



Course Outline

UNIVERSITY STUDIES

**PEDS 200
Exercise Physiology
Fall, 2014**

**3 CREDITS
5 HOURS PER WEEK**

INSTRUCTOR: Michael Scarlett

INSTRUCTOR: Michael Scarlett
PHONE NUMBER: (780) 791-4824
E-MAIL: michael.scarlett@keyano.ca
OFFICE NUMBER: S213E

OFFICE HOURS:

Tuesday 1500-1550
 Wednesday 1500-1550
 Thursday 0900-1050
 Friday 0900-0950

HOURS OF INSTRUCTION:

Monday	1600-1650	SSWC 2323
Tuesday	1600-1650	SSWC 2323
Wednesday	1000-1150 LAB	SSWC 2323
Thursday	1600-1650	SSWC 2323

COURSE DESCRIPTION:

An introduction to physiological adaptations to stress of exercise and training.

PRE-REQUISITE(S):

PEDS 101

COURSE OUTCOMES:

The student will be able to:

1. Describe and discuss the physiological responses to acute and chronic exercise.	Evaluation in Class and Lab with lab reports, quizzes, exams and assignments.
2. Define the basic function of various physiological systems;	Evaluation in Class and Lab with lab reports, quizzes, exams and assignments.
3. Describe the various physiological changes that occur during acute exercise and the various adaptations to different forms of exercise training and environmental influence	Evaluation in Class and Lab with lab reports, quizzes, exams and assignments.
4. Define the basic ergometry and other laboratory instrumentation for evaluating physiological responses to exercise;	Evaluation in Class and Lab with lab reports, exams and assignments.
5. Experience exercise stress in a laboratory setting as a participant and tester.	Evaluation in Class and Lab with lab reports and assignments.

REQUIRED RESOURCES:

Essentials of Exercise Physiology. 4 th edition. Lippincott, Williams and Wilkins	McArdle, W., Katch, F., and Katch, V.
Lab Modules	Available on Moodle 7

TOPICS TO BE COVERED:

Please Note:

This course outline may be modified to facilitate unforeseen time constraints. Date and time allotted to each topic is subject to change.

Class Schedule

	<u>Topic</u>	<u>Essentials of Exercise Physiology.</u> <u>4th edition.</u>
Week 1	Introduction to Exercise Physiology What do Exercise Physiologists do? The Laboratory Experience	Chapter 1 <i>Supplementay Lab Materials</i>
Week 2	Energy Transfer Fundamentals	Chapter 5
Week 3	Energy Transfer During Exercise	Chapter 6
Week 4	Energy Transfer Measurement at Rest and during Exercise First Lab Report Due	Chapter 7 & 8
Week 5	Special Topic: Fatigue Special Topic: Nutritional and Pharmacological Aids to Performance	Chapter 4
Week 6	The Pulmonary Support System Special Topic: Exercise at Altitude Midterm	Chapter 9 Chapter 15, Part 3
Week 7	The Cardiovascular Support Systems Special Topic: Mechanisms of Thermoregulation	Chapter 10 Chapter 15, Part 1
Week 8	Training the Aerobic and Anaerobic System Special Topic: Exercise and the Environment	Chapter 13 Chapter 15, Part 2
Week 9	The Neuromuscular System	Chapter 11
Week 10	Hormones Exercise and Training	Chapter 12
Week 11	Training Muscles to Become Stronger Second Lab Report Due	Chapter 14
Week 12	Body Composition	Chapter 16
Week 13	Physical Activity, Exercise, Aging and Disease Control	Chapter 17
Week 14	Review Lab Exam Wednesday December 3rd	

Lab Schedule

	Topic
Week 1	No labs
Week 2	Lab 1 Ergometry
Week 3	Lab 2 Efficiency <i>*Lab Report Topic*</i>
Week 4	Lab 3 Muscular Strength <i>First Lab Report Due</i>
Week 5	Lab 4 Interval vs. Continuous Training
Week 6	Lab 5 Power and Capacity
Week 7	NO LABS
Week 8	Lab 6 Submaximal Exercise and Predictions
Week 9	Lab 7 The Anaerobic Threshold
Week 10	Lab 8 Maximal Oxygen Consumption <i>*Lab Report Topic*</i>
Week 11	Lab 9 Thermal Regulation <i>Second Lab Report Due</i>
Week 12	Lab 10 Body Composition
Week 13	Review
Week 14	Lab exam <i>Wednesday December 3rd</i>

EVALUATION:

Mid-Term Exam:	20% - October 9 th 2014
Laboratory:	40% - Lab Exam 15%; Lab Reports 20% (2 x 10%); Assignments 5%
Final Exam:	40% - Will be during the final exam week
TOTAL	100%

The Mid-Term Exam will be during usual lecture time on Thursday October 9th 2014.

The Lab Exam will be held during the last lab on Wednesday December 3rd 2014.

