

George Mason University
College of Education and Human Development
Kinesiology

KINE 310.AO2 – Exercise Physiology I
3 Credits, Summer 2018
Asynchronous Online

Faculty

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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 **May 21, 2018**.

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/>
 - Windows Media Player: <https://windows.microsoft.com/enus/windows/downloads/windows-media-player/>
 - 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):

KSA	Description	Lecture, Lab or Both
	GENERAL POPULATION/CORE: EXERCISE PHYSIOLOGY AND RELATED EXERCISE SCIENCE	
1.1.9	Ability to describe the systems for the production of energy.	Lecture
1.1.13	Knowledge of the heart rate, stroke volume, cardiac output, blood pressure, and oxygen consumption responses to exercise.	Lecture
1.1.17	Knowledge of the physiological adaptations that occur at rest and during submaximal and maximal exercise following chronic aerobic and anaerobic exercise training.	Lecture
1.1.19	Knowledge of the structure and function of the skeletal muscle fiber.	Lecture
1.1.20	Knowledge of the characteristics of fast and slow twitch muscle fibers.	Lecture
1.1.21	Knowledge of the sliding filament theory of muscle contraction.	Lecture

1.1.22	Knowledge of twitch, summation, and tetanus with respect to muscle contraction.	Lecture
1.1.26	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.	Lecture
1.1.27	Knowledge of blood pressure responses associated with acute exercise, including changes in body position.	Lecture
1.1.31	Knowledge of how the principles of specificity and progressive overload relate to the components of exercise programming.	Lecture
	GENERAL POPULATION/CORE: NUTRITION AND WEIGHT MANAGEMENT	
1.8.1	Knowledge of the role of carbohydrates, fats, and proteins as fuels for aerobic and anaerobic metabolism.	Lecture
1.8.4	Knowledge of the effects of diet, exercise and behavior modification as methods for modifying body composition.	Lecture
1.8.7	Knowledge of the importance of maintaining normal hydration before, during, and after exercise.	Lecture
1.8.14	Knowledge of common nutritional ergogenic aids, the purported mechanism of action, and any risk and/or benefits (e.g., carbohydrates, protein/amino acids, vitamins, minerals, herbal products, creatine, steroids, caffeine).	Lecture
	GENERAL POPULATION/CORE: SAFETY, INJURY PREVENTION, AND EMERGENCY	
1.10.6	Knowledge of the effects of temperature, humidity, altitude, and pollution on the physiological response to exercise and the ability to modify the exercise prescription to accommodate for these environmental conditions.	Lecture

Required Texts

Kenney, W.L., Wilmore, J.H., Costill, D.L. (2015) *Physiology of Sport and Exercise (6th edition)*. Human Kinetics. ISBN-13: 978-1450477673

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**

Exams and Final Exam (*Objectives 1, 2, 3 & 4*)

There will be 5 exams. The format for all exams will be multiple choice, true/false, and fill in the blank questions. They will be available over a two-day period (Friday-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).

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 due on Thursday of each week. 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. You will have two attempts for each quiz.

Discussion Forum (150 points total) (*Objectives 1, 2, 3, 4, & 5*)

- **Article Review Post (50 pts)** Each student will sign up for one topic, which he/she will be responsible for researching and *thoroughly (at least 450 words)* leading a discussion topic on.
- **Forum Responses (100 pts)** There are 10 discussion forums. The number of posts will vary from week to week. Students must read and kindly respond with additional information, a question, or an interesting point about what was learned. Be sure to provide a response to each of the posts each week.

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 5** references must be used. The presentation citations should be formatted using APA or AMA guidelines. Students must create a 5-10 minute PowerPoint presentation on their research topic. Students will be required to record audio of themselves presenting the presentation using the Kaltura software. Directions as to how to perform this will be given, if needed. The research presentation must be submitted on Blackboard and on the Discussion Board. A more detailed description of the research presentation requirements will be made available on Blackboard.

Course Performance Evaluation Weighting

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

Assignment	Percentage/Points
Exam 1	10% / 100
Exam 2	10% / 100
Exam 3	10% / 100
Exam 4	10% / 100
Exam 5	10% / 100
Homework Assignments	10% / 100

Discussion Forum	15%/ 150
Research Presentation	10% / 100
Quizzes	10% / 100
Professionalism	5% / 50

- **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**

A = 94-100	B+ = 88-89	C+ = 78-79	D = 60-69
A- = 90-93	B = 84-87	C = 74-77	F = 0-59
	B- = 80-83	C- = 70-73	

Professional Dispositions

Students are expected to exhibit professional behaviors and dispositions at all times. See <https://cehd.gmu.edu/students/polices-procedures/>

KINE 310.AO2 Class Schedule Summer 2018
All coursework is due by 11:59pm on the respective due date.

Week		Ch(s)	Topic(s)	Assignment(s)
Date	Module			
Week 1 5/21-5/27	1	1 & 2	Structure & Function of Exercising Muscle and Fuel for Exercise	HW 1: 5/25 Quiz 1: 5/25 Discussion 1 Response: 5/26
Week 1 5/21-5/27	2	3	Neural Control of Exercising Muscle	HW 2: 5/25 Quiz 2: 5/25 Discussion 2 Response: 5/26 Syllabus Contract Quiz: 5/27 Research Presentation Sign-Up: 5/27
Week 1 5/21-5/27		1-3	Exam 1: 5/25-5/27	
Week 2 5/28*-6/3	3	4	5/28 Memorial Day No Class Hormonal Control During Exercise	HW 3: 6/1 Quiz 3: 6/1 Discussion 3 Response: 6/2
Week 2 5/28*-6/3	4	5	Energy Expenditure and Fatigue	HW 4: 6/1 Quiz 4: 6/1 Discussion 4 Response: 6/2
Week 2 5/28*-6/3		4-5	Exam 2: 6/1-6/3	
Week 3 6/4-6/10	5	6 -8	The Cardiovascular System, The Respiratory System, Cardiorespiratory Responses	HW 5: 6/8 Quiz 5: 6/8 Discussion 5 Response: 6/9
Week 3 6/4-6/10	6	9-11	Principles of Exercise, Adaptations to Aerobic and Anaerobic Training	HW 6: 6/8 Quiz 6: 6/8 Discussion 6 Response: 6/9
Week 3 6/4-6/10		6-11	Exam 3: 6/8-6/10	
Week 4 6/11-6/17	7	12 & 13	Exercise in Hot, Cold, and Altitude	HW 7: 6/15 Quiz 7: 6/15 Discussion 7 Response: 6/16
Week 4 6/11-6/17	8	14-16	Training for Sport, Body Composition and Nutrition, Ergogenic Aids	HW 8: 6/15 Quiz 8: 6/15 Discussion 8 Response: 6/16
Week 4 6/11-6/17		12-16	Exam 4: 6/15-6/17 Research Presentation: 6/17	
Week 5 6/18-6/24	9	17-19	Children and Adolescents, Aging, and Sex Differences in Sport and Exercise	HW 9: 6/20 Quiz 9: 6/20 Discussion 4 Response: 6/20
Week 5 6/18-6/24	10	20-22	Exercise Prescription, CV Disease, Obesity, Diabetes, and PA	HW 10: 6/20 Quiz 10: 6/20 Discussion 4 Response: 6/20
Week 5 6/18-6/24		17-22	6/20 Last Day of Class Exam 5: 6/21-6/23	

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://coursesupport.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.