George Mason University  
College of Education and Human Development  
Kinesiology  

KINE 310.DL2 – Exercise Physiology I  
3 Credits, Fall 2017  
Asynchronous Online

Faculty  
Name: Claire Baetge, PhD  
Office hours: By Appointment via Blackboard Collaborate  
Email address: cbaetge@gmu.edu

Prerequisites/Corequisites  
BIOL 124, BIOL 125, ATEP 300, Coreq. KINE 200

University Catalog Course Description  
Introduces students to the physiologic, neuroendocrine, and biochemical changes of the human body that are associated with exercise and work.

Course Overview  
This course provides a theoretical basis for understanding the body's physiological responses to exercise. Specifically, the course investigates how the support systems of the body (respiratory, cardiovascular, muscular, etc.) function, in cooperation with human energy production to ensure that energy is provided for exercise. Emphasis will be placed upon the practical application of exercise physiology principles to coaching, teaching, and other physical training practices.

Course Delivery Method  
This course will be delivered online using asynchronous format via the Blackboard learning management system (LMS) housed in the MyMason portal. You will log in to the Blackboard course site using your Mason email name (everything before @masonlive.gmu.edu) and email password. The course site will be available on August 28, 2017.

Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.

Technical Requirements  
To participate in this course, students will need to satisfy the following technical requirements:

• High-speed Internet access with a standard up-to-date browser, either Internet Explorer or Mozilla Firefox is required (note: Opera and Safari are not compatible with Blackboard).
• Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.
• Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of course requirements.
• The following software plug-ins for PCs and Macs, respectively, are available for free download:
  • Adobe Acrobat Reader: https://get.adobe.com/reader/
  • Apple Quick Time Player: www.apple.com/quicktime/download/

Expectations

• Course Week:
  Because asynchronous courses do not have a "fixed" meeting day, our week will start on MONDAY and finish on SUNDAY.
• Log-in Frequency:
  Students must actively check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least FOUR times per week.
• Participation:
  Students are expected to actively engage in all course activities throughout the semester, which includes viewing all course materials, completing course activities and assignments, and participating in course discussions and group interactions.
• Technical Competence:
  Students are expected to demonstrate competence in the use of all course technology. Students who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.
• Technical Issues:
  Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.
• Workload:
  Please be aware that this course is not self-paced. Students are expected to meet specific deadlines and due dates listed in the Class Schedule section of this syllabus. It is the student’s responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.
• Instructor Support:
  Students may schedule a one-on-one meeting to discuss course requirements, content or other course-related issues. Those unable to come to a Mason campus can meet with the instructor via telephone or web conference. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method and suggested dates/times.
• Netiquette:
  The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their responses carefully before posting them, so as others do not consider them as personal
offenses. Be positive in your approach with others and diplomatic in selecting your words. Remember that you are not competing with classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.

**Accommodations:**
Online learners who require effective accommodations to insure accessibility must be registered with George Mason University Disability Services.

**Learner Outcomes or Objectives**

This course is designed to enable students to do the following:
1. Have a theoretical knowledge regarding the physiological responses and capacity for exercise by the human body.
2. Be able to differentiate the physiological metabolic processes that govern human movement and apply each of these processes to physical performance.
3. Be able to compare and contrast the physiological principles of the support systems of the body and appraise how each system is affected by and adapts to exercise.
4. Demonstrate the ability to make recommendations regarding exercise programs based on basic exercise physiology knowledge.
5. Attain knowledge of current issues in exercise physiology research and be able to critically evaluate published literature

**Professional Standards**

Upon completion of this course, students will have met the following professional standards:
This course meets the Commission on Accreditation of Allied Health Education Programs (CAAHEP) requirements and covers the following American College of Sports Medicine’s Knowledge-Skills-Abilities (KSA's):

<table>
<thead>
<tr>
<th>KSA</th>
<th>Description</th>
<th>Lecture, Lab or Both</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.1.9</td>
<td>Ability to describe the systems for the production of energy.</td>
<td>Lecture</td>
</tr>
<tr>
<td>1.1.13</td>
<td>Knowledge of the heart rate, stroke volume, cardiac output, blood pressure, and oxygen consumption responses to exercise.</td>
<td>Lecture</td>
</tr>
<tr>
<td>1.1.17</td>
<td>Knowledge of the physiological adaptations that occur at rest and during submaximal and maximal exercise following chronic aerobic and anaerobic exercise training.</td>
<td>Lecture</td>
</tr>
<tr>
<td>1.1.19</td>
<td>Knowledge of the structure and function of the skeletal muscle fiber.</td>
<td>Lecture</td>
</tr>
<tr>
<td>1.1.20</td>
<td>Knowledge of the characteristics of fast and slow twitch muscle fibers.</td>
<td>Lecture</td>
</tr>
<tr>
<td>1.1.21</td>
<td>Knowledge of the sliding filament theory of muscle contraction.</td>
<td>Lecture</td>
</tr>
<tr>
<td>1.1.22</td>
<td>Knowledge of twitch, summation, and tetanus with respect to muscle contraction.</td>
<td>Lecture</td>
</tr>
<tr>
<td>1.1.26</td>
<td>Knowledge of the response of the following variables to acute static and dynamic exercise: heart rate, stroke volume, cardiac output, pulmonary ventilation, tidal volume, respiratory rate, and arteriovenous oxygen difference.</td>
<td>Lecture</td>
</tr>
</tbody>
</table>
Required Texts

