

George Mason University
College of Education and Human Development
Kinesiology

KINE 310 (001) — Exercise Physiology I
3 Credits, Fall 2019
M, W 10:30 – 11:45AM, Colgan Hall 203 – SciTech Campus

Faculty

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PREREQUISITES

Undergraduate level BIOL 124 minimum grade of C and undergraduate level BIOL 125 minimum grade of C.
Co-requisite of 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

The course is a mix of a lecture and discussion course. However, other approaches may be used to facilitate learning. This includes videos, demonstrations and in-class activities. Overall this will be a highly interactive class and students will be encouraged to participate.

LEARNING OBJECTIVES

At the completion of the course, students should be able to:

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/ACCREDITATION 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	
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: PATIENT MANAGEMENT AND MEDICATIONS	
1.5.2	Knowledge of the effects of the following substances on the exercise response such as antihistamines, tranquilizers, alcohol, diet pills, cold tablets, caffeine, and nicotine.	
	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/READINGS

Kenney, W.L., Wilmore, J.H., Costill, D.L. (2015) *Physiology of Sport and Exercise (6th edition)*. Human Kinetics. ISBN-13: 9781450477673.

SUPPLEMENTARY MATERIAL

Supplementary materials will be used in class and posted on Blackboard.

CORRESPONDENCE

The preferred method of communication outside of class is email. Emails should originate from a George Mason email account and be in a professional format (i.e. emails should not look like a text message!). Emails with no text in the body will not be acknowledged.

Example email with instructor:

Hello Dr. Eddo,

I have a question regarding...

Regards,

Student's Name

COURSE PERFORMANCE EVALUATION

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

Assignments and Examinations:

Midterm Examination One – 20%

Midterm Examination Two – 20%

Comprehensive Final Examination – 25%

Quizzes (unannounced, usually biweekly) – 20%

Assignments & After Class Questions – 15%

After Class Questions (5%) – after several class sessions throughout the semester, before dismissal, you will be required to anonymously write down a question related to a topic that you are having difficulty with. If you comprehend all class information at the time, you can report that. We will start the next class by answering the student questions as a class. You must be present in class to participate and receive credit.

Group Lecture (10%) – Students will work in groups to create a lecture, presentation, quiz and grading on a topic agreed upon by the students and the instructor. The lecture can be up to 20 minutes (with Q&A) of delving deeper into a topic related to class. It should be concise and include visual aids. The quiz must have a minimum of 10 clearly understandable yet challenging questions. Lecture topics and dates will be determined after exam one. Grading will be based on background physiology, etiology, acute and chronic impact of exercise/activity on underlying physiology, current and future research ideas, clarity of presentation, and quality of quiz created.

Grading Scale

A	=	94 – 100	B+	=	87 – 89	C+	=	77 – 79	D	=	60 – 69
A-	=	90 – 93	B	=	84 – 86	C	=	74 – 76	F	=	0 – 59

Technology Use During Class

As per GMU policy, all sound emitting technology is required to be turned off during the class meeting time. No sound emitting technology (e.g., cell phones, smart phones, iPads, Tablets, pagers, etc.) is allowed at any time during the class period. Students who are observed using any form of technology inappropriately (e.g., sending text messages from cell phones, visiting social networking sites from laptops, etc) will be dismissed from class for the day, counted as an absence, and not permitted to make up missed assignments. Additionally, no laptop computers (e.g., netbooks, notebooks, etc.) will be permitted for use during class time unless with permission from the instructor.

PROFESSIONAL DISPOSITIONS [L] [S] [SEP]

See <https://cehd.gmu.edu/students/polices-procedures/>

Students are held to the standards of the George Mason University Honor Code. You are expected to attend all class sections, actively participate in class discussions, complete in-class exercises and fulfill all assignments. Make-up tests, quizzes, assignments, or other grades will be granted for excused absences only. Excused absences include: serious illness, official university excused absences and extenuating circumstances. It is the student's responsibility to contact the instructor in order to obtain the make-up work. Assignments must be turned in at the beginning of class on the specified date due or **no credit will be given**.

TENTATIVE COURSE SCHEDULE

Date			Topic & potential in class assignments	
#1	Aug	26	Intro/Syllabus	
#2	Aug	28	Energy Systems	Ch. 2
	Sep	2	No class	
#3	Sep	4	Energy Systems & Exercise	
#4	Sep	9	Energy Systems & Exercise	
#5	Sep	11	Energy Expenditure & Fatigue	Ch. 5
#6	Sep	16	Energy Expenditure & Fatigue	
#7	Sep	18	Nervous System and Exercise	Ch. 3
#8	Sep	23	Nervous System and Exercise	
#9	Sep	25	Neuromuscular (Skeletal Muscle)	Ch. 1 & 3

#10	Sep	30		Neuromuscular (Skeletal Muscle)	
#11	Oct	2		<u>Exam 1</u>	
#12	Oct	7		Neuromuscular Responses to Exs. Neuromuscular fatigue	
#13	Oct	9		Adaptations to Resistance Training, DOMS	Ch. 10
#14	Oct	15		Neuromuscular Fatigue Cardiorespiratory System and Exercise	
#15	Oct	16		Cardiovascular System and Exercise	Ch. 8
#16	Oct	21		Cardiorespiratory Responses to Acute Exs.	Ch. 8
#17	Oct	23		Cardiorespiratory Responses to Acute Exs.	Ch. 8
#18	Oct	28		Respiratory System/Cardio response to exs.	
#19	Oct	30		Respiratory	
#20	Nov	4		Respiratory Responses and Adaptations to Ex.	
#21	Nov	6		<u>Exam 2</u>	
#22	Nov	11		Overall Adaptations to Exercise and Training Recommendations	
#23	Nov	13		Training Recommendations	
#24	Nov	18		The Environment and Ex.	Ch. 12
#25	Nov	25		Nutrition and Ergogenic Aids	Ch. 13
#26	Nov	27		Thanksgiving Recess	
#27	Dec	2		Presentations	
#28	Dec	4		Presentations and Review	

FINAL EXAM – Wednesday, **December 11th 10:30AM.**

Note: The instructor reserves the right to make changes to the course syllabus and/or schedule at any time. Students will always be informed of any changes made

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 Mason 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/> .

Academic Integrity

GMU is an Honor Code University; please see the University Catalog for a full description of the code and the honor committee process. The principle of academic integrity is taken very seriously, and violations are treated gravely. What does academic integrity mean in this course? First, it means that when you are responsible for a task, you will be the one to perform that task. When you rely on someone else's work in an aspect of the performance of that task, you will give full credit in the proper, accepted form. Another aspect of academic integrity is the free play of ideas. Vigorous discussion and debate are encouraged in this course, the firm expectation that all aspects of the class will be conducted with civility and respect for differing ideas, perspectives and traditions. When in doubt, please ask for guidance and clarification.

