



SUL ROSS
KINESIOLOGY DEPARTMENT

KES 3305 – Physiology of Exercise Spring 2021
T/R: 11am-12:15pm in GPC108

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Office Hours: Monday/Wednesday: 9:00-10:00, 11:00 AM-1:00 PM
Tuesday/Thursday: 2:00-4:00 PM
Friday: by appointment
Office hours by appointment (Email to set an appointment)
Required Text: Title: Exercise Physiology: Theory and Application to Fitness and Performance. 10th 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/a-wolpern-srsu-sp21-kes-3305>

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 human physiology during stress (exercise).

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 team 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).

Attendance Policy

Attendance for class is mandatory. Every class day is a grade. You will receive 100% credit for being on time, 75% credit for being tardy. Athletic and SRSU sponsored related absences do not count toward the absence allowance, but you must email proof of this absence to me prior to the date you will be absent for. If you have an emergency or medical related absence, please email or call Dr. Ali Wolpern and have proof of the absence reason (doctor's note, positive COVID-19 results, car towing receipt, etc).

Attendance and Drop Policy

For T/TH classes, if a student is absent for 6 or more class periods then the instructor may drop the student from the corresponding course. For MWF classes, if a student is absent for 9 or more class periods, the instructor may drop the student from the corresponding course.

GRADING POLICIES/EXAMS/ASSIGNMENTS/ATTENDANCE/EXPECTATIONS

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

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

Be sure to complete all assignments by the due date. Assignments that are more than 7 days late will NOT be accepted!

COURSE REQUIREMENTS

- I. Chapter Readings (i.e.) SmartBook via Connect.** 26 units
- II. Discussions.** Choose a topic from each unit and write a minimum 250-word essay. Reply to two (2) classmates' discussion posts with a minimum 100-word scholarly reply. Sources used in the discussion posts and replies should be cited and referenced in APA format.
- III. Homework assignments.** (4) will vary in difficulty and be in class and on Blackboard.
- IV. EXAMS.** 3 exams will be given; Exam 3 is the final exam and is **not** cumulative.

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. Late work that is completed within 7 days of the due date will be accepted, but with a 10% late deduction. Late work completed after 7 days following the assignment due date will **NOT** be accepted.

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

(subject to change)

Week	Dates	Content	Assignments Due
1	Jan 11-15 ONLINE	Ch 00 – Introduction to Exercise Physiology Ch 1 – Common Measurements in Exercise Physiology	LearnSmart Ch00-1 Introduction Discussion (<i>EXTRA CREDIT</i>)
2	Jan 18-22 ONLINE	Ch 2 – Control of the Internal Environment Ch 3 – Bioenergetics	LearnSmart 2-3 <i>Discussion 1 – Chapters 00-3</i>
3	Jan 25-29	Ch 4 – Exercise Metabolism Ch 5 – Cell Signaling and Hormonal Response to Exercise	LearnSmart 4-5 <i>Assignment 1 – Collecting Data</i>
4	Feb 1-5	Ch 6 – Exercise and the Immune System	Ch 6 LearnSmart <i>Exam #1: Ch 1-6</i>
5	Feb 8-12	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	Feb 15-19	Ch 10 – Respiration during Exercise Ch 11 – Acid-Base Balance During Exercise	<i>Assignment 2 – Measuring Strength</i>
7	Feb 22-26	Ch 12 – Temperature Regulation Ch 13 – The Physiology of Training: Effect on V _{O2} Max	<i>Exam 2 (completed in-class): Chapters 7-13</i>
8	Mar 1-5	Ch 14 – The Physiology of Resistance Training Ch 15 – Preventing chronic disease with Physical Activity	LearnSmart: Ch 14-15 <i>Discussion #3 – Chapters 10-15</i>
9	Mar 8-12	SPRING BREAK – NO CLASS	
10	Mar 15-19	Ch 16 – Exercise Prescription for Health and Fitness Ch 17 – Exercise for Special Populations	LearnSmart: Ch 16-17 <i>Assignment 3 – Exercise Tests</i>
11	Mar 22-26	Ch 18 – Nutrition and Body Composition for Health Ch 19 – Factors affecting performance	LearnSmart: Ch 18-19
12	Mar 29-Apr 2	Ch 20 – Training for Performance Ch 21 – Training for the Female Athlete, Children, Special Populations	LearnSmart: Ch 20-21 <i>Discussion #4 – Chapters 16-21</i>
13	Apr 5-9	Ch 22 – Nutrition, Body Composition Ch 23 – Exercise & Environment	LearnSmart: Ch 22-23 <i>Assignment 4 – Flexibility & Body Composition</i>
14	Apr 12-16	Ch 24 – Ergogenic Aids Pelvic Floor Health and Exercise	LearnSmart: Ch 24
15	Apr 19-23	No Lecture, use class time & office hours for meetings and review sessions	
16	Apr 26 April 29	Exam 3 (completed in-class) DEAD DAY – NO CLASS	<i>Exam #3: Chapters 14-24</i>
17	Apr 30, May 3-5	FINAL EXAMS	

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: (Retrieved 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 dishonesty hurts everyone and reduces the value of college degrees. Doing someone else's work, presenting the ideas and work of others as your own, submitting the same paper for multiple classes, and/or failing to cite your sources when you utilize the ideas of others, are all examples of academic dishonesty. It is your responsibility to read and understand the university's policy on academic dishonesty in the SRSU Student Handbook, as all violations will be taken seriously and handled through the appropriate university process. The Student Handbook can be found at: <https://www.sulross.edu/page/2454/student-handbook> (page 80).

In addition, please note that plagiarism detection software will be used in this class for written assignments, as well as monitoring software for course exams.

Accidents & Injuries

In the case of bodily or personal property damage, the Human Performance and Kinesiology Department will not be held responsible. The student must report any field experience related injury or illness to the Instructor immediately. Any expense incurred due to injury or illness will be the student's responsibility.

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.

Sul Ross Bryan Wildenthal Memorial Library Statement

The Sul Ross Library offers FREE resources and services to the entire SRSU community. Access and borrow books, articles, and more by visiting the library's website, library.sulross.edu. Off-campus access requires logging in with your LoboID and password. Librarians are a tremendous resource for your coursework and can be reached in person, by email (srsulibrary@sulross.edu), or phone (432-837-8123).

SRSU Disability Services and ADA Statement

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.

LEARNING 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

MCGRAW-HILL CONNECT

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