

KINE3080: Physiological Basis of Human Performance

M: 4:00-5:30 PM

Room: New College Frisco 123

Instructor:

Dr. B. McFarlin, Associate Professor

Office Hours by Appointment (after class in Frisco, other times in Denton by appointment)

Use UNT e-mail

Prerequisites (Recommended): Junior Standing; 6 hrs of BIOLOGY or equivalent

Text (Optional): "Physiology of Sport and Exercise", 5th or 6th Edition. Kenney, Wilmore & Costill. Human Kinetics.

Course Description: Applied physiology course of study including bioenergetics, neuromuscular factors, and cardiovascular and pulmonary dynamics during exercise. Emphasis is placed on acute and chronic responses of human physiology to exercise stress.

Course Objectives: This course is offered in a hybrid format, which is different than a traditional class. You will be expected to prepare for in-class lectures using lectures and other information available on Blackboard. Upon successful completion of this course, students will:

1. Demonstrate knowledge in the area of the physiological response to acute and chronic exercise.
2. Demonstrate an understanding of the mechanism(s) by which disease, physical age, and nutritional interventions modify physiological responses to exercise.

Course Expectations:

1. **Lecture Attendance:**
 - a. **If you miss more than 2 days of class**, Dr. McFarlin reserves the right to drop you from the course without notice.
2. If you have special learning needs, please inform me immediately.
3. Please respect others in class by leaving you cell phones/pagers, etc turned off. Phone calls are not to be taken at any time during class.
4. Participate in weekly peer-mentoring activities with your assigned group.
5. If at any point during the semester you are unhappy with your performance in this class, please contact me **immediately**.
6. **Academic dishonesty** will not be tolerated (i.e., copying, plagiarism, cheating, using cell phone during exam, etc.); individuals found violating this policy will be reported to the KHPD department chair. Any individual who commits academic dishonesty at any point during the semester will receive a zero for the assignment in question.

Technical Skill Requirements: Downloading and uploading files, sending and receiving emails, and/or using Blackboard.

Netiquette: Because of how important communication is in the online environment, I will expect each of you to log in to the course at least 3 evenly spaced times a week. Please check the Announcements area first, since that is where I will put important information. Communication online is different than that of face to face classes. Try to use good "netiquette" when communicating with your classmates. Remember that your fellow students can't see your facial expression, hear you giggling, or notice your gestures. All of these elements add to our face to face communication every day without us really noticing it. So, please keep this in mind when you are commenting on others ideas, giving constructive criticism on a writing project, or just interacting with the class in general. I expect that everyone will treat the others in this class with the same respect that they would wish to be treated! However, I also have confidence from the start that this will happen. I have taught many classes, and I am usually the most surprised by how supportive of each other students can be. Realize that although you may never meet many of your classmates, you can still create lasting friendships in the online environment. You may also want to think about the fact that just because individuals take

an online course, it doesn't mean that they are necessarily at a distance from each other. During your introductions, take a minute to let others know what town and state you live in. You may find that you actually have a classmate that you can meet at the local coffee shop and continue a conversation with. To learn more about online etiquette, visit the following Web site: <http://www.albion.com/netiquette/corerules.html>

ADA Statement: When possible, and in accordance with 504/ADA guidelines, we will attempt to provide reasonable academic accommodations to students who request and require them. Please call the UNT Office of Disability Accommodation (<http://disability.unt.edu/about>) for more details.

Academic Dishonesty Policy (copying, plagiarism, cheating) per UNT Policy 18.1.6: Students are expected to conduct themselves in a manner consistent with the University's status as an institution of higher education. In the class setting, students shall follow their instructors' directions and observe all academic standards and requirements published in course syllabi and other course materials. A student is responsible for responding to an academic dishonesty report issued by an instructor or other University authority. If a student fails to respond after proper attempt at notification, the University may take appropriate academic actions in the absence of the student. Any student found to be in violation of the academic dishonesty policy will be given a grade of zero for the assignment in question and reported to the UNT administration through the reporting mechanism approved in UNT policy 18.1.6 (Office of Academic Integrity).

Evaluation: Final grades will be determined based on the total number of points that you accumulate during the semester.

