



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



KIN 4312 EXERCISE PHYSIOLOGY
Spring 2024 (CRN 20573)

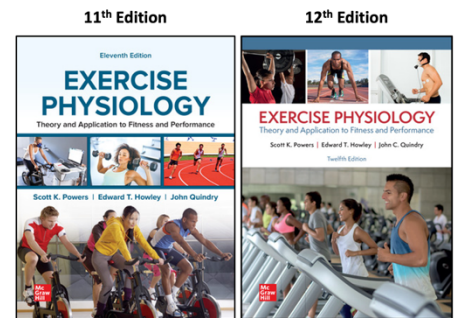
- **Instructor:** **Kisuk Min, Ph.D.**
- **Email:** kmin@utep.edu
- **Office:** HSSN 444
- **Office hours:** Email to make an appointment
- **Lab instructors:** Gabriel Narvaez (gnarvaez@miners.utep.edu) CRN:20586 and 20588
Zahra Fatahimeiabadi (zfatahimeiaba@miners.utep.edu) CRN: 26453

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)
11th or 12th Edition. New York, NY: McGraw Hill.
ISBN10: 1259870456 / ISBN13: 9781259870453
(Please visit <https://www.bkstr.com/texaselpasostore/home>)
- **Laboratory Manual** - Available to be downloaded on Blackboard



CLASSES

- KIN 4312 consists of lecture and laboratory sections.
 - **Lecture:** CRN 20573
 - **Laboratory:** CRN 20586, 20588, and 26453
- **Class meetings:** Lecture (CRN1) – PSYC (Room 115), Monday & Wednesday 10:30~11:50 AM
Laboratory - 136 HSSN (Room 136)

CRN 20586	Friday	08:00~10:00
CRN 20588	Thursday	08:00~10:00
CRN 26453	Thursday	10:00~12:00
- 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:

<u>Lecture Section:</u>	
Exam (x3)	350 Points (35%)
Quiz (x10)	150 Points (15%)
Article Summary (x6)	200 Points (20%)
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	700 Points (70%)
<u>Laboratory Section:</u>	
Lab Report (x6)	150 Points (15%)
Lab Quiz (x6)	100 Points (10%)
Participation	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 from 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 and quizzes will be taken *in the classroom* through ***Blackboard using Respondus Lockdown Browser connected to UTEP Wi-Fi. Exams and quizzes taken outside of the classroom or using a hotspot in the classroom will be scored as zero points.*** Exams and quizzes will cover information presented in lectures and class discussions. Exams and quizzes will only cover the materials for the corresponding module. The schedules of exams and quizzes can be found in the tentative course schedule.

- Please see the links below for Respondus Lockdown Browser.
https://www.utep.edu/technologysupport/_Files/docs/MM_Respondus-Student.pdf
<https://www.youtube.com/watch?v=bF27uqRWiJA&feature=youtu.be&t=2m39s>
 Guide for exam in class: https://www.utep.edu/technologysupport/_Files/docs/BB_E-Exams.pdf
- If you have technical problems for Respondus Lockdown Browser, please contact HELP desk.

RESEARCH ARTICLE SUMMARY ASSIGNMENTS

Students are required to submit a total of six research article summaries during the semester. The six research articles associated with some of the chapters in this course will be posted on Blackboard. **Students are expected to summarize the research articles in their own words (copy-paste from the article is not acceptable).** Each summary (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**. The example is posted on Blackboard.

Due Date of Research Article Summary

- Research article summaries in Module 1: February 25
- Research article summaries in Module 2: March 31
- Research article summaries in Module 3: May 5

EXTRA CREDIT

Students who need extra credit can submit one additional research article summary **by April 7**. The research article will be uploaded on Blackboard. **The research article summary will be electronically submitted to the lecture instructor (CRN) via Blackboard** in a **PDF format** until the due date. The extra credit will be given 30 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. ***Late submissions can be accepted up to 3 days (72 hours) after the due date. However, the late submission will receive a 50% deduction from the total score.***
- Reviews of exams, quizzes, article summaries, and lab assignments are allowed within a week after the grades are posted. ***The exams, quizzes, article summaries, and lab assignments cannot be reviewed at the end of the semester (5/10) or after finalized grades (5/15).***
- Any attempt to record the questions in an exam or quiz 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 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, 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.

Tentative Course Schedule				
Module	Date	Topic	Chapter	Quiz
Module 1	1/17	Introduction		
	1/22	Common Measurement in Exercise	1	
	1/24	Laboratory Assessment of Human Performance	20	
	1/29	Exercise Prescriptions for Health and Fitness	16	Q1: 1 & 20
	1/31	Temperature Regulation	12	
	2/5	Exercise and Environment	24	Q2: 16 & 12
	2/7	Nutrition and Body Composition for Health	18	
	2/12	Nutrition, Body Composition and Performance	23	Q3: 24 & 18
	2/14	Exercise for Special Population	17	
	2/19	Ergogenic Aids	25	Q4: 23 & 17
	2/21	Factors Affecting Performance + Review for Exam	19	
	2/26	Exam 1		
Module 2	2/28	Circulatory Response to Exercise	9-1	
	3/4	Circulatory Response to Exercise	9-2	
	3/6	Respiration During Exercise	10-1	Q5: 9
	3/18	Respiration During Exercise	10-2	
	3/20	Physiology of Training	13-1	Q6: 10
	3/25	Physiology of Training	13-2	
	3/27	Acid-Base Balance+ Review for Exam	11	
	4/1	Exam 2		
Module 3	4/3	Nervous System	7	
	4/8	Cell Signaling & Hormonal Response	5-1	Q7: 7
	4/10	Cell Signaling & Hormonal Response	5-2	
	4/15	Bioenergetics	3-1	Q8: 5
	4/17	Bioenergetics	3-2	
	4/22	Exercise Metabolism	4	Q9: 3
	4/24	Skeletal Muscle Structure & Function	8	
	4/29	Immune System & Control of Internal Environment	6 & 2	Q10: 4 & 8
	5/1	Preventing Chronic Disease + Review for Exam	14	
	5/10	Exam 3 (10:00 ~ 11:20 am) on Friday		