

# EXS/PE 311 Exercise Physiology

Web Course  
3 Credit Hours  
Western Kentucky University

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**\*\*\*Please make sure you have the textbook for the first scheduled day of the course! Make sure to check the University Bookstore website to ensure that you are purchasing the correct textbook and the most current edition of the textbook.\*\*\***

**Required Text:** Powers SK and Howley ET (9<sup>th</sup> ed. 2012) *Exercise Physiology: Theory and Application to Fitness and Performance*. New York, NY: McGraw-Hill

**General Information:** This is a web-based course designed specifically to emphasize the theoretical bases of exercise physiology. The course is for Physical Education Majors/minors, Athletic Coaching minors, or other appropriate majors/minors. The course will cover various physiological systems, e.g. cardiovascular, neuromuscular, immunological, etc., as they relate to exercise, stress, and other threats to homeostasis. For the Physical Education majors/minors and Athletic Coaching minors taking this course, you will have the opportunity to apply this information during your practicum, student teaching, and professional careers etc.

Since it is an online course, please check your e-mail and Blackboard on a regular basis for announcements and updates for the course. It is incumbent upon YOU, the student, to keep up with the readings, assignments, discussions, etc. Please be very careful in regards to the due dates of the quizzes, exams, assignments, etc. and make you follow the instructions precisely to ensure you complete the work on time and in the appropriate manner.

## Grade Evaluations:

Exams	40%
Quizzes	20%
Written assignments	15%
Discussion Board Topics	15%
Journal entries	10%

**\*\*\*Please Note:** Failure to complete either of the exams will result in automatic failure for the entire course.

Final grade determinations will be made using the university scale as follows:

90 – 100 =	A
80 – 89 =	B
70 – 79 =	C
60 – 69 =	D
≤ 59 =	F

**Delinquent Work:** All work is due at or before the time stated. NO EXCEPTIONS!!! I suggest that you not wait until right before the time an assignment is due before turning it in. This is because if everyone does that the server could get jammed resulting in some people (and it may be you) having late work. Also, the time something is delivered to Blackboard will be based on my computer's clock, not yours. Remember, mine may be as much as 10 minutes faster than yours. **All written assignments and journal entries turned in after the “due time” will be penalized one letter grade (ten percentage points) for every 24 hours delinquent. You will not have the opportunity to make up any discussion boards or quizzes not completed.**

**Style:** All work should be completed in **Microsoft Word**. If you don't have a current version of MS Word (2003 or later) I suggest you do one of two things: find a computer lab with updated software or buy it for yourself.

**Extra Credit:** There will not be any opportunity to perform additional work for the purpose of attaining extra credit. You are encouraged to spend your time preparing for that work which is assigned for evaluation.

**Posting Grades:** I will use the Blackboard grade book to post grades. There should be no confusion over what your grade is at any given time.

**Academic Misconduct:** All acts of dishonesty in any work constitute academic misconduct. In the event of academic misconduct, the student(s) will receive a failing grade (“F”) for the course, and may be reported to the University Disciplinary Committee.

**Students with Special Needs:** Students with disabilities who require accommodations (academic adjustments and/or auxiliary aids or services) for this course must contact the Office for Student Disability Services (OFSDS) located in Garrett Conference Center, Room 101. The OFSDS telephone number is (270) 745-5004 V/TDD. Please do not request accommodations directly from the professor or instructor without a letter of accommodation from the Office for Student Disability Services.