



Physiology of Exercise

KINE 3305-001 | Fall 2026

Tuesdays & Thursdays | 9:30-10:45 a.m. | GPC 108

Instructor	Doug W. Renshaw, Ph.D.
Email	doug.renshaw@sulross.edu (include KINE 3305 in the subject line)
Office Phone	432-837-8661
Office Hours	Mon 9:00-11:00 a.m. & 12:30-1:30 p.m.; Tue 11:00 a.m.-1:00 p.m.; Wed 9:00-11:00 a.m. & 12:30-1:30 p.m.; Thu 11:00 a.m.-1:00 p.m.; or by appointment M-F when not teaching (in person or via Teams).

16-week term: August 24-December 9, 2026. First Tuesday/Thursday class meeting: August 25, 2026.

Course Description

KINE 3305 Physiology of Exercise (3-0). Physiological responses of the human body during various levels/intensities of physical activity and exercise.

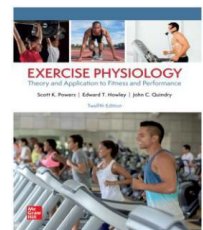
Purpose of the Course

The purpose of this course is to provide an in-depth study of the principles of exercise physiology.

Required Textbook & Course Access

Inclusive Access: Exercise Physiology: Theory and Application to Fitness and Performance, 12th Edition, Scott Powers.

This class requires McGraw Hill Connect access. The course is part of Inclusive Access, designed to provide digital learning resources at a reduced cost on or before the first day of class. Students should receive access information by email; contact the instructor if access is not available.



Student Learning Outcomes

By the end of the course, the student will be able to:

- Identify the acute and chronic physiological changes that occur during exercise.
- Recognize means of maintaining the body in optimum physiological status for exercise.
- Describe the physiological adaptations that occur following exercise training.
- Explain the benefits of a consistent exercise program and the health risks associated with inactivity.
- Discuss how the various systems of the human body interrelate in response to exercise.

- Interpret the control steps and mechanisms of metabolism.

Standard Alignment

Standard II

- The physical education teacher understands principles and benefits of a healthy, physically active lifestyle and motivates students to participate in activities that promote this lifestyle.
- The teacher understands major body systems, principles of physical fitness development and training, and the benefits of a healthy, active lifestyle.
- The teacher understands principles and activities for developing and maintaining cardiovascular endurance.
- The teacher understands principles and activities for developing and maintaining flexibility, posture, muscular strength, and endurance.
- The teacher understands health and wellness concepts, including those related to nutrition, weight control, and stress management, and analyzes ways in which personal behaviors influence health and wellness.

Program Learning Outcomes

1. The Kinesiology and Sport Science students will understand principles of motor learning; practice for developing motor skills; apply biomechanical principles; apply knowledge of individual and team sports; and understand principles of dance, personal performance activities, recreational activities, and outdoor pursuits (Movement Skills and Knowledge Domain).
2. The Kinesiology and Sport Science students will understand major body systems, principles of physical fitness, benefits of a healthy lifestyle, cardiovascular endurance, flexibility, muscular strength and endurance, and health and wellness concepts (Health-Related Physical Fitness Domain).
3. The Kinesiology and Sport Science students will know how to use effective instruction and assessment to prepare physically educated individuals; understand factors relevant to learning and performance; understand the structure and purposes of physical education programs; and understand legal issues and responsibilities of physical education teachers (The Physical Education Program Domain).

Marketable Skills

- **Collaboration** - Students will interact with one another through class discussions and activities.
- **Critical Thinking** - Exercise sound reasoning to analyze issues, make decisions, and overcome problems; obtain, interpret, and use knowledge, facts, and data.
- **Career Readiness** - Students will develop skills necessary to thrive in their chosen profession.

Grading & Assessment

Final grades are determined by the following weighted categories:

Category	Description	Weight
Attendance & Quizzes	Class attendance, engagement, and pop quizzes	10%
SmartBook Assignments	Selected chapter assignments completed in McGraw Hill Connect	35%
Final Examination	Comprehensive examination delivered online through Blackboard/Connect	35%
Peer-Reviewed Article Project	Exercise physiology research article infographic and presentation	20%

*Letter grading will follow SRSU policy.

