



THE UNIVERSITY OF TEXAS AT EL PASO  
COLLEGE OF HEALTH SCIENCES  
KINESIOLOGY DEPARTMENT



**KIN 4312 EXERCISE PHYSIOLOGY (CRN 11465)  
Fall 2021**

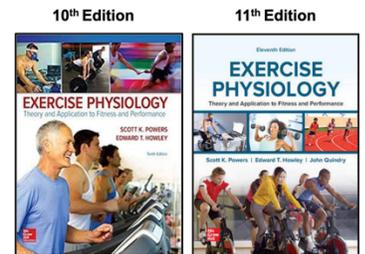
- **Instructor:** **Kisuk Min, Ph.D.**
- **Email:** kmin@utep.edu
- **Office:** HSSN 444
- **Office hours:** Email to make an appointment
- **Lab director:** Matthew Segovia (mdsegovia@utep.edu)
- **Lab instructors:** Ali Mossayebi (amossayebi@miners.utep.edu) CRN: 11467  
Rene Sanchez (rusanchez2@miners.utep.edu) CRN: 11529 & 11703  
Asiyah Hernandez (afhernandez3@miners.utep.edu) CRN: 14194

**COURSE PREREQUISITES**

BIOL 2311/2111, BIOL 2313/2113, HSCI 2302 and KIN 3303

**REQUIRED TEXTS**

- **Lecture:** Exercise Physiology Powers, S.K., Howley, E.T. (and John Quindry) 10<sup>th</sup> or 11<sup>th</sup> Edition. New York, NY: McGraw Hill.  
ISBN10: 1259870456 / ISBN13: 9781259870453  
(Please visit <https://www.bkstr.com/texaselpasostore/home>)
- **Laboratory Manual** - Available to be download on Blackboard



**CLASSES**

- KIN4312 consists of lecture and laboratory section.
  - **Lecture:** CRN 11465
  - **Laboratory:** CRN 11467, 11529, 11703, and 14194
- **Class meetings:** Lecture (CRN 1146) - Room 115 in PSYC, Monday & Wednesday 15:00~16:20  
Laboratory - Room 136 HSSN
  - CRN 11467 Friday 10:00~12:00
  - CRN 11529 Friday 12:00~14:00
  - CRN 11703 Thursday 14:00~16:00
  - CRN 14194 Thursday 12:00~14:00
- Your laboratory instructor will provide all necessary information for the lab section, including lab report, lab quiz, and participation.

## **COURSE DESCRIPTION**

This course has been designed to provide the student with an overview of exercise physiology. Exercise physiology is a specialization within the field of kinesiology. Exercise physiology is the study of how cells, tissues, organs and organ systems respond to exercise and other physical activity. We will discuss the effect of acute and chronic exercise on the improvement of health and wellness. This course contains a laboratory section where the student will be given the opportunity to experience a practical application of the topics discussed in class.

**GENERAL COURSE OBJECTIVES:** By the end of this course, students should be able to understand:

- Basic physiological principles of the major organ systems in the body
- Physiological adaptations to exercise
- Physiological metabolic processes during exercise
- Role of exercise in the prevention and/or treatment of chronic diseases

**EVALUATION:** Each student's grade will be based on the following:

<b><u>Lecture Section:</u></b>	
Exam (x3)	350 Points (35%)
Quiz (x10)	150 Points (15%)
Article Summary (x6)	200 Points (20%)
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	700 Points (70%)
<b><u>Laboratory Section:</u></b>	
Lab Report (x6)	150 Points (15%)
Lab Quiz (x6)	100 Points (10%)
Participation	50 Points (5%)
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	300 Points (30%)
<b>Total</b>	<b>1,000 Points</b>

**GRADING:** The final grade will be calculated as the sum of points for both the lecture section and lab section.

### **Grading Scale**

A =	900 – 1000
B =	800 – 899.9
C =	700 – 799.9
D =	600 – 699.9
F =	<600

- Passing grade: D
- Grades will not be rounded.

