

Western Kentucky University  
College of Health and Human Services  
School of Kinesiology, Recreation, & Sport

<b>COURST TITLE:</b> (Online)	PE 311	Exercise Physiology (3 credit hours) June 10 <sup>th</sup> - July 19 <sup>th</sup>
<b>INSTRUCTOR:</b>	Dr. Travis Esslinger	Smith Stadium (East) 1019
	Office Hours:	Varied over the summer, E-mail will be the best means of communication.
	Phone #:	270.745.3423
	E-mail:	<a href="mailto:francis.esslinger@wku.edu">francis.esslinger@wku.edu</a>

**Course Description:**

A study of the acute and chronic effects of exercise on the body's physiological function.

**Prerequisite:**

BIOL 131 (Anatomy and Physiology)

**Required Textbook:**

Kenney, W. K., Wilmore, J. H., & Costill, D. L. (2012). *Physiology of sport and exercise* (5<sup>th</sup> ed.). Champaign, IL: Human Kinetics.

\* Recently the 6<sup>th</sup> ed. has been published. Editions 4, 5, and 6 are acceptable.

**Supplemental Texts (not required):**

Powers, S. K., & Howley, E.T. (2008). *Exercise physiology: Theory and application to fitness and performance* (7<sup>th</sup> ed.). New York, NY: McGraw-Hill.

Plowman, S., & Smith, D. (2013). *Exercise physiology for health, fitness, and performance* (4<sup>th</sup> ed.). Baltimore, MD: Lippincott Williams & Wilkins.

**Course Objectives:**

Students should have achieved the following objectives by the completion of this course:

- 1.) Understand the roles of the neuromuscular and endocrine systems in physical activity.
- 2.) Display an understanding of the systems that can be utilized to provide the body with energy during muscular activity.
3. Distinguish between aerobic and anaerobic work, and to identify sports activities accordingly.

- 4.) Understand the function of the cardiorespiratory system during exercise, and factors that influence cardiovascular regulation.
- 5.) Identify various methods of measuring body composition, and to understand the balance of diet and exercise on weight control.
- 6.) Display an understanding of Thermoregulation during activity, and the underlying mechanism of cardiovascular disease.

### **Course Outline:**

Through online lecture, demonstrations and student readings, the following content will be covered:

- Introduction to Exercise Physiology
- Energy for physical activity
- Enhancement of energy capacity
- Body composition, energy balance, and weight control
- Exercise and disease prevention
- Exercise performance and environmental stress

### **Grading:**

Your grade will be assessed according to quizzes, and study questions:

#### **Grades**

Quizzes = 55%

Study Questions = 45%

### **Quizzes:**

Each chapter covered will contain a quiz encompassing questions over the material. Depending on the importance of the chapter the number of questions will vary anywhere from 10-20, and you will be allowed 20-45 minutes to complete each quiz (time dependent on the number of questions).

### **Study Questions:**

Each chapter will also contain 3-5 open-ended questions over the chapter content. Each question is worth three (3) points. Make sure you are thorough in your response.

**\*NOTE:** Discussion of grading or quiz performance will NOT occur through email.

Assignment due dates and details will be announced on Blackboard ahead of time. **If the date of a quiz, assignment, report, etc. changes it is the student's responsibility to note the change should it occur. You will be allowed to complete incomplete assignments (Quizzes/Study Questions) at the end of the term, however, there will be an automatic 50% deduction.**

Grading Scale:

**A** = 90-100    **B** = 80-89    **C** = 70-79    **D** = 60-69    **F** = 59 and below

**Participation:**

Active participation in class is essential to your academic success. Participation in class means that you prepare for class (having read and/ or prepared assignments properly) and you ask questions and actively engage in course material.

If you miss a quiz or graded activity due to a legitimate unforeseen conflict (illness or death in the family), the student **MUST** contact the instructor within one week after the scheduled deadline in order to have an opportunity to complete the assignment(s). In case of other conflicts the student **MUST** inform the instructor at least one week in advance of the scheduled deadline. If a student does not contact the instructor within the above stated timeframe or misses an assignment (quiz/study questions) for other reasons, a zero will be recorded for the grade and there will not be an opportunity to complete the assignment(s) for 50% credit.

As this is a summer term course you will need to be prepared and responsible. We will be covering fifteen different focus areas within Exercise Physiology in 40 days, so it is imperative that you stay to top of the material. To allow you to work at your own pace there are only two established due dates (July 2<sup>nd</sup>, and July 21<sup>st</sup> ). Information concerning the due dates can be located on the last page of this document. All Quizzes/Study Questions must be submitted prior to 11:55:00pm CST in respect to the dates posted above.

