



The University of Texas at El Paso
College of Health Sciences
Department of Kinesiology



**KIN 4331 Clinical Exercise Physiology
Fall 2021**

- Instructor: Kisuk Min, Ph.D.
- Office: HSSN 444
- 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:

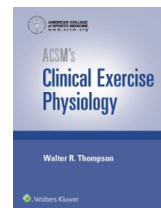
- 1) Understand the Fundamentals of Metabolism
- 2) Elucidate the Pathological processes of Endocrine system
- 3) Understand Chronic Conditions of Cardiopulmonary diseases
- 4) Describe Health Implication for Cancer Survivors
- 5) Explain the Adaptation of Immune System to Exercise
- 6) Understand the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

COURSE PREREQUISITES

KIN 3303 History, Sociology & Philosophy of Sport and PA
KIN 4312 Exercise Physiology

COURSE MATERIAL

ACSM's Clinical Exercise Physiology
First Edition 2019, ISBN 9781496387806
(Please visit <https://www.bkstr.com/texaselpasostore/home>)



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%

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

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 KIN 4331 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***. 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 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

EXTRA CREDIT

If students need extra credit, the students can submit one research article summary ***by October 10th***. 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, assistance from other students or unauthorized sources are not allowed (materials such as books and notes may not be used) during exams and quizzes.

"Scholastic dishonesty is a serious offense and will subject the student to disciplinary action. Scholastic dishonesty 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. 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 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	Week	Topic	Chapter	Quiz
Module 1	8/23	Introduction		
	8/25	Across the Lifespan	2	
	8/30	Benefits and Risks Associated with Exercise	3	Ch 2
	9/1	Exercise Prescription for the Apparently Healthy	4	
	9/8	Pharmacology (part 1)	7	Ch 4
	9/13	Pharmacology (part 2)	7	
	9/15	Immune System and Exercise / Review for Exam 1	14	Ch 7-1 & 7-2
	9/20	Exam 1		
Module 2	9/22	Respiratory Disease (Part 1)	9	
	9/27	Respiratory Disease (Part 2)	9	
	9/29	Respiratory Disease (Part 3)	9	Ch 9-1 & 9-2
	10/4	Respiratory Disease (Part 4)	9	
	10/6	Genetics / Review for Exam 2	18	Ch 9-3 & 9-4
	10/11	Exam 2		
Module 3	10/13	Cardiovascular Disease (Part 1)	5	
	10/18	Cardiovascular Disease (Part 2)	5	
	10/20	Cardiovascular Disease (Part 3)	5	Ch 5-1 & 5-2
	10/25	Cardiovascular Disease (Part 4)	5	
	10/27	Cancer	13	Ch 5-3 & 5-4
	11/1	Endocrine and Metabolism	10	
	11/3	Considerations for Exercise in Stressful Environments / Review for Exam 3	17	Ch 10
	11/8	Exam 3		
Module 4	11/10	Physical, Sensory and Intellectual Impairments (Part 1)	12	
	11/15	Physical, Sensory and Intellectual Impairments (part 2)	12	
	11/17	Behavior and Mental Health (Part 1)	15	Ch 12-1 & 12-2
	11/22	Behavior and Mental Health (Part 2)	15	
	11/24	Pharmacology (part 3)	7	Ch 15-1 & 15-2
	11/29	Pharmacology (part 4)	7	
	12/1	Musculoskeletal Concerns / Review for Exam 4	11	
	12/10	Exam 4 (10:00 am ~ 12:45 pm)		