 19 – Factors affecting performance	LearnSmart: Ch 18-19
11	Nov 2-8	Ch 20 – Laboratory Assessment of Human Performance Ch 21 – Training for Performance	LearnSmart: Ch 20-21 <i>Discussion #4 – Chapters 16-21</i>
12	Nov 9-15	Ch 22 – Training for Special Populations Ch 23 – Nutrition Body Composition and Performance	LearnSmart: Ch 22-23 <i>Assignment 4 – Flexibility &amp; Body Composition</i>
13	Nov 16-22	Ch 24 – Exercise & Environment Ch 25 – Ergogenic Aids	LearnSmart: Ch 24-25
14	Nov 23-29	No Lecture → Use Class time & Office Hours for meetings THANKSGIVING BREAK	
15	Nov 30-6 Dec	No Lecture → Use Class time & Office Hours for meetings	<i>Test #3: Chapters 14-25</i>
16	Dec 7-11	NA	

## **Academic Honesty**

Students are expected to do their own work. Cheating in any form will be subject to disciplinary action that can result in dismissal from the class with a grade of F. This includes plagiarism.

All of the following are considered plagiarism: (taken from: <http://www.plagiarism.org/>)

- turning in someone else's work as your own
- copying words or ideas from someone else without giving credit
- failing to put a quotation in quotation marks
- giving incorrect information about the source of a quotation
- changing words but copying the sentence structure of a source without giving credit
- copying so many words or ideas from a source that it makes up the majority of your work, whether you give credit or not

## **Academic Integrity Statement**

Academic integrity represents the choice to uphold ethical responsibility for one's learning within the academic community, regardless of audience or situation.

## **Academic Civility Statement**

Students are expected to interact with professors and peers in a respectful manner that enhances the learning environment. Professors may require a student who deviates from this expectation to leave the face-to-face (or virtual) classroom learning environment for that particular class session (and potentially subsequent class sessions) for a specific amount of time. In addition, the professor might consider the university disciplinary process (for Academic Affairs/Student Life) for egregious or continued disruptive behavior.

## **Academic Affairs Service Statement**

Sul Ross faculty, staff, and students are expected to model responsible citizenship through service activities that promote personal and academic growth while enhancing the university, local, regional, national, and global communities. These activities will foster a culture of academic/public engagement that contributes to the achievement of the university's mission and core values.

## **Academic Excellence Statement**

Sul Ross holds high expectations for students to assume responsibility for their own individual learning. Students are also expected to achieve academic excellence by:

- Honoring the core values of Sul Ross.
- Upholding high standards of habit and behavior.
- Maintaining excellence through class attendance and punctuality.
- Preparing for active participation in all learning experiences.
- Putting forth their best individual effort.
- Continually improving as independent learners.
- Engaging in extracurricular opportunities that encourage personal and academic growth.
- Reflecting critically upon feedback and applying these lessons to meet future challenges.

## **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**

Our new 24/7 Blackboard online support desk and toll free hotline are set to debut next Monday, May 18th, the Blackboard online support desk toll free number will go live and will be made available to SRSU faculty and students to begin using immediately for any Blackboard technical support issues. SRSU 24/7 Blackboard Technical Support Online Support Desk Contact Info: Toll Free: 888.837.6055 Email: [blackboardsupport@sulross.edu](mailto:blackboardsupport@sulross.edu)

**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.