**Information Technology:**

If you have any issues with blackboard or any other technology application provided through WKU you should contact the WKU IT Helpdesk at 270-745-7000. They will be able to assist you with any problem you are having with the software they oversee. The staff in this department are very knowledgeable and experienced, they have been trained, and they can provide you with the help you need very quickly. I cannot do any of these things, so please contact the Helpdesk first.

**Academic Honesty:**

"Students who commit any act of academic dishonesty may receive a failing grade from the instructor without a possibility of withdrawal. The faculty member may also present the case to the Office of Student Life for disciplinary action." Students who are unfamiliar with the University policy on plagiarism should consult the most recent edition of the Western Kentucky University Student Handbook. Students uncertain regarding what actions constitute plagiarism should consult the instructor. Student Handbook:

<http://www.wku.edu/handbook/2009/>

\*\*\*Use the following link as a guide throughout your studies:

<http://isites.harvard.edu/icb/icb.do?keyword=paraphrasing>

**The Learning Center (TLC):**

Should you require academic assistance with your WKU courses, The Learning Center (located in the Downing Student Union, 2141) provides free supplemental education programs for all currently enrolled WKU students. The Learning Center at Downing Student Union offers certified, one-on-one tutoring in over 200 subjects and eight academic skill areas by appointment or walk in. Online tutoring is offered to distance learners. TLC is also a quiet study area (with side rooms designated for peer-to-peer tutoring) and a computer lab to complete academic coursework. Please call TLC in the Downing Student Union at (270) 745-5065 for more information or to schedule a tutoring appointment. [www.wku.edu/tlc](http://www.wku.edu/tlc)

*The above procedures and schedule of this course are subject to change in the event of extenuating circumstances. Changes will be posted on Blackboard. It is the student's responsibility to note changes should they occur.*

*Western Kentucky University (WKU) is committed to supporting faculty, staff and students by upholding WKU's Title IX Sexual Misconduct/Assault Policy (#0.2070) at <https://wku.edu/eoo/documents/titleix/wkutitleixpolicyandgrievanceprocedure.pdf> and*

*Discrimination and Harassment Policy (#0.2040) at [https://wku.edu/policies/hr\\_policies/2040\\_discrimination\\_harassment\\_policy.pdf](https://wku.edu/policies/hr_policies/2040_discrimination_harassment_policy.pdf).*

*Under these policies, discrimination, harassment and/or sexual misconduct based on sex/gender are prohibited. If you experience an incident of sex/gender-based discrimination, harassment and/or sexual misconduct, you are encouraged to report it to the Title IX Coordinator, Andrea Anderson, 270-745-5398 or Title IX Investigators, Michael Crowe, 270-745-5429 or Joshua Hayes, 270-745-5121.*

*Please note that while you may report an incident of sex/gender based discrimination, harassment and/or sexual misconduct to a faculty member, WKU faculty are "Responsible Employees" of the University and **MUST** report what you share to WKU's Title IX Coordinator or Title IX Investigator. If you would like to speak with someone who may be able to afford you confidentiality, you may contact WKU's Counseling and Testing Center at 270-745-3159.*

**Formative Schedule:**

Material	Point Value	Due Date
Syllabus Quiz	5	Sun., June 30 <sup>th</sup> by 11:55pm
Ch. 0 SQ/Quiz	15 / 0, no quiz	
Ch. 1 SQ/Quiz	15 / 20	
Ch. 2 SQ/Quiz	12 / 20	
Ch. 3 SQ/Quiz	9 / 12	
Ch. 4 SQ/Quiz	12 / 16	
Ch. 5 SQ/Quiz	15 / 20	
Ch. 8 SQ/Quiz	15 / 17	

Ch. 9 SQ/Quiz	12 / 20	<b>Friday, July 19<sup>th</sup> by 11:55pm</b>
Ch. 10 SQ/Quiz	12 / 14	
Ch. 11 SQ/Quiz	15 / 14	
Ch. 12 SQ/Quiz	12 / 14	
Ch. 13 SQ/Quiz	9 / 14	
Ch. 14 SQ/Quiz	15 / 15	
Ch. 17 SQ/Quiz	12 / 18	
Ch. 20 SQ/Quiz	9 / 17	