KINE3080: Physiological Basis of Human Performance
Asynchronous Online - Canvas

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Due to the COVID-19 pandemic, office hours will be available virtually on Monday mornings (10AM – 11AM) via Zoom and/or by appointment only. Please email me in advance, and I will make sure we get a meeting set up!

Welcome to UNT!!
As members of the UNT community, we have all made a commitment to be part of an institution that respects and values the identities of the students and employees with whom we interact. UNT does not tolerate identity-based discrimination, harassment, and retaliation. UNT's full Non-Discrimination Policy can be found in the UNT Policies section of the syllabus.

Prerequisites (recommended):
6 hours of BIOLOGY or equivalent

Text:
Physiology of Sport and Exercise, 6th Edition or later. 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 a fully online format (blends online with traditional lectures). The online material for this course will be available on Canvas. Upon successful completion of this course, students will:
1. To identify the components of a high-quality published research article from PubMed. To reflect on knowledge that you gained from the selected research article.
2. To define and describe the key components/stages of the biological response to exercise. To describe how you could adapt an exercise program to improve response to training.
3. To cite examples of an exercise training plans that maximizes physiological improvement in cardiovascular performance, muscle strength/endurance, and/or body weight/composition.

🗣️ Dr. Deemer's Mean Green Guidelines
- Final grades will be rounded up based on the nearest 0.51 points (e.g., 79.51% = B; 79.49% = C). This is non-negotiable.
- Late work will not be accepted unless extenuating circumstances exist. