



# SUL ROSS

KINESIOLOGY DEPARTMENT

## KINE 5313-W01 Physiology of Human Performance Summer 2023

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<b>Office Hours:</b>	Monday - Thursday: 9:30 am – noon, or by appointment (email to set an appointment)
<b>Meeting:</b>	Online via Blackboard and Connect
<b>Required Text:</b>	<u>Inclusive Access</u> : Exercise Physiology: Theory and Application to Fitness and Performance 11 <sup>th</sup> Ed.
<b>Author:</b>	Powers
<b>Publisher:</b>	McGraw-Hill Education

This class requires Connect textbook access –

You do not need to purchase the book or Connect; this class is a part of Inclusive Access. Inclusive Access is a course material affordability program, designed by institutions and guided by the Department of Education to deliver digital learning resources to students, at a significantly reduced cost. The materials will be automatically provided to you digitally on or before the first day of class. All students should be sent instructions on how to access the material the day before the first day of class via email. The link is <https://accounts.mheducation.com/olc/product/connect/login?app=connect.mheducation.com>. If you have any issues, you can connect with the [Learner Experience](#) team and submit emails or call the Sul Ross helpline at: **800-758-0592**.

### **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 reading 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 the calendar below.

## **Marketable Skills – The following marketable skills are met in this course:**

- 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 – students will be asked to critically decipher a multitude of real-world scenarios. Exercise sound reasoning to analyze issues, make decisions, and overcome problems. The individual can obtain, interpret, and use knowledge, facts, and data in this process, and may demonstrate originality and inventiveness.
- Career Readiness – students will develop the skills necessary to thrive in a management role in their chosen profession. 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; can express ideas to others; and can write/edit memos, letters, and complex technical reports clearly and effectively.

## **STUDENT LEARNING OUTCOMES**

The learning activities, assignments, and exams in this course are constructed to assess each student's mastery of the following 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.

## **GRADING POLICIES**

<b>Outcome Measure</b>	<b>Points Per Item</b>	<b>Number Of Items</b>	<b>Available Points</b>	<b>Percentage of Grade</b>	<b>Grading Scale</b>
<b>Connect SmartBook Chapter Readings</b>	<b>10</b>	<b>25</b>	<b>250</b>	<b>25%</b>	<b>900 or more A</b>
<b>Connect Quizzes/Tests</b>	<b>75</b>	<b>4</b>	<b>300</b>	<b>30%</b>	<b>800-899 B</b>
<b>Discussions</b>	<b>70</b>	<b>3</b>	<b>210</b>	<b>21%</b>	<b>700-799 C</b>
<b>Assignments</b>	<b>70</b>	<b>3</b>	<b>210</b>	<b>21%</b>	<b>600-699 D</b>
<b>Pre-Course Assignments</b>	<b>10-20</b>	<b>2</b>	<b>30</b>	<b>3%</b>	
			<b>1000</b>	<b>100%</b>	<b>Less than 599 F</b>

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

Note: Satisfactory progress in the Sports Administration 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.

**Be sure to complete all assignments by the due date. Depending on the assignment, late assignments may not be accepted or may be accepted but will have points deducted!**

## **LATE WORK POLICY**

All coursework must be submitted by the provided due dates in Blackboard or Connect. **Connect readings** must be completed by the due date for credit – **NO LATE WORK WILL BE ACCEPTED FOR CHAPTER READINGS.** All other work: **assignments, discussions, and tests carry a 30% deduction for 1-7 days late.** For consideration to turn in work passed 1 week late, must be approved by the professor for grading consideration. If approved by the professor, assignments turned in over 1 week late will carry a minimum 50% deduction.

## **COURSE CALENDAR**

<b>Week</b>	<b>Content</b>	<b>Due</b>
<b>1</b> 6/1 to 6/2	Syllabus Review, Class Expectations, Demonstrations, Blackboard	Pre-Course Assignment
<b>2</b> 6/5 to 6/9	<b>SmartBook Chapters 00 - 5</b>	eBook Ch. – <b>6/11</b> <b><u>Test #1 (Ch.)</u></b> – 6/11 Assignment 1 – <b>6/11</b>
<b>3</b> 6/12 to 6/16	<b>SmartBook Chapters 6 - 11</b>	eBook Ch. – <b>6/18</b> <b><u>Test #2 (Ch.)</u></b> – 6/18 Discussion 1 – <b>6/16</b> DQ Response – <b>6/18</b>
<b>4</b> 6/19 to 6/23	<b>SmartBook Chapters 12 - 17</b>	eBook Ch. – <b>6/25</b> <b><u>Test #3 (Ch.)</u></b> – 6/25 Discussion 2 – <b>6/23</b> DQ Response – <b>6/25</b>
<b>5</b> 6/26 to 6/30	<b>SmartBook Chapters 18-24</b>	eBook Ch. – <b>7/2</b> <b><u>Test #4 (Ch.)</u></b> – 7/2 Assignment 2 – <b>7/2</b>
<b>6</b> 7/3 to 7/7		Discussion 3 – <b>7/4</b> DQ Response – <b>7/6</b> Assignment 3 – <b>7/6</b> <b><u>Independence Day</u></b> – <b>7/4</b>

***\*\*\*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.***

## **ALL COURSE REQUIREMENTS DEADLINE**

Due to the time required for grading purposes, all course requirements must be submitted/completed by the ‘Course Requirements Deadline’ of *Wednesday of Week 6 at 11:59 pm* 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 the above policy.