The Final Exam will be during exam week December 8th – December 17th The exact time will be determined by Keyano College.

Laboratory attendance is **MANDATORY** that you attend every lab throughout the term. Attendance is taken at the **START** of each lab period, 5% will be deducted from the overall course mark for any unexcused Laboratory absence. Two unexcused absences is grounds for 0 on the lab portion of the student’s marks. Students with a written reason. I.e. death in the family, extreme sickness will be allowed a make up time. Athletics is **NOT** a reason to miss labs.

Laboratory assignments are due at the start of each Lab. Each assignment is worth 0.5% of your overall mark

There will be two Lab Reports assigned, each worth 10% of the final mark. They are due the following lab (one-week later). **Failure to submit the lab report at the start of the following lab session will result in a mark of 0% for that Lab Report.** Format, structure and marking scheme will be provided.

Other:

MOODLE 7

Go to <http://ilearn.kevano.ca>

This course is supported through Moodle 7. Lecture slides, readings, handouts, labs and schedule will be posted on Moodle 7.

Lectures and labs are designed to help you understand the material that will be tested. Supplemental material may be used in the course that is not in the required text. Therefore, full attendance and participation is highly recommended to ensure a proper understanding of the subject matter attained and hence, successful completion of the course. Discussions from lectures and labs are fair game for the exam.

Use of mobile/smart phones and computers is encouraged only for educational purposes. If any device is distracting to the class and/or instructor, you will be asked to refrain from using it. If this is not respected, the instructor will use their best judgement to address this situation.

GRADING SYSTEM:

Letter Grade	Description	Grade Points
A+		4
A	Excellent	4
A-		3.7
B+		3.3
B	Good	3
B-		2.7
C+		2.3
C	Satisfactory	2
C-		1.7
D+		1.3
D	Pass	1
F	Failure	0

Students intending to transfer to other institutions require a ‘C-’ as a minimum. Transfer information on each course is available at the [Alberta Council on Admission and Transfers](#).

Students who do not complete all the required work should not expect to pass the course.
Students should consult:

<http://keyano.ca/sites/default/files/academic%20regulations.pdf>

IMPORTANT DATES:

September 16, 2014	Courses dropped by this date will be designated “W” and you will receive a full refund. (A withdrawal (W) is not reflected in your GPA)
October 10th, 2014	Courses dropped by this date will be designated “W” and you will receive a 50% refund.
November 26th, 2014	Courses dropped after by this date will be designated “W”.
December 8 th - 17th, 2014	Final Exams

COLLEGE POLICIES**Equality, Equity and Respect**

The Keyano College is committed to providing an environment of equality, equity and respect for all people within the College community. All members of this community are considered partners in developing teaching and learning contexts that are welcoming to all. Faculty, staff, and students are encouraged to use inclusive language to create a classroom atmosphere in which students' experiences and views are treated with equal respect and valued in relation to their gender, ethnic and cultural background, and sexual orientation.

Students should consult:

<http://keyano.ca/sites/default/files/academic%20regulations.pdf>

Plagiarism and Cheating

Every student expects to be treated and evaluated fairly in a course. Plagiarism and cheating robs everyone of this right.

No student may submit words, ideas or data of another student or person as his or her own in any writing, project, assignment, quiz, electronic presentation, exam etc. Any work used that is not the student's own must be clearly cited as belonging to someone else. There are penalties for using other's work and not citing it. The Student's Rights & Responsibilities document clearly outlines these penalties and the appeal process.

- No learner can obtain information from another student during an exam.
- No learner can bring unauthorized information (paper or electronic) into an exam or quiz.
- No student can submit work done in another course for grading in this course without the written prior approval of the course instructor.
- No student can submit copyright protected or commercially produced materials as part or all of an assignment without proper citation & permission.

Student Rights & Responsibilities

Students should consult the Keyano College Credit Calendar or online at:

[Academic Calendar/Credit Calendar | Keyano College](#)

Specialized Supports and Duty to Accommodate

Disability Support Services: Learner Assistance Program

If you have a documented disability or you think that you would benefit from some assistance from a Disabilities Counsellor, please call or visit the Disability Supports Office 780-792-5608 to book an appointment (across from the library). Services and accommodations are intended to assist you in your program of study, while maintaining the academic standards of Keyano College. We can be of assistance to you in disclosing your disability to your instructor, providing accommodations, and supporting your overall success at Keyano College.

Specialized Supports and Duty to Accommodate

Specialized Support and Duty to Accommodate are aligned with the office of Disability Support Services: Learner Assistance Program (LAP) guided by federal and provincial human rights legislation, and defined by a number of Keyano College policies. Keyano College is obligated by legislation to provide disability-related accommodations to students with identified disabilities to the point of undue hardship.



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5 HOURS PER WEEK

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Date

Reviewed and approved by:

Vincella Thompson, Dean

Date
