



SUL ROSS
KINESIOLOGY DEPARTMENT

KINE 5313-W01
Physiology of Human Performance
Fall 2024

Dr. Hugh Morrissey
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Office Hours:

- Mondays: 9:00 am-10:00 am; 11:00 am-12:00 pm; 1:00 pm-3:00 pm
- Tuesdays/Thursdays: 1:00 pm-3:00 pm
- Wednesdays: 9:00 am-10:00 am; 11:00 am-12:00 pm; 2:00 pm-3:00 pm
- or by appointment (email or <https://outlook.office365.com/book/SulRossStateUniversityKinesiology@sulross.onmicrosoft.com/> to set an appointment)

Meeting: Online via Blackboard and Connect
Required Text: Sully Shelf: Exercise Physiology: Theory and Application to Fitness and Performance 12th Ed.
Author: Powers
Publisher: McGraw-Hill Education

All the required course materials for your classes are being delivered through Sully Shelf Book Fee (\$250), the campus-wide course materials program. Your student account will be charged automatically, and you will not need to make a separate purchase.

For this course we will be using a digital eBook accessed through BryteWave, powered by RedShelf. You will receive an email directly from BryteWave donotreply@redshelf.com, with a link to access your account. Please follow directions in the email to access your virtual bookshelf. The first time you access the eBook you will see a screen prompting you to “View Course Materials”.

Need more info or have questions? Check out the Sully Shelf FAQs: [Access | Lobo Outfitters - Sul Ross State University \(bkstr.com\)](#), or call the campus store at (432) 837-8194. Your dedicated customer support email address is sullyshelf@follett.com.

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. The objective of the text is to provide an up-to-date understanding of the physiology of exercise, health-benefits of exercise, and the physiology of exercise performance.

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.

Learning Outcomes

- 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.

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.

GRADING POLICIES

Outcome Measure	Points Per Item	Number Of Items	Available Points	Percentage of Grade	Grading Scale
Connect SmartBook Chapter Readings	10	25	250	25%	895 or more A
Connect Quizzes/Tests	75	4	300	30%	795-894 B
Discussions	70	3	210	21%	695-794 C
Assignments	70	3	210	21%	595-694 D
Pre-Course Assignments	10-20	2	30	3%	Less than 594 F
			1000	100%	

*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.

COURSE CALENDAR

Week	Content	Due
1 8/26 to 9/1	Blackboard - Start Here, Pre-Course Assignments Chapter 00 – Introduction to Exercise Physiology Chapter 1 – Common Measurements in Exercise Physiology	Introduce Yourself Discussion - 8/30 ; Response – 9/1 Pre-Course Check & Quiz – 9/1 Connect SmartBook Chapters 00 & 1 – 9/1 <u>Last Day for Late Registration and Schedule Changes – 8/29</u>
2 9/2 to 9/8	Chapter 2 – Control of the Internal Environment Chapter 3 – Bioenergetics Chapter 4 – Exercise Metabolism Chapter 5 – Cell Signaling and Hormonal Response to Exercise	Connect SmartBook Chapters 2, 3, 4, & 5 – 9/8 <u>Last Day to Drop course w/o creating academic record – 9/3</u>
3 9/9 to 9/15		Discussion Question #1 Post – 9/13

		DQ #1 Response – 9/15 Assignment # 1 – 9/15
4 9/16 to 9/22	Chapter 6 – Exercise and the Immune System Chapter 7 – The Nervous System: Structure/Control of Movement Chapter 8 – Skeletal Muscle Structure and Function Chapter 9 – Circulatory Response to Exercise Chapter 10 – Respiration during Exercise Chapter 11 – Acid-Base Balance During Exercise	Connect SmartBook Chapters 6, 7, 8, 9, 10, & 11 – 9/22 Mid-term Exam (Ch. 00-11) – 9/22
5 9/23 to 9/29		Discussion Question #2 Post – 9/27 DQ #2 Response – 9/29 Assignment # 2 – 9/29
6 9/30 to 10/6	Chapter 12 – Temperature Regulation Chapter 13 – The Physiology of Training: Effect on VO2 Max Chapter 14 – Physiology of Resistance Training Chapter 15 – Preventing Chronic Disease: PA & Healthy Eating Chapter 16 – Exercise Prescription for Health and Fitness Chapter 17 – Exercise for Special Populations Chapter 18 – Nutrition and Body Composition for Health	Connect SmartBook Chapters 12, 13, 14, 15, 16, 17, & 18 – 10/6
7 10/7 to 10/13		Discussion Question #3 Post – 10/13 DQ #3 Response – 10/11 Assignment # 3 – 10/13

8 10/14 to 10/20	Chapter 19 – Factors affecting performance Chapter 20 – Training for Performance Chapter 21 – Training for Female/Children/Special Populations Chapter 22 – Nutrition Body Composition and Performance Chapter 23 – Exercise & Environment Chapter 24 – Ergogenic Aids	Connect SmartBook Chapters 19, 20, 21, 22, 23, & 24 – 10/18 Final Exam (Ch. 13-24) – 10/18
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*****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.**

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!