## **EXAM AND QUIZ**

- All exams will be completed individually by the student through ***Blackboard using Respondus Lockdown Browser and Monitor***. Respondus Lockdown Browser and Monitor are used to discourage scholastic dishonesty such as cheating. Each student must download Respondus Lockdown Browser and Monitor via Blackboard. Exams will cover information presented in lectures and class discussions. Students should study and review chapters and lectures thoroughly. Exams will only cover the materials for the corresponding module. The exam schedules are in the tentative course schedule.
- A total of 10 quizzes will be given during the semester for the lecture portion of this class. The quizzes will cover information given from previous lectures. Lecture quizzes will be completed individually by the

student through Blackboard using Respondus Lockdown Browser and Monitor. The quiz schedules are in the tentative course schedule.

- Please see the links below for Respondus Lockdown Browser and Monitor.  
[https://www.utep.edu/technologysupport/\\_Files/docs/MM\\_Respondus-Student.pdf](https://www.utep.edu/technologysupport/_Files/docs/MM_Respondus-Student.pdf)  
<https://www.youtube.com/watch?v=bF27uqRWiJA&feature=youtu.be&t=2m39s>
- If you have technical problems for Respondus Lockdown Browser and Monitor, please contact HELP desk.

## **ARTICLE SUMMARY ASSIGNMENTS**

Students have to submit six article summaries during the semester. Students will be given six articles associated with some of chapters in this course. **Students are expected to summarize articles in your own words (copy-paste from the article is not acceptable).** Each paper (no more than 2 pages) should be typed, be double spaced using 1" margins with a 12 pt-Times New Roman font. Article summaries will be electronically **submitted to student's lab instructor** via blackboard in a **PDF format** until due date. The article summary must include **Introduction, Methods, Results, Conclusions, and Keywords.**

### **Due Date of Article Summary**

- Article summaries in Module 1: October 3
- Article summaries in Module 2: October 31
- Articles summaries in Module 3: December 5

## **EXTRA CREDIT**

If students need extra credit, the students can submit one additional article summary **October 31**. The article will be uploaded on Blackboard. **Article summaries will be electronically submitted to the lecture instructor (CRN 11465) via blackboard in a PDF format** until due date. **The extra credit will be given 20 points.**

## **LECTURE SLIDES**

Students can download the lecture slides on Blackboard.

## **COURSE REQUIREMENTS AND POLICIES**

- Students are required to check Blackboard and emails for the announcements on a daily basis. Students must use UTEP email.
- Students can request the make-up exam and quiz by providing verification for unusual circumstances. The instructor and students will set up a date and time for the make-up exam and quiz.
- Students must complete and submit all assignments on time. **Article summaries that are not turned in on time will receive a 50% deduction. In the lab section, late submissions will not be accepted after the due date of the report.**
- Reviews of exam, quiz, article summary and lab assignment are allowed within a week from the grade posted. **The exam, quiz, article summary and lab assignment cannot be reviewed at the end of the semester or after finalized grades.**
- Any attempt to record the exam or quiz questions is **strictly prohibited**. Any student(s) suspected of copying, recording, or photographing these materials will be immediately reported to the Dean of Students. **No questions asked.**
- Lecture slides were developed by Dr. Min for KIN 4312 lectures only. **The lecture slides must not be copied, quoted or cited by others for other purposes.**

## **SCHOLASTIC HONESTY AND DISCIPLINE**

Students are encouraged to study together and to share their knowledge freely during the learning process. However, assistance from other students or unauthorized sources are not allowed (materials such as books and notes may not be used) during exams and quizzes. Students may discuss individual written assignments (i.e. lab reports, article reviews, etc.) but these assignments must be the student's own work. "Scholastic dishonesty--which includes the attempt of any student to present the work of another as his or her own, or any work which s(he) has not honestly performed, or attempting to pass any examination by improper means--is a serious offense and will subject the student to disciplinary action. The aiding and abetting of a student in any dishonesty are held to be an equally serious offense. Any act of academic dishonesty attempted by a UTEP student is unacceptable and will not be tolerated. All suspected violations of academic integrity at the University of Texas at El Paso must be reported to the Office of Student Conduct and Conflict Resolution (OSCCR) for possible disciplinary action.

