

**Parkland College**

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Kinesiology Courses

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Natural Sciences Courses

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2016

# Kinesiology 288 Exercise Physiology Spring 2016

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## KIN 288 SYLLABUS – SPRING 2016

**COURSE TITLE:** Exercise Physiology

**DESCRIPTION:** Application of anatomy and physiology to human movement. Students will study how the body moves and physiological responses to exercise stress.

**PREREQUISITES:** Completion of BIO 111, completion of BIO 122 or concurrent enrollment in BIO 122.

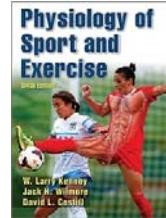
**INSTRUCTOR:** Toni Burkhalter

**E-mail:** E-mail correspondence through Cobra course platform preferred

If you cannot connect to Cobra, you can use [TBurkhalter@parkland.edu](mailto:TBurkhalter@parkland.edu)

**Phone:** 217-351-2469

**Student Hours:** *the hour following class on Mondays and any other time by apt.*



**TEXT (REQUIRED):**

- *The Physiology of Sport & Exercise. 6th Edition. Publisher: Human Kinetics.*
- *I-Clicker, No Author, ISBN 0-7167-7939-0, Publisher Mps*

**USEFUL WEBSITES:**

Parkland's Homepage: [www.parkland.edu](http://www.parkland.edu)

My Parkland (student e-mail, semester grades, registration, etc) <https://my.parkland.edu/>

Parkland On-line: <http://online.parkland.edu/>

Direct link to Cobra (class platform): <https://cobra.parkland.edu/>

### **CAS – Center for Academic Success**

If you find yourself needing assistance of any kind to complete assignments, stay on top of readings, study for tests, or just to stay in school, please contact the Center for Academic Success in D120 at 353-2005 or 351-2441. You may also email the CAS at [CenterForAcademicSuccess@parkland.edu](mailto:CenterForAcademicSuccess@parkland.edu). Fax: 217/373-3837

### **DISABILITIES**

If you believe you have a disability for which you may need an academic accommodation (e.g. an alternate testing environment, use of assistive technology or other classroom assistance), please contact: Cathy Robinson, Room U-260, 217-353-2082, [crobinson@parkland.edu](mailto:crobinson@parkland.edu)

### **MINIMUM COURSE OBJECTIVES:**

- Describe functions of the various body systems and their response to sport and exercise.
- Use current research in the field to understand the body's response to sport and exercise.
- Interpret information and provide practical and accurate guidance with respect to exercise.
- Describe principles of energy balance & discuss guidelines and standards for weight management.
- Describe the ways exercise can influence health, especially with regard to the development of heart disease, cancer, and osteoporosis.

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## PARKLAND POLICIES:

### ***A Code of Conduct Reminder from the Parkland College Dean of Students***

All Parkland Students are expected to be responsible for their behavior. This includes monitoring your language and your behavior all around the campus, including in and out of classes. Please, think before you act! You are expected to respect yourself, your fellow students and your instructors. You have joined the Parkland College academic community. Be a good member of the community. View the Student Policy and Procedures Manual and Conduct Code on line at [www.parkland.edu/studentLife/policies](http://www.parkland.edu/studentLife/policies)

**Academic Honesty:** Parkland College's values include honesty, integrity, and responsibility. Students, faculty, and staff are all expected to maintain academic integrity in their work and take collective responsibility for preventing violations of intellectual ownership. Academic dishonesty is unacceptable, and the institution is committed to helping students learn these values through development and growth. Personal commitment, honest work, and honest achievement are necessary characteristics for an educated person. The process of determining the consequences of academic dishonesty begins with the faculty member and may proceed to include the department chair and/or the Office of the Vice President for Academic Services. All Incidents of academic dishonesty, including developmental or punitive action, should be referred in writing to the Office of the Vice President for Academic Services. Academic Honesty can be broadly defined as performing academic work without cheating, fabrication, or plagiarism:

- a. Cheating: Using or attempting to use unauthorized materials, information, or study aids in any academic activity. Submitting as one's own work term papers, homework, and examinations that are not one's own work or for which a student received unauthorized help. Copying the work of another, or allowing another to copy one's own work, without proper acknowledgment.
  - b. Fabrication: Falsifying or inventing any information or citation in an academic activity.
  - c. Plagiarism: External information borrowed and directly quoted must be indicated by use of quotation marks, and any changes, omissions, or addition to the direct quotation must be shown in bracket, and the source documented. All cited external information that has been paraphrased and summarized must also be documented.
  - d. Collaboration: Students at Parkland College are encouraged to work together on group projects, study, and other activities. However, work submitted to fulfill an assignment not specifically identified as a group activity must be substantially the work of the author. Instructors should provide guidelines to students to maintain the academic integrity of these collaborative activities. Collaboration beyond this constitutes academic misconduct.
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## COURSE POLICIES:

1. **Attendance.** Both regular attendance 3 days a week and logging into Cobra a minimum of every Wednesday morning is required. If you register late or fail to attend class for any reason, material missed will be recorded as a "0" in the gradebook. If you arrive to class late, sleep in class or text throughout class, you are not mentally present and it could be counted as an absence. Three unexcused absences will result in 40 points being deducted from a student's grade.