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.

Tests (2 total tests, 150 points each, 300 total points)

Two tests will be given; each test is worth 150 points. No comprehensive final exam. Mid Term Exam will be due **Sunday night @ 11:59 pm** and Final Exam will be due Wednesday Night @ 1:59 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 250 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

Academic Integrity Statement

Students in this class are expected to demonstrate scholarly behavior and academic honesty in the use of intellectual property. Students should submit work that is their own and avoid engaging in behaviors that violate academic integrity, such as 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.

Students should also avoid using open AI sources unless permission is expressly given for an assignment or course. Violations of academic integrity can result in failing assignments, failing a class, and/or more serious university consequences. These behaviors also erode the value of college degrees and higher education overall.

As an SRSU student, it is your responsibility to read and understand the university's expectations about academic integrity. All violations will be taken seriously and handled through the appropriate university process. The policy can be found at: <https://www.sulross.edu/about/administration/university-policies/>

In addition, please note that plagiarism detection software will be used in this class for written assignments.

Americans with Disabilities Act (ADA Statement)

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 Mary Schwartz, 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 mary.schwartz@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

Big Three:

- Show up on time.
- Be present for the 50 minutes we are together.
- Be respectful to other classmates.

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.

Counseling

Sul Ross has partnered with TimelyCare where all SR students will have access to nine free online counseling sessions. You can learn more about this 24/7/356 support by visiting [Timelycare/SRSU](https://www.timelycare.com/SRSU). The SR Counseling and Accessibility Services office will continue to offer in-person counseling in Ferguson Hall room 112 (Alpine campus), and telehealth Zoom sessions for remote students and RGC students.

SRSU Library Services

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 your LoboID and password. Check out materials using your photo ID. Librarians are a tremendous resource for your coursework and can be reached in person, by email (srsulibrary@sulross.edu), or phone (432-837-8123). No matter where you are based, public libraries and many academic and special libraries welcome the general public into their spaces for study. SRSU TexShare Cardholders can access additional services and resources at various libraries across Texas. Learn more about the TexShare program by visiting library.sulross.edu/find-and-borrow/texshare/ or ask a librarian by emailing srsulibrary@sulross.edu.

Supportive Statement

I aim to create a learning environment for my students that supports various perspectives and experiences. I understand that the recent pandemic, economic disparity, and health concerns, or even unexpected life events may 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 a supportive 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.

Technical Support

The Support Desk is where you can direct your more technical questions. For example, the Support Desk can help you if you are having issues submitting a document, getting videos to play, or using BlackBoard. The support desk is open 24 hours a day/7 days a week for your convenience.

You can reach the support desk:

- By calling 888.837.6055
- Via email blackboardsupport@sulross.edu
- Using resources from the Technology Support tab within blackboard
- Clicking the Support Desk graphic on the course homepage

Tutoring

- a) Tutoring and Learning Center located in the library (call 432-837-8982 for a reservation with a tutor)
- b) Tutor.com (online tutoring services available on BlackBoard) – be sure to allow 48 hours turnaround time for a writing assignment.

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 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.

AI Policy Statement: Sul Ross State University Kinesiology Department

The Sul Ross State University Kinesiology Department is committed to upholding the highest standards of academic integrity and excellence. As artificial intelligence (AI) tools become increasingly accessible, we recognize their potential as valuable resources for learning and innovation. However, it is imperative that students use AI tools ethically and responsibly.

The improper use of AI in assignments, including but not limited to, generating content without proper attribution, submitting AI-generated work as one's own, or using AI tools to circumvent the learning process, constitutes academic dishonesty. Such actions undermine the educational goals of our programs and violate the University's Code of Conduct.

Students found to be improperly using AI for assignments may face severe consequences, including but not limited to receiving a failing grade for the assignment or course.

Additionally, such violations will be referred to the Dean of Students Office for further disciplinary action, which may include probation, suspension, or expulsion from the University.

We encourage students to seek guidance from their instructors if they have any questions about the appropriate use of AI in their coursework. Our department is committed to fostering an environment of integrity, where students can achieve their academic and professional goals through honest and meaningful engagement with their studies.