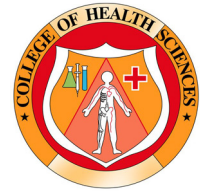




The University of Texas at El Paso
 College of Health Sciences
 Department of Kinesiology
KIN 4331 Clinical Exercise Physiology
Fall 2020



INSTRUCTORS: Kisuk Min, PhD.

OFFICE: HSSN452

Email: kmin@utep.edu

OFFICE HOURS: Email to make an appointment

COURSE OBJECTIVES

This course is designed to provide students with an overview of pathophysiology, diagnosis, and exercise prescription of the most prevalent chronic disease. Upon successful completion of the course requirements, the students will be able to:

- 1) Understand the Fundamentals of Metabolism
- 2) Elucidate the Pathological processes of Endocrine system
- 3) Understand Chronic Conditions of Cardiopulmonary diseases
- 4) Describe Health Implication for Cancer Survivors
- 5) Explain the Adaptation of Immune System to Exercise
- 6) Understand the Fundamental Concepts and Potential Application of Genetics
- 7) Discuss the Procedure of Exercise Prescription

COURSE PREREQUISITES

KIN3303 History, Sociology & Philosophy of Sport and PA
 KIN4312 Exercise Physiology

COURSE MATERIAL

ASCM's Clinical Exercise Physiology
 First Edition 2019, ISBN 9781496387806

EVALUATION OF STUDENTS

%GRADE

GRADING SCALE*

Quizzes	20%	A = 90-100%
Exam I	20%	B = 80-89.9%
Exam II	20%	C = 70-79.9%
Exam III	20%	D = 60-69.9%
Exam IV	20%	F = below 60%

**Course Instructor reserves the right to change the grading criteria, if needed*

COURSE REQUIREMENTS AND POLICIES

- Students are required to check Blackboard and email for the announcements on a daily basis. Students must use their 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.
- Review of exam and quiz is allowed within a week from the grade posted. ***The exam and quiz 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 KIN4331 lectures only. ***The lecture slides must not be copied, quoted or cited by others for other purposes.***

EXAM AND QUIZ

- All exams and quizzes will be completed individually by the student ***through Blackboard using Respondus Lockdown Browser and Monitor. A webcam should be used during exams and quizzes.*** Each student must download Respondus Lockdown Browser and Monitor via Blackboard. Exams and quizzes 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.
- 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 12-hour window from 8 am to 8 pm.*** Students will have ***only one attempt for 30 minutes for each quiz and 90 minutes for each exam.***

EXTRA CREDIT

If students need extra credit, the students can submit one research article summary ***by November 1st***. The article will be uploaded on Blackboard. Article summaries will be electronically submitted to Blackboard in a **PDF format** until due date. **The extra credit will be given 20 points.**

Students are expected to summarize articles in your own words (***copy-paste from the article is not acceptable***). The article summary (no more than 2 pages) should be typed, be double spaced using 1" margins with a 12 pt-Times New Roman font. The example will be uploaded on Blackboard. The article summary must include ***Introduction, Methods, Results, Conclusions, and Keywords.***

SCHOLASTIC HONESTY AND DISCIPLINE

Students are encouraged to study together and to share their knowledge freely during the learning process. However, during exams and quizzes no assistance from other students or outside sources is allowed (materials such as books and notes may not be used). Students should handle their answers discretely by keeping them out of easy view of others. 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 is held to be an equally serious offense. All alleged acts of scholastic dishonesty will be reported to the Dean of Students for disposition. It is the Dean of Students' responsibility to investigate each allegation, dismiss the allegation, or proceed with disciplinary action in a manner which provides the accused student his or her rights of due process.

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.

TENTATIVE COURSE SCHEDULE

Module	Week	Topic	Chapter
Module 1	8/24	Introduction	
		Across the Lifespan	2
	8/31	Benefits and Risks Associated with Exercise	3
		Exercise Prescription for the Apparently Healthy	4
	9/7	Pharmacology (part 1)	7
	9/14	Pharmacology (part 2)	7
		Immune System and Exercise	14
9/21	Exam 1 on September 21		
Module 2	9/21	Respiratory Disease (Part 1)	9
		Respiratory Disease (Part 2)	9
	9/28	Respiratory Disease (Part 3)	9
		Respiratory Disease (Part 4)	9
	10/5	Respiratory Disease (Part 4)	9
Genetics		18	
10/12	Exam 2 on October 12		
Module 3	10/12	Cardiovascular Disease (Part 1)	5
		Cardiovascular Disease (Part 2)	5
	10/19	Cardiovascular Disease (Part 3)	5
		Cardiovascular Disease (Part 4)	5
	10/26	Cardiovascular Disease (Part 4)	5
		Cancer	13
	11/2	Endocrine and Metabolism	10
Considerations for Exercise in Stressful Environments		17	
11/9	Exam 3 on November 9th		
Module 4	11/9	Physical, Sensory and Intellectual Impairments (Part 1)	12
		Physical, Sensory and Intellectual Impairments (part 2)	12
	11/16	Behavior and Mental Health (Part 1)	15
		Behavior and Mental Health (Part 2)	15
	11/23	Pharmacology (part 3)	7
		Pharmacology (part 4)	7
	11/30	Pharmacology (part 4)	7
Musculoskeletal Concerns		11	
12/7	Exam 4		

QUIZ SCHEDULE

Module	Date	Chapter
Module1	8/28	2
	9/18	7
		14
Module2	10/2	9-1&2
	10/9	9-3&4
Module3	10/23	5-1&2
	10/30	5-3&4
	11/6	10
Module4	11/20	12-1&2
	11/30	15-1&2