2. ***Withdrawals.*** On the 5-day roster, I am required to assess your attendance. If you have not attended the first week, you will be dropped with no refund of tuition or fees. After the 5-day roster, you are ultimately responsible for your own withdrawal by the withdrawal date.
3. ***Module Quizzes taken in the Natural Sciences Testing Center due before 11am on the due date.*** A 50-point computer-based, multiple-choice quiz will be administered in the Natural Sciences Testing Center in L161 upon the completion of module. A total of six quizzes will be given. The lowest quiz score will be dropped. You will receive a point total for each quiz. Students must be in their seat in the testing center no later than 10:15am on/prior to the due date as the quiz closes at 11:00am the day it is due. You must bring a quarter to lock up your backpack/cell phone and your student ID for testing. *If you have approved documentation (hospitalization, death in the family, etc) for missing two or more quizzes and need to make up a quiz, one quiz can be completed during finals week. Due to the nature of the class, more than one quiz cannot be made up for any reason.*
4. ***Labs Submitted Through Cobra due before 11am on the due date.*** There are 12 labs held on Wednesdays. Unfortunately, makeup labs are not provided for any reason due to restrictions on lab space, equipment and time. However, I understand that "life happens" and that a family emergency, a car accident, or a school sponsored event may prevent you from attending lab. Considering the above, the lowest two labs are dropped.
  - Each lab is worth 20 points and graded on accuracy
  - Late labs cannot be accepted
  - Due in Cobra prior to 11am the following Wednesday. For example, if a lab held on Wed 1/20 the Cobra submission would be due by 11am on Wednesday 1/27.The 20 lab points can be composed of pre/post-lab questions, practical exam, essay questions, etc.
5. ***Final Exam Taken in Classroom.*** The final exam is a comprehensive final exam and could consist of multiple-choice, fill in the blank and short answer. Parkland College requires that a final exam be given during final exam week. Early finals or make-up finals cannot be administered, except in cases of medical emergencies or a death in the family.
6. ***Slow Computers/Bad Connections.*** If you have a problem associated with a slow connection and/or a bad computer connection, please, contact me within an hour of the problem so I can help.  
**Call me at 217-351-2469 or e-mail at [TBurkhalter@parkland.edu](mailto:TBurkhalter@parkland.edu) to document the issue.**
7. ***Communication.*** Due to the pending e-mail migration at Parkland, I want to ensure that we are able to effectively communicate at all times! So I am setting up the following class rules to make communication as effective as possible. NOTE: If you send me an e-mail and you do not hear back from me within 24 hours, it means I have not received your e-mail. Please, follow up via phone, office, or another e-mail.
  - All email will be sent to [tburkhalter@parkland.edu](mailto:tburkhalter@parkland.edu) address (not [@cobra.parkland.edu](mailto:@cobra.parkland.edu)).
  - All email MUST have "KIN 288" as the first words in the subject line (or it may get lost).
  - All email MUST be signed using your full name (the one in Parkland's system).
  - All course wide communication will occur via Cobra announcements. This way, I don't worry about students missing important information because of e-mail issues. You can always choose to have the course announcements in Cobra sent to you via text or e-mail (under your personal settings).

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**METHODS OF ASSESSMENT:**

Quizzes (50 pts each x 5).....	250 points
Labs (20pt x 10).....	200 points
Clicker questions .....	50 points
Comprehensive Final Exam.....	100 points
<b>Total.....</b>	<b>600 points</b>

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LAB TOPICS (NOT IN ORDER <sup>1</sup> )	LOCATION	TRANSPORTATION/TIME
Lab Equipment	Meet in X103	Arrive prior to 11am
VO <sub>2</sub> max – estimated vs. true	UIUC - Freer	Arrive by 11:15, leave Parkland 10:55p
Interpreting a Research Paper	Meet in X103	Arrive prior to 11am
Activity Trackers	Meet in X103	Arrive prior to 11am
RPE – HR – Calorie Comparison	Meet in X103	Arrive prior to 11am
Pro Ambulance in Champaign	408 S Neil	Arrive by 11:15, leave Parkland 10:55p
DXA/DEXA at UIUC	UIUC - Freer	Arrive by 11:15, leave Parkland 10:55p
Parkland Body Composition Lab	Meet in X103	Arrive prior to 11am
EKG and HR Response	Meet in X103	Arrive prior to 11am
Research and Abstract Submission	Meet in X103	Complete research 1w prior to due date
Research Project and Presentation	Meet in X103	Arrive prior to 11am
Volunteer Work Presentations	Meet in X103	Arrive prior to 11am

<sup>1</sup>Lab dates are based on equipment usage, participants & weather. Up to date lab schedule and information can be found in Cobra under the “News You Need”. Each Wednesday during the 16 week semester lab activities are scheduled from 11a-12:50p. Students must arrive on time wearing apparel and footwear safe for exercise. Completed lab submissions are due in Cobra by 11am the Wednesday following lab. Unfortunately, late lab submissions will not be accepted.

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MODULE/QUIZ TOPICS <sup>2</sup>	CHAPTERS	DUE BY 11a
MODULE 1 – Intro to Ex Phys and Muscle Adaptation	Intro & 1	F 2/5
MODULE 2 – Metabolism, Hormones and Neural Control	2, 3 & 4	F 2/19
MODULE 3 – Energy, Body Comp and Nutrition	5 & 15	F 3/4
MODULE 4 – Cardiovascular System	6 & 21	F 3/18
MODULE 5 - Cardiorespiratory Adaptations	7 & 8	F 4/15
MODULE 6 – Whole Body Adaptations	9,10,11 & 22	F 4/29

<sup>2</sup>All module quizzes are closed-book, closed note, computer based, taken in the Natural Sciences Testing Center and need to be submitted prior to 11am on the due date.

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**COMPREHENSIVE FINAL – In Classroom****See above****11a-1pm M 5/9**