SmartBook Assignments

SmartBook is an interactive reading program provided through McGraw Hill Connect. Assignments assess comprehension of the assigned chapters and prepare students for examination content. Read the assigned chapter before completing the corresponding SmartBook work.

Final Examination

One comprehensive final examination will assess knowledge from the assigned SmartBook chapters. The examination will include multiple-choice and true/false questions. The final will be administered online through Blackboard using the required testing controls. The exact Fall 2026 exam date/time will follow the official SRSU final-exam schedule when posted for the term.

Pop Quizzes

Throughout the semester, there will be 10 pop quizzes administered at the start of class. Quizzes are designed to verify that students have read and prepared the material scheduled for that day.

Midterm / Peer-Reviewed Article Project

You will locate a peer-reviewed experimental paper on a topic in exercise physiology, read and understand the study, and use an approved AI tool to create an infographic for presentation to the class. Additional project instructions and evaluation criteria will be provided in Blackboard.

Fall 2026 Key Dates

Date	Course / University Milestone
August 24, 2026	First day of the 16-week Fall term.
August 25, 2026	First scheduled KINE 3305-001 class meeting (Tuesday).
August 27, 2026	Last day for late registration and schedule changes.
September 7, 2026	Labor Day - no classes.
September 9, 2026	12th class day / census date; last day to drop a 16-week course without an academic record.
October 16, 2026	Midterm project and Connects 0-7
November 25-27, 2026	Thanksgiving holiday period - no classes.
Dec 3rd	All Connect assignments due by 11:59pm
December 9, 2026	End of the 16-week term / final examination period endpoint per SRSU registration calendar.

Artificial Intelligence (AI) Policy

AI may support learning in this course, but it does not replace your own thinking, writing, or responsibility for submitted work.

The University does not recommend or endorse any specific AI tools or resources. Students should never upload personal, confidential, or identifiable information - including names, ID numbers, health data, or confidential assignment information - into generative AI systems. Students are responsible for understanding the privacy practices of any tool they choose to use.

Permitted uses

- Brainstorming ideas, generating questions, exploring possible approaches, and clarifying concepts when these uses align with an assignment's learning goals.
- Research preparation, outlining, language assistance, or editing support, provided the final submitted work reflects the student's own understanding and authorship.
- Assignment-specific AI use expressly authorized by the instructor, including the peer-reviewed article infographic project.

Required disclosure

Whenever AI is used for an assignment, students must give credit to the tool and document its role. When requested, include an appendix identifying the tool used, relevant prompts/exchanges, how the output was used, and why AI was used.

Prohibited uses

- Using AI during in-class examinations, quizzes, or assignments unless explicitly permitted by the instructor.
- Submitting AI-generated text, answers, analyses, or other work as though it were independently produced by the student.
- Using AI in any manner that violates academic honesty standards, intellectual-property requirements, privacy obligations, or assignment instructions.

Students remain fully responsible for the accuracy, quality, citations, and integrity of everything they submit. If an assignment does not explicitly authorize AI-generated content, assume that submitted prose and answers must be your own work.

Dr. Renshaw's Course Policies

Communication is key.

I expect you to attend class, engage with course materials in Blackboard, and complete work by the assigned deadlines. Extenuating circumstances can occur, but communication must happen as early as possible. If you do not communicate, I cannot help you build a workable plan.

Email

- Use your SRSU email account.
- Put your name and KINE 3305 in the subject line.
- Use professional language and complete sentences.
- Before emailing a routine course question, check Blackboard announcements, your SRSU email, and this syllabus.

Attendance

Regular attendance matters. If you miss more than three classes without documentation provided to the professor, your final course grade will be reduced by one letter grade. Communicate early regarding university-sponsored travel, illness, emergencies, or other legitimate absences.

Late Work

Late work is not accepted unless an exception is approved by the instructor because of a documented extenuating circumstance. Work not submitted by the posted deadline will receive a zero. Course deadlines are posted well in advance; plan accordingly.

