

KES 5313 – Physiological Basis of Human Performance
Spring 2022 Syllabus
Department of Kinesiology & Human Performance
Sul Ross State University

INSTRUCTOR INFORMATION

Instructor: Dr. Chris Herrera, PhD, MBA

Email: Christopher.Herrera@sulross.edu (Note: Please include “KES 5313” in the subject line of your email. Response time: 24hrs M-Thur; 48hrs Fri-Sun).

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

Office Hours: M-F 130-330pm; or email for appointment.

Required Textbook:

Title: Exercise Physiology: Theory and Application to Fitness and Performance **11th ed.**

Author: Powers

Publisher: McGraw-Hill Education

ISBN: 9781260237764

For this course you will be required to purchase McGraw-Hill Education **Connect**[®] access the required textbook. Please note that Connect works best on Google Chrome or Firefox. **To access, Connect, simply follow the link to the first ‘SmartBook Chapter Reading – Week 1’**

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).

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](#).

Powerpoints, Handouts, and all work distributed and submitted through Blackboard should be kept in a notebook in order to be referred to as necessary, especially when preparing for the final HHP comprehensive exam.

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 to read the assigned chapters and/or other posted readings prior to the provided due dates in order to participate in the online learning environment. In other words, the class requires active participation each week as shown in calendar below.

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.

PROGRAM LEARNING OUTCOMES & MARKETABLE SKILLS

This course is aligned with the following program learning outcomes & marketable skills:

HHP Content Knowledge: Students in the HHP program will demonstrate content knowledge in exercise physiology, nutrition, sports law, tests and measurements, research methods, motor learning, group dynamics and health and human behavior necessary for successful performance in their field.

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.

Communications: Articulate thoughts and ideas clearly and effectively in written and oral forms to persons inside and outside of the organization. The individual has public speaking skills; is able to express ideas to others; and can write/edit memos, letters, and complex technical reports clearly and effectively.

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. SmartBook 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 **Friday 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.

DISTANCE EDUCATION STATEMENT

Students enrolled in distance education courses have equal access to the university's academic support services, such as 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.

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

Outcome Measure	Points per unit	Available Points	Percentage of Grade
Connect SmartBook Chapter Readings	8-12	200	20%
Connect Quizzes/Tests	50	200	20%
Discussions	50	200	20%
Assignments	100	400	40%
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	Dates	SmartBook Chapters	Assessments
1	Mar 14-20	SmartBook Chapters 00-3	Discussion 1 / Assignment 1
2	Mar 21-27	SmartBook Chapters 4-6	Quiz 1: Ch 00-6
3	Mar 28 – Apr 3	SmartBook Chapters 7-9	Discussion 2 / Assignment 2
4	Apr 4-10	SmartBook Chapters 10-12	Quiz 2: Ch 7-12
5	Apr 11-17	SmartBook Chapters 13-15	Discussion 3 / Assignment 3
6	Apr 18-24	SmartBook Chapters 16- 18 Review Final Project Requirements; Ask Questions if needed.	Quiz 3: Ch 13-18
7	Apr 25- May 1	SmartBook Chapters 19-21 Begin Final Assignment	Discussion 4 / Assignment 4
8	May 2-6	SmartBook Chapters 22-24 Final Quiz (not comprehensive) <i>***Recommend copy/save all discussions from yourself and others, and all submitted work so you can have this material for your COMP exam at the end of the program.</i>	Quiz 4: Ch 19-24 Complete Faculty Evaluation through Blackboard

COURSE REQUIREMENTS

Connect SmartBook

-200 points total; 7-10 points per chapter

SmartBook 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

-200 points total; 50 points per quiz

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

Discussions – 200pts total

50 points each; 30 points for post / 10 points for each of two ‘responses’

There will be a set of discussion prompts associated with assignments in this course.

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 type your discussion answers directly in the message area, only attach assignments or research articles (if applicable).

‘Response’ → “Application”

Under each discussion post you must read and respond to **TWO** 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 at least 100 words and 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 apply the content discussed in a new way – including but not limited to: adding to the discussion with further information you find (cite your source), describing application to 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).

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.

Blackboard Collaborate - HHP Virtual Classroom

No points provided

Blackboard Collaborate is a virtual classroom that will be used during this course. Attendance is not required but it will provide students with an opportunity to interact in real-time with other students in the program and HHP instructors. The date and time will be sent via Blackboard announcement and the topics in each session are not assigned but will be related to the coursework of that week. All session times are CST and noted in Blackboard using 'Virtual Classroom – Collaborate Ultra' link.

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 COLLABORATE 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

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.

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.