

EXS 311 Physiology of Exercise



Web Course – Winter 2021 3 Credit Hours

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Required Text: Powers SK and Howley ET (11th ed. 2020) *Exercise Physiology: Theory and Application to Fitness and Performance*. New York, NY: McGraw-Hill

You are required to have the textbook for this course for the first day of the course. You can go to the WKU bookstore website or any of the local bookstores if you wish. You can also search online for an e-text or to possibly rent the text. You can acquire the textbook however you would like to; it is completely up to you. You will need the textbook indicated above for the first day of class. No exceptions! Please do not ask me if you can use a previous edition of the textbook.

General Information: This is a web-based course designed specifically to emphasize the theoretical bases of exercise physiology. The course is for Exercise Science, 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, etc.

Since it is an online course, please check your e-mail and Blackboard on a **daily basis** (throughout each day) for announcements concerning the course. It is incumbent upon YOU, the student, to keep up with the readings, assignments, quizzes, exams, etc. Please be very careful in regards to the due dates of the quizzes, exams, assignments, etc. and make sure to follow the instructions precisely to ensure you complete the work on time and in the appropriate manner. We are covering an entire semester in 3 weeks so we will cover a great deal of material very quickly. The course will require you to study, complete work, and turn in work most every day. I am suggesting that you make a schedule/calendar with all of the due dates and times to help ensure that you give yourself ample time to complete the assignment/quiz/discussion/exam/etc. and have them submitted by the assigned deadline.

Approximate Grade Evaluations:

Exams	~29%
Quizzes	~27%
Written assignments	~34%
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

****Please refer to the document posted on Bb along with the syllabus for the DUE dates for the written assignments, quizzes, journal entries, discussion boards and the exams. I would suggest you print it out and make a schedule based on the due dates. You are responsible for submitting all course material by the due dates! Plan ahead and give yourself plenty of time to complete the work. Do not wait until the last minute. ****

Reading Assignments: You will have daily reading assignments. I suggest getting an early start as there is a large volume of reading associated with this course. The readings will come from your text as well as from other sources. Those “other sources” will be things that I post to Blackboard that you will be required to print for yourself (if you choose...you may opt simply to save these items to your computer). I do reserve the right to post additional readings, podcasts, etc. if I find something that I think would be appropriate. I will also post PowerPoint files (as well as other useful resources) containing outlines of the material. These will be “outlines,” not “notes,” so you will still need to read the assigned material to get the full understanding of the topics germane to this class. The PowerPoint slides are located in the “*Content*” folder on Blackboard.

Written Assignments (11): These will be assignments for you to complete after/while doing the readings. The due date and time for each will be posted with the assignment on Blackboard and the “due” date document.

Exams (2): The exams will be posted to Blackboard at 5:00 am on the assigned days (below). They will be due at or before 11:59 pm the same day. The exams are timed and you will have to finish once you start the exam. Once the allotted time expires, the exam will be submitted.

Exam I (Chs. 0 – 6) - TBD:

Exam will open at 5:00 AM and will be due by 11:59 PM.

Exam II (Chs. 7 – 13): TBD

Exam will open at 5:00 AM and will be due by 11:59 PM.

Quizzes (12): You will have quizzes on an almost daily basis over your readings/assignments. These will be timed and will generally be 10 – 20 multiple choice/true-false questions. Once you start a quiz you will have to finish by the allotted time. Once time expires, the quiz will be submitted. There will be no opportunity to make up a quiz.

Journal: You will be required to submit three journal entries during the course of the semester. Each journal entry should be 1000 – 1500 words. Please see the “*Journal*” tab on Blackboard for further instruction, due dates, and suggested journal entry topics. Journal entries are due no later than 11:59 pm on each given due date.

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. *ALL work must be turned in to get credit for the course. For example, if you decide not to participate in the discussion board or you do not turn in any Journal responses or complete a written assignment, you will not get a grade for the course until you complete the work in a satisfactory manner. You will not get a grade for the work you submit, but it must be completed to get you grade for the course. If you do not turn in the work before the start of the next semester/session, your grade will automatically be changed to an “F”.***

Style: All work should be completed in **blackboard or Microsoft word (journals)**. 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. You must do your own work for the course. Any submitted work for the course that is not your own, plagiarized from another student, or completed by you will result in immediate and extreme disciplinary action. Do not risk your academic career by cheating in any way during this online course.

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.

Any changes to the syllabus will be indicated on Blackboard via the announcements. Due dates and assignments are subject to change and you will be notified immediately of any changes to any of the assigned material. Please make sure to keep up with any of the information provided for you throughout the term. Please check Blackboard and your e-mail daily.