Tests & Technology

All tests will be online through Blackboard and may require a lockdown browser or other testing control. It is your responsibility to resolve technical issues before beginning an exam. Exams are opened in advance of the deadline when feasible. Do not wait until the final hours to begin a timed exam; technical problems caused by last-minute testing do not guarantee an exam will be reopened.

Academic Integrity

Cheating, plagiarism, unauthorized collaboration, and misrepresentation of work are not tolerated. Suspected violations will be handled through applicable SRSU academic-integrity procedures and may result in a zero on the affected work and additional university consequences.

Grades

All course grades will be posted in Blackboard. Students are expected to monitor their own standing using the grading weights in this syllabus and report any apparent discrepancy promptly. Final grades are calculated at the end of the semester.

Professional Communication & Grammar

Use complete sentences, correct punctuation, and professional communication in course work and correspondence. Writing quality is part of professional preparation and may affect assignment scores when communication standards are part of the task.

Classroom Respect

This course may include debatable topics. Students are encouraged to share experiences and opinions, but disagreement must remain respectful. Harassment, intimidation, belittling, or personal attacks are not acceptable and may result in removal from the class session and referral under university policy.

Student Support & Well-Being

Mental and physical health both matter. Sul Ross provides counseling and accessibility resources for students. If outside circumstances are affecting your ability to succeed in this course, communicate with me early so that appropriate university resources and academic options can be considered.



See the current SRSU Counseling and Accessibility Services and TimelyCare information for available support services.

University Policies & Resources

Accessibility / ADA

Sul Ross State University is committed to equal access and to providing reasonable accommodations for students with documented disabilities. It is the student's responsibility to initiate accommodation requests each semester. Refer to the current SRSU Accessibility Services information for contact details and procedures.

Distance Education Statement

Students enrolled in distance education courses have access to university academic support services, including library resources, online databases, and instructional technology support. Students should use Sul Ross email accounts and Blackboard for official course communication and submissions, and are expected to follow university standards for academic honesty and student conduct.

Libraries

The Bryan Wildenthal Memorial Library provides resources and services to the SRSU community, including books, articles, databases, research support, InterLibrary Loan, and related services. Off-campus access requires SRSU credentials. Current library contact information and service details are available through the SRSU Library website.

Academic Integrity

Students are expected to demonstrate scholarly behavior and academic honesty in the use of intellectual property. Submit your own work; cite sources appropriately; do not reuse another person's work as your own; do not collaborate when collaboration is prohibited; and do not use AI or other automated assistance unless the assignment or course policy expressly permits it. Violations may result in assignment, course, and/or university consequences.

Classroom Climate of Respect

This class supports free expression, critical investigation, and open discussion of ideas. Everyone shares responsibility for maintaining an atmosphere of civility and respect. We may probe, oppose, and disagree with ideas without intimidation, harassment, discrimination, or personal attack.

Supportive Statement

My goal is to create a learning environment that supports students with varied perspectives and experiences. Unexpected life events, health concerns, and economic or personal circumstances can affect academic performance. If outside circumstances are interfering with your ability to meet course expectations, communicate with me as early as possible. I want to help you identify a realistic path forward while maintaining the learning objectives of the course.

Course Success Checklist

- Attend Tuesday/Thursday class meetings at 9:30 a.m. prepared to participate.
- Read assigned material before class and before SmartBook work.
- Check Blackboard announcements and SRSU email regularly.
- Complete Connect/Blackboard work before the posted deadline; do not rely on last-minute submissions.
- Use AI only within the boundaries stated in this syllabus and assignment instructions.
- Ask for clarification early when course content or expectations are unclear.

Quick Reference

Course Essentials	Important Dates
Meeting: Tue/Thu, 9:30-10:45 a.m. Room: GPC 108 Email: doug.renshaw@sulross.edu Attendance & Quizzes: 10% SmartBook: 35% Final Exam: 35% Article Project: 20%	First class meeting: Aug. 25 Labor Day: Sept. 7 - no class Census/drop without record: Sept. 9 Withdrawal deadline (W): Nov. 6 Thanksgiving break: Nov. 25-27 Term ends: Dec. 9

Keep this syllabus available throughout the semester. Blackboard announcements and assignment instructions may provide additional details for specific activities, but the policies and expectations stated here remain the default course framework.