Course Performance Evaluation
Students are expected to submit all assignments on time in the manner outlined by the instructor on Blackboard.

- **Assignments and/or Examinations**
  1. **Exams and Final Exam (Objectives 1, 2, 3 & 4)**
     There will be 4 mid-term exams and a final exam (5 total exams). The final exam will be cumulative. The format for all exams will be multiple choice, true/false, and fill in the blank questions. They will be available over a three-day period (Thursday-Saturday). IMPORTANT – the exams will be timed. Once you start the exam you must complete within a set amount of time (90 minutes for mid-term exams; 120 minutes for the final exam).

- **Homework Assignments (Objectives 1, 4 & 5)**
  Regular homework will be assigned. There will be 10 total HW assignments. No late homework assignments will be accepted. All homework assignments must be typed and submitted on Blackboard.

- **Quizzes (Objectives 1, 2, 3, & 4)**
There will be 10 quizzes during the semester. The format of the quizzes will be multiple choice, true/false, and/or fill in the blank questions. They will be available over a two-day period (Friday and Saturday). The quizzes will provide an indication of how well you are prepared for the upcoming exam. **IMPORTANT** – the quizzes will be timed. Once you start a quiz you must complete within a set amount of time. The amount of time you have to complete each quiz will be provided in the quiz instructions.

**Research Presentation (Objective 5)**

Students will be required to submit a research presentation. The research presentation will be a “literature review” of a specific topic in the field of exercise physiology. The “literature review” must summarize the major papers related to the topic chosen. A **minimum of 10** references must be used. The presentation citations should be formatted using APA or AMA guidelines. Students must create a 10-15 minute PowerPoint presentation on their research topic. Students will be required to record audio of themselves presenting the presentation using the built-in audio recording in the PowerPoint software. Directions as to how to perform this will be given, if needed. The research presentation must be submitted on Blackboard on the Discussion Board. A more detailed description of the research presentation requirements will be made available on Blackboard. There are three sub-assignments relating to the presentation, as well.

**Course Performance Evaluation Weighting**

This course will be graded on a point system, with a total of 1000 possible points.

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Percentage/Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exam 1</td>
<td>10% / 100</td>
</tr>
<tr>
<td>Exam 2</td>
<td>10% / 100</td>
</tr>
<tr>
<td>Exam 3</td>
<td>10% / 100</td>
</tr>
<tr>
<td>Exam 4</td>
<td>10% / 100</td>
</tr>
<tr>
<td>Final Exam</td>
<td>20% / 200</td>
</tr>
<tr>
<td>Homework Assignments</td>
<td>10% / 100</td>
</tr>
<tr>
<td>Research Presentation</td>
<td>15% / 150</td>
</tr>
<tr>
<td>Quizzes</td>
<td>10% / 100</td>
</tr>
<tr>
<td>Professionalism</td>
<td>5% / 50</td>
</tr>
</tbody>
</table>

- **Other Requirements**

**Professionalism (Course objectives 1, 2, 3, 4, & 5)**

Kinesiology students are expected to behave in a professional manner. Depending upon the setting professionalism may appear different, but typically consists of similar components. For undergraduate Kinesiology students in a classroom setting professionalism generally comprises the following components:

**Attendance** – Show up on time to class and pay attention. If you cannot attend a class for a legitimate reason please notify the instructor ahead of time. If you have to unexpectedly miss a class due to something out of your control, contact the instructor within 24 hours to notify them what happened and to see if there is anything you need to do to make up your absence.
**Communication** – When communicating with the instructor and classmates, either face-to-face or via the assigned George Mason University email address, students should address the other person appropriately, use appropriate language and maintain a pleasant demeanor.

**Participation** – Participate in class discussions and activities. Demonstrate that you have an interest in the subject matter.

**Responsibility/Accountability** – Professionals take responsibility for their actions and are accountable. This can occur at multiple levels but generally consists of completing assignments on time, submitting work that is of the appropriate quality, honoring commitments and owning up to mistakes.

**Honesty/Integrity** – Students are expected to be honest with the instructor, classmates and themselves. Professionals keep their word when committing to something and act in an ethical manner.

