

Summer 2022

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

INSTRUCTOR INFORMATION

Instructor: Dr. Chris Herrera, PhD, MBA

Office Hours: Tue-Thur 9am-1pm

Email: Christopher.Herrera@sulross.edu (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)

Advising: You can contact me during my office hours, email or setup an individual virtual advising time by appt

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.

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 for Exercise Physiology: Theory and Application to Fitness and Performance 11th 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 will access the textbook directly through any of the assignment links in Blackboard.

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	7-12	200	20%
Connect Quizzes	4	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.

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>

TENTATIVE COURSE CALENDAR

Week	LearnSmart Chapters	Plan / Assessment
0.5	LearnSmart Chapters 00-3	Review Syllabus, Gain Access to Text Discussion 1; Start LearnSmart; reach out to Faculty for individual support as needed
1.5	LearnSmart Chapters 3-6	Assignment 1 Quiz 1: Chapters 00-6 &
2.5	LearnSmart Chapters 8-11	Assignment 2 Discussion 2 Quiz 2
3.5	LearnSmart Chapters 19 & 24	Assignment 3 Discussion 3 Quiz 3
4.5	LearnSmart Chapters 13, 21, 22, & 25	Assignment 4 Discussion 4 Quiz 4
5.5		Complete any late work and download all course materials for safe keeping

COURSE REQUIREMENTS

Connect LearnSmart

-200 points total; 8-12 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

-200 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 / 5 points for each 'responses'

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 5 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).

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.

24/7 Call Center: 888.837.6055
blackboardsupport @sulross.edu

On-Campus Instructional Support:
Graduate Student Center & Instructional Services - Alpine Campus - BAB 104
Office Hours: M - F 8am to 5pm

TIM PARSONS / tim.parsons @sulross.edu . 432-837-8525

ESTELLA VEGA / estellav @sulross.edu . 432-837-8524

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.