## **ACCOMMODATIONS AND SUPPORT SERVICES**

UTEP and the Department of Kinesiology seek to provide reasonable accommodations for all qualified individuals who need accommodations or support for their learning. UTEP adheres to all applicable federal, state, and local laws, regulations and guidelines with respect to providing reasonable accommodations as required, affording equal educational opportunity. It is the student's responsibility to register with the **Center for Accommodations and Support Services (CASS)** (<http://sa.utep.edu/cass/>), located in the UTEP Union Bldg. East Wing, Room 106, and inform the faculty member to arrange for appropriate accommodations or support.

The UTEP Help Desk Center provides to students for technological issues. ([helpdesk@utep.edu](mailto:helpdesk@utep.edu) 915-747-4357)

## **COVID-19 PRECAUTION STATEMENT**

Please stay home if you have been diagnosed with COVID-19 or are experiencing COVID-19 symptoms. If you are feeling unwell, please let me know as soon as possible, so that we can work on appropriate accommodations. If you have tested positive for COVID-19, you are encouraged to report your results to [covidaction@utep.edu](mailto:covidaction@utep.edu), so that the Dean of Students Office can provide you with support and help with communication with your professors. The Student Health Center is equipped to provide COVID-19 testing.

The Center for Disease Control and Prevention recommends that people in areas of substantial or high COVID-19 transmission wear face masks when indoors in groups of people. The best way that Miners can take care of Miners is to get the vaccine. If you still need the vaccine, it is widely available in the El Paso area, and will be available at no charge on campus during the first week of classes. For more information about the current rates, testing, and vaccinations, please visit [epstrong.org](http://epstrong.org).

<b>Tentative Course Schedule</b>				
<b>Module</b>	<b>Date</b>	<b>Topic</b>	<b>Chapter</b>	<b>Quiz</b>
<b>Module 1</b>	8/23	Introduction		
	8/25	Common Measurement in Exercise	1	
	8/30	Laboratory Assessment of Human Performance	20	
	9/1	Exercise Prescriptions for Health and Fitness	16	1 & 20
	9/8	Temperature Regulation	12	
	9/13	Exercise and Environment	24	16 & 12
	9/15	Nutrition and Body Composition for Health	18	
	9/20	Nutrition, Body Composition and Performance	23	24 & 18
	9/22	Exercise for Special Population	17	
	9/27	Ergogenic Aids	25	23 & 17
	9/29	Factors Affecting Performance + <b>Review for Exam</b>	19	
	10/4	<b>Exam 1</b>		
<b>Module 2</b>	10/6	Circulatory Response to Exercise	9-1	
	10/11	Circulatory Response to Exercise	9-2	
	10/13	Respiration During Exercise	10-1	9
	10/18	Respiration During Exercise	10-2	
	10/20	Physiology of Training	13-1	10
	10/25	Physiology of Training	13-2	
	10/27	Acid-Base Balance + <b>Review for Exam</b>	11	
	11/1	<b>Exam 2</b>		
<b>Module 3</b>	11/3	Nervous System	7	
	11/8	Cell Signaling & Hormonal Response	5-1	7
	11/10	Cell Signaling & Hormonal Response	5-2	
	11/15	Bioenergetics	3-1	5
	11/17	Bioenergetics	3-2	
	11/22	Exercise Metabolism	4	3
	11/24	Skeletal Muscle Structure & Function	8	
	11/29	Immune System & Control of Internal Environment	6 & 2	4 & 8
	12/1	Preventing Chronic Disease + <b>Review for Exam</b>	14	
	12/6	<b>Exam 3 (1:00~3:45 pm)</b>		