**Self-Improvement/Self-awareness** – One should be aware of their strengths/weaknesses and constantly seek to improve. Professionals regularly seek out opportunities to increase their knowledge and improve their current skill set.

**Grading**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
</tr>
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<tbody>
<tr>
<td>A</td>
<td>94-100</td>
</tr>
<tr>
<td>A-</td>
<td>90-93</td>
</tr>
<tr>
<td>B+</td>
<td>88-89</td>
</tr>
<tr>
<td>B</td>
<td>84-87</td>
</tr>
<tr>
<td>B-</td>
<td>80-83</td>
</tr>
<tr>
<td>C+</td>
<td>78-79</td>
</tr>
<tr>
<td>C</td>
<td>74-77</td>
</tr>
<tr>
<td>C-</td>
<td>70-73</td>
</tr>
<tr>
<td>D</td>
<td>60-69</td>
</tr>
<tr>
<td>F</td>
<td>0-59</td>
</tr>
</tbody>
</table>

**Professional Dispositions**

Students are expected to exhibit professional behaviors and dispositions at all times. See [https://cehd.gmu.edu/students/policies-procedures/](https://cehd.gmu.edu/students/policies-procedures/)
# KINE 310.DL2 Class Schedule Fall 2017

All coursework is due by 11:59pm on the respective due dates.

<table>
<thead>
<tr>
<th>Week No.</th>
<th>Date</th>
<th>Ch(s)</th>
<th>Topic(s)</th>
<th>Assignment(s)</th>
</tr>
</thead>
</table>
| 1        | 8/28-9/3 | 1 & 2 | Structure & Function of Exercising Muscle and Fuel for Exercise | HW 1: 9/1  
Quiz 1: 9/2  
Syllabus Contract Quiz: 9/3 |
| 2        | 9/5*-9/10| 3     | 9/4 Labor Day  
Neural Control of Exercising Muscle                     | HW 2: 9/8  
Quiz 2: 9/9  
Research Presentation Sign-Up: 9/10 |
| 3        | 9/11-9/17| 1-3   |                                                    | Exam 1: 9/14-9/16                                  |
| 4        | 9/18-9/24| 4     | Hormonal Control During Exercise                  | HW 3: 9/22  
Quiz 3: 9/23 |
| 5        | 9/25-10/1| 5     | Energy Expenditure and Fatigue                    | HW 4: 9/29  
Quiz 4: 9/30 |
| 6        | 10/2-10/8| 4-5   |                                                    | Exam 2: 10/6-10/8                                  |
| 7        | 10/10*-10/15| 6-8 | 10/9 Columbus Day  
The Cardiovascular System, The Respiratory System, Cardiorespiratory Responses | HW 5: 10/13  
Quiz 5: 10/14 |
| 8        | 10/16-10/22| 9-11| Principles of Exercise, Adaptations to Aerobic and Anaerobic Training | HW 6: 10/20  
Quiz 6: 10/21 |
| 9        | 10/23-10/29| 6-11|                                                    | Exam 3: 3/30-4/1                                  |
| 10       | 10/30-11/5| 12 & 13| Exercise in Hot, Cold, and Altitude                  | HW 7: 11/3  
Quiz 7: 11/4 |
| 11       | 11/6-11/12| 14-16| Training for Sport, Body Composition and Nutrition, Ergogenic Aids | HW 8: 11/10  
Quiz 8: 11/11 |
Research Presentation: 11/18 |
| 14       | 11/27-12/3| 17-19| Children and Adolescents, Aging, and Sex Differences in Sport and Exercise | HW 9: 12/1  
Quiz 9: 12/2 |
| 15       | 12/4-12/9*| 20-22| Exercise Prescription, CV Disease, Obesity, Diabetes, and PA  
12/9 Last Day of Class                  | HW 10: 12/8  
Quiz 10: 12/9 |
| 16       | 12/11-12/17| 1-22 |                                                    | 12/11-12/12 Reading Days  
FINAL EXAM  
12/14-12/16 |

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.
Core Values Commitment
The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: http://cehd.gmu.edu/values/.

GMU Policies and Resources for Students
Policies

- Students must adhere to the guidelines of the University Honor Code (see http://oai.gmu.edu/the-mason-honor-code/).

- Students must follow the university policy for Responsible Use of Computing (see http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/).

- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.

- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see http://ods.gmu.edu/).

- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or https://cehd.gmu.edu/aero/tk20. Questions or concerns regarding use of Blackboard should be directed to http://coursessupport.gmu.edu/.

- For information on student support resources on campus, see https://ctfe.gmu.edu/teaching/student-support-resources-on-campus

For additional information on the College of Education and Human Development, please visit our website https://cehd.gmu.edu/students/.

Assessment Rubric(s)
Rubrics for each assignment can be found attached to the assignment descriptions within Blackboard.