Component	Points
Exam I	120
Exam II	150
Research Poster Presentations	75
Total	345

Grade Scale: A: 90-100%, B: 80-89%, C: 79-70%, D: 69-50%, F: <50%

Note: Students will not be allowed to take an Incomplete in this course due to poor planning on their part. If you find you do have a legitimate reason for an Incomplete, please talk with me as soon as possible to discuss the situation and to identify the documentation that will be required to support your request. Please consult the UNT catalog to review conditions under which an incomplete may be granted.

Outline for In-class Lectures: An outline of the slides to be presented during the in-class lectures will be available for download in a PDF format on Blackboard within 24-h of the lecture date. Please note that complete slides will not be available, so you will need to attend class in order to complete them. Additional information from the in-class lectures may be provided at the discretion of the instructor on a class-by-class basis.

Lecture Audio Recordings: The instructor will record all lecture audio and make it available on Blackboard for download within 7-d after the given class lecture date.

Examinations: Exam I will cover the topics 1-3 (Bioenergetics, Exercise Metabolism, and Exercise Endocrinology) and Exam II will cover topics 4-6 (Muscle Physiology, Neuromuscular adaptations to resistance training, and Metabolic adaptations to aerobic training). You will be taking your exams on a Blackboard using a laptop provided by UNT. The exams will consist of a combination of multi-choice and short answer questions. More detail on exam structure will be presented before Exam I. **Please be in class to take examinations. If you are late or do not show up, NO make-up exam will be offered.**

Research Poster Presentations: You will be asked to select a research article from PubMed that relates to exercise physiology, nutrition, and/or health. You will need to get your article choice approved by Dr. McFarlin at least 14-d prior to your presentation date. From this article, you will be asked to prepare a "research poster" that summarizes the key aspects of the articles (a PowerPoint template will be provided for you). You will be allowed to work individually or in groups of two. Your PowerPoint file must be turned into Dr. McFarlin by

April 25th for it to be printed. Your posters will be hung in the classroom location of New College Frisco for presentation during your class meeting time at the end of the semester. You are expected to be in class even on days that you are not presenting. More details on the presentation will be provided by Dr. McFarlin at a later date.

How do I get answers to my Questions? Dr. McFarlin is here to help you achieve success in this class. Unfortunately it is very difficult from a time perspective for me to reply to individual e-mail questions about course content. Also, there is a good chance that several of your classmates may have a similar question as you. Thus, if you have a question concerning lecture material, please post these in the discussion forum on Blackboard. This will allow all students in the course to view my responses. If you prefer to ask a question in person, feel free to ask Dr. McFarlin after class or schedule an appointment to meet him in his office. If you have a grade related question, you are welcome to e-mail Dr. McFarlin directly via Blackboard e-mail.

KHPR Tutoring Support: Tutors are available in the KHPR tutoring center (Denton campus) most days of the week to assist you with course material that you may not understand. This is a free service to use and I encourage you to take advantage of the resources that they offer.

Tentative Order of Topics (Related to Exams):

Topic	Online Date	In-class Date
Syllabus	----	1/15
Bioenergetics (Topic 1)	1/15	1/22, 1/29
Exercise Metabolism (Topic 2)	1/29	2/5, 2/12
Search/identify research topic	----	----
Exercise Endocrinology (Topic 3)	2/5	2/12, 2/19
Exam I Question Session, Review Research Topics	----	2/26
Exam I		3/5
Muscle Physiology (Topic 4)	3/5	3/19
Neuromuscular Adaptations to Resistance Training (Topic 5)	3/19	3/26
Work on presentation	----	----
Metabolic and Muscular Adaptations to Exercise (Topic 6)	----	4/2
Exam II Question Session, Poster Prep Work	----	4/9
Exam II		4/16
Poster Review / Assistance	----	4/23
Poster Due	----	4/25
Poster Presentation in Class	----	4/30

* This is an approximate date that this lecture component will be started

** These sessions will be given on Blackboard

Note: The following information is designed to help the class run smoothly. The instructor reserves the right to make additions and adjustments as necessary. Some of the writings, lectures, films, or presentations in this course may include material that conflicts with the core beliefs of some students. Please review the syllabus carefully to see if the course is one that you are committed to taking. If you have a concern, please discuss it with me at your earliest convenience.