



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



**KIN 4312 (CRN 20962) EXERCISE PHYSIOLOGY
SPRING 2021 (Online)**

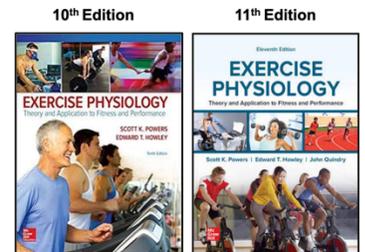
- **Instructor:** **Kisuk Min, Ph.D.**
- **Email:** kmin@utep.edu
- **Office hours:** Email to have one-on-one meeting via Zoom
- **Lab instructors** Victor Gonzalez (vmgonzalez7@miners.utep.edu) CRN: 20982 and 20983
Ali Mossayebi (amossayebi@miners.utep.edu) CRN: 20984
Jehu Apaflo (jnapaflo@miners.utep.edu) CRN: 20985 and 21673

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) 10th or 11th Edition. New York, NY: McGraw Hill.
ISBN10: 1259870456 / ISBN13: 9781259870453
- **Laboratory Manual** - Available to be download on Blackboard



CLASSES

- KIN4312 consists of lecture and laboratory section.
 - **Lecture:** CRN 20962
 - **Laboratory:** CRN 20982, 20983, 20984, 20985, 21576, 21673, 23021 and 23022
- **Class time:** Asynchronous online delivery
- Your laboratory instructor will provide students with all necessary information including laboratory report, quiz and group peer review.

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:

Lecture Section:

Exam (x3)	350 Points (35%)
Quiz (x10)	150 Points (15%)
Article Summary (x6)	200 Points (20%)
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	700 Points (70%)

Laboratory Section:

Lab Report (x6)	150 Points (15%)
Lab Quiz (x6)	100 Points (10%)
Group Peer Review	50 Points (5%)
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	300 Points (30%)
Total	1,000 Points

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. A webcam should be used during exams and quizzes.*** 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 exams 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.
- Please see the links below for Respondus Lockdown Browser and Monitor.
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.
- Exams and quizzes will be released ***within a 3-day window.*** Students will have ***only a single attempt for 30 minutes for each quiz and 90 minutes for each exam.***

QUIZ SCHEDULE

Module	Date	Chapter
Module 1	1/30~2/1	1 & 20
	2/6~8	16 & 12
	2/13~15	24 & 18
	2/20~22	23 & 17
Module 2	3/13~15	9
	3/27~29	10
Module 3	4/10~12	7
	4/17~19	5
	4/24~26	3
	5/1~3	4 & 8

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: February 28th
- Article summaries in Module 2: April 4th
- Articles summaries in Module 3: May 2nd

EXTRA CREDIT

If students need extra credit, the students can submit one additional article summary **by April 4th**. The article will be uploaded on Blackboard. **Article summaries will be electronically submitted to the lecture instructor via blackboard** in a **PDF format** until due date. The extra credit will be given 20 points.

LECTURE SLIDES

Pre-recorded lecture slides will be uploaded on Blackboard every Monday. Students can download the lecture slides.

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 test 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 KIN4312 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.

SPECIAL 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 915-747-4357)

COVID-19 PRECAUTIONS

You must STAY AT HOME and REPORT if you (1) have been diagnosed with COVID-19, (2) are experiencing COVID-19 symptoms, or (3) have had recent contact with a person who has received a positive coronavirus test. Reports should be made at screening.utep.edu. If you know of anyone who should report any of these three criteria, you should encourage them to report. If the individual cannot report, you can report on their behalf by sending an email to COVIDaction@utep.edu.

For each day that you attend campus—for any reason—you must complete the questions on the UTEP screening website (screening.utep.edu) prior to arriving on campus. The website will verify if you are permitted to come to campus. Under no circumstances should anyone come to class when feeling ill or exhibiting any of the known COVID-19 symptoms. If you are feeling unwell, please let me know as soon as possible, and alternative instruction will be provided. Students are advised to minimize the number of encounters with others to avoid infection.

Wear face coverings when in common areas of campus or when others are present. You must wear a face covering over your nose and mouth at all times in this class. If you choose not to wear a face covering, you may not enter the classroom. If you remove your face covering, you will be asked to put it on or leave the

classroom. Students who refuse to wear a face covering and follow preventive COVID-19 guidelines will be dismissed from the class and will be subject to disciplinary action according to Section 1.2.3 *Health and Safety* and Section 1.2.2.5 *Disruptions* in the UTEP Handbook of Operating Procedures.

(classes with on-campus meetings) Please note that if COVID-19 conditions deteriorate in the City of El Paso, all course and lab activities may be transitioned to remote delivery.

TENTATIVE COURSE SCHEDULE

Module	Week	Topic	Chapter
Module 1	1/19	Introduction	
		Common Measurement in Exercise	1
	1/25	Laboratory Assessment of Human Performance	20
		Exercise Prescriptions for Health and Fitness	16
	2/1	Temperature Regulation	12
	2/8	Exercise and Environment	24
		Nutrition and Body Composition for Health	18
	2/15	Nutrition, Body Composition and Performance	23
		Exercise for Special Population	17
	2/22	Ergogenic Aids	25
Factors Affecting Performance		19	
3/1	Exam 1 on February 27 ~ March 1		
Module 2	3/1	Circulatory Response to Exercise (part 1)	9
		Circulatory Response to Exercise (part 2)	9
	3/8	Respiration During Exercise (part 1)	10
		Respiration During Exercise (part 2)	10
	3/22	Physiology of Training (part 1)	13
		Physiology of Training (part 2)	13
3/29	Acid-Base Balance	11	
	4/5	Exam 2 on April 3~5	
Module 3	4/5	Nervous System	7
		Cell Signaling & Hormonal Response (part1)	5
	4/12	Cell Signaling & Hormonal Response (part 2)	5
		Bioenergetics (part 1)	3
	4/19	Bioenergetics (part 2)	3
		4/26	Exercise Metabolism
	Skeletal Muscle Structure & Function		8
	5/3	Immune System & Control of Internal Environment	6,2
Preventing Chronic Disease		14	
5/10	Exam 3 on May 8~10		