### **Pre-Course Assignment (30 points total).**

- Pre-Course Check & Quiz – 10 questions worth 10 points total, 1 point for each question. The Syllabus Quiz will demonstrate that you have read and understand the content located in various headings of the syllabus. By submitting the syllabus quiz, you are indicating that you have completely read the syllabus and understand what is expected of a student of this online course.
- Introduce Yourself Discussion – worth 20 points total (post your reply 12 points and 2 replies 8 points). This assignment will help you, your instructor, and your fellow class members get to know each other. Use the prompts that are given to introduce yourself to your classmates, and respond to at least 2 of your classmate's posts.

### **SmartBook Chapter Readings (10 points each, 250 points total).**

25 Chapters; SmartBook Connect Chapter Readings are done at the start of each chapter (this is a “flipped classroom”). Connect Readings must be done by the due date. **LATE WORK WILL NOT BE ACCEPTED.** All due dates for chapter readings are found in Course Calendar (**every Sunday @ 11:59 pm**). Highly encourage you to work ahead of the due dates. Students need to finish the Chapter Readings before starting the weekly test. 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 in the Chapter Tests.

### **Connect Quizzes/Tests (4 total tests, 75 points each, 300 total points)**

Four tests will be given; each test is worth 75 points. No comprehensive final exam. Chapter Tests will be due **every Sunday night @ 11:59 pm** Each Test contains a mixture of information from the various chapters assigned. You only get one attempt for each Test. Tests include multiple-choice questions. Once you start a test, you will have unlimited time to complete the questions. The questions are automatically scored after you take the Test. Each day Tests are turned in late carries a 30% deduction for 1-7 days late. PowerPoints for each chapter are posted in Blackboard which can be helpful while taking tests. Connect Chapter Readings and class discussions will also be helpful; however, it is recommended that students take notes to better prepare themselves.

**Computer Problems During Quiz:** Any problem that causes your quiz to close, submit with an error, or shut off/disappear must be immediately reported to me. Otherwise, your actions can constitute academic dishonesty.

**Helpful Tips:** Since the Chapter Quizzes are an important part of your final grade, here are some helpful tips.

1. Set a schedule
2. Read the entire chapter, do not skim
3. Take notes and/or highlight
4. Review the notes, and re-read them if necessary
5. Take the quiz.

### **Discussion (3 discussions, 70 points each, 210 total points)**

There will be a set of discussion prompts associated with the chapters covered in this course. Find the discussion question assigned to you from the chapters covered. You will restate the question first, then you will write your answer. Answers must be at least 400 words in-depth, and is **due every Friday at 11:59 pm**. Students then must respond to two classmate's discussion questions. These responses must be academic and scholarly in nature, a minimum of 150 words each, and are **due every Sunday at 11:59 am**. When breaking down the point total for each discussion question, 40 points are given for answering your discussion question and 15 points for each academic response, totaling 70 points. To earn all the points possible, answer all discussion questions, do good work, submit your response on time, and respond to two other student's discussions.

## **ASSIGNMENTS (3 assignments, 70 points each, 210 total points)**

The assignments provide a real-world/practical application of the course content. There will be three assignments throughout the course that will focus on specific topics covered in the text.

## **UNIVERSITY POLICIES**

### **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, 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.

### **Accidents & Injuries**

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

### **Academic Integrity Statement**

Students in this class are expected to demonstrate scholarly behavior and academic honesty in the use of intellectual property. A scholar is expected to be punctual, prepared, and focused; meaningful and pertinent participation is appreciated. Examples of academic dishonesty include but are not limited to: Turning in work as original that was used in whole or part for another course and/or professor; turning in another person's work as one's own; copying from professional works or internet sites without citation; collaborating on a course assignment, examination, or quiz when collaboration is forbidden.

### **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>

### **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.

## **Libraries Info**

The Bryan Wildenthal Memorial Library in Alpine 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](http://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](mailto:srsulibrary@sulross.edu)), or phone (432-837-8123).

## **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.

## **ADA Statement**

SRSU Disability Services. Sul Ross State University (SRSU) is committed to equal access in compliance with Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the student's responsibility to initiate a request each semester for each class. Students seeking accessibility/accommodations services must contact Rebecca Greathouse Wren, LPC-S, SRSU's Accessibility Services Coordinator at 432-837-8203 (please leave a message and we'll get back to you as soon as we can during working hours), or email [rebecca.wren@sulross.edu](mailto:rebecca.wren@sulross.edu). Our office is located on the first floor of Ferguson Hall (Suite 112), and our mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas, 79832.

## **Classroom Climate of Respect**

Importantly, this class will foster free expression, critical investigation, and the open discussion of ideas. This means that all of us must help create and sustain an atmosphere of tolerance, civility, and respect for the viewpoints of others. Similarly, we must all learn how to probe, oppose and disagree without resorting to tactics of intimidation, harassment, or personal attack. No one is entitled to harass, belittle, or discriminate against another based on race, religion, ethnicity, age, gender, national origin, or sexual preference. Still, we will not be silenced by the difficulty of fruitfully discussing politically sensitive issues.

## **Diversity Statement**

I aim to create a learning environment for my students that supports a diversity of thoughts, perspectives and experiences, and honors your identities (including race, gender, class, sexuality, religion, ability, socioeconomic class, age, nationality, etc.). I also understand that the crisis of COVID, economic disparity, and health concerns, or even unexpected life events could impact the conditions necessary for you to succeed. My commitment is to be there for you and help you meet the learning objectives of this course. I do this to demonstrate my commitment to you and to the mission of Sul Ross State University to create an inclusive environment and care for the whole student as part of the Sul Ross Familia. If you feel like your performance in the class is being impacted by your experiences outside of class, please don't hesitate to come and talk with me. I want to be a resource for you.