



SUL ROSS
KINESIOLOGY DEPARTMENT

KINE 33334 001

Spring 2024

**Contemporary
Health
Problems**

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Instructor - Kinesiology

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Office Hours: **By appointment (email to set an appointment)**

Contacting Mr. Renshaw: You may contact me via email, stopping by my office during office hours. If you send an email, I will respond within 24 business hours (unless you are notified otherwise ahead of time). I may not respond to emails over the weekend or once I have left for the day. Plan accordingly

Recommended Text: Physical Activity Epidemiology 3rd ed. (Dishman et al.) ISBN 978-1-4925-9301-0

COURSE DESCRIPTION

Each week can include lectures, case studies, group discussions, and assessments to ensure a well-rounded understanding of the body system and associated diseases. Additionally, practical applications and real-life scenarios can be incorporated to enhance learning and provide a holistic view of pathophysiology and epidemiology.

EXPECTATION OF STUDENTS

Students are responsible for keeping up with the reading and are expected to read the assigned chapters and/or other posted readings prior to class in order to contribute to online discussion. Handouts distributed through Blackboard should be kept in a notebook in order to be referred to as necessary.

MARKETABLE SKILLS – The following marketable skills are met in this course:

- **Collaboration** – students will interact with one another through a multitude of class discussions and activities
- **Critical Thinking** – students will be asked to critically decipher a multitude of real-world scenarios

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:

1. Cardiovascular System:
 - Students will demonstrate an understanding of the anatomy and physiology of the cardiovascular system.
 - Students will analyze and explain the pathophysiology of common cardiovascular diseases, including hypertension and coronary artery disease.
2. Respiratory System:
 - Students will comprehend the structure and function of the respiratory system.
 - Students will evaluate the pathophysiology of respiratory diseases, such as asthma and COPD.
3. Gastrointestinal System:
 - Students will describe the normal function of the gastrointestinal system.
 - Students will identify and analyze the pathophysiology of gastrointestinal disorders like irritable bowel syndrome and inflammatory bowel disease.
4. Renal System:
 - Students will articulate the anatomy and physiology of the renal system.
 - Students will assess the pathophysiology of common renal diseases, including chronic kidney disease and urinary tract infections.
5. Endocrine System:
 - Students will explain the normal functioning of the endocrine system.
 - Students will analyze the pathophysiology of endocrine disorders, such as diabetes mellitus and thyroid disorders.
6. Nervous System:
 - Students will understand the structure and function of the nervous system.
 - Students will evaluate the pathophysiology of neurological diseases, including stroke and Alzheimer's disease.
7. Musculoskeletal System:
 - Students will describe the anatomy and physiology of the musculoskeletal system.
 - Students will identify and analyze the pathophysiology of musculoskeletal disorders, such as osteoarthritis and rheumatoid arthritis.
8. Reproductive System:
 - Students will demonstrate an understanding of the reproductive system's normal function.
 - Students will assess the pathophysiology of reproductive disorders, including polycystic ovary syndrome and prostate disorders.

By the end of the course, students should have a comprehensive understanding of the pathophysiology of various body systems and be able to apply this knowledge to analyze and discuss common diseases within each system.

COURSE OBJECTIVES

Students will be able to:

1. Demonstrate knowledge selected systems level anatomy and physiology
2. Demonstrate knowledge of systems level pathophysiology
3. Demonstrate knowledge of epidemiology of certain diseases
4. Understand common drug classes, their side-effects and application for diseases
5. Understand contraindications of diseases and drugs that can affect athletic performance

Course Format

The format for this course will include, but is not limited to – face to face delivery and possible on-line components.

Attendance

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. **One letter grade will be deducted for every absence after four (4).**

Students with zero (0) absences (not including athletic related absences) and with no missing assignments will be exempt from the final exam.

GRADING POLICIES/TESTING/ASSIGNMENTS/ATTENDANCE/EXPECTATIONS

Grade calculation	% of Grade	Grading Scale	
Attendance	100 (10%)	900 or more	A
Unit Test (4)	4 @ 250 = 1000 points (100%)	800-899	B
		700-799	C
		600-699	D
		Less than 599	F
		Total Points = 1000	

No Late Assignments Will Be Accepted. Also, No Credit Will Be Given For Any Late Assignments



WEEK	CONTENT	DUE
1/17 – 1/19	Syllabus Review, Class Expectations, Demonstrations, Blackboard	
1/22 - 1/27	Week 2-3: Cardiovascular System Introduction to Cardiovascular Pathophysiology Anatomy and Physiology Review Drugs	
1/29 - 2/2	Cont...	
2/5-2/9	Week 4-5: Respiratory System	
2/12-2/16	Cont....	TEST 1
2/19-2/23	Week 6-7: Gastrointestinal System	
2/26-3/1	Cont...	
3/4-3/8	Week 8: Renal System	TEST 2
3/11-3/15	SPRING BREAK	<u>No class</u>
3/18-3/22	Week 10-11: Endocrine System	
3/25-3/29	Cont...	Good Friday Holiday March 9
4/1-4/5	Week 12-13: Nervous System	
4/8-4/12	Cont...	Test 3
4/15-4/19	Week 14-15: Musculoskeletal System	
4/22-4/26	Cont...	
4/29-5/1	Tentative/Class choice	Last Day of Class – 5/4
May 3; 6-8		Test 4

ALL COURSE REQUIREMENTS DEADLINE

All test and assignments will be due on the date shown by 11:59 pm. The final exam will be due by the date and time show

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 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. The Student Handbook can be found at: <https://www.sulross.edu/catalog/undergraduate-academic-regulations-2/#1605412215143-c8b265dc-3e01> In addition, please note that plagiarism detection software will be used in this class for written assignments.

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

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. Off-campus access requires logging in with your LobolD 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).

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. Our office is located on the first floor of Ferguson Hall (Suite 112), and our mailing address is P.O. Box C-122, SUI Ross State University, Alpine. Texas, 79832.

Connecting with Students for Success

As a part of a research study, I am committed in this course to the following:

I will know your name	I will provide user-friendly, timely feedback on your assignments	I will hold high standards and support you to achieve them	I will hold an individual meeting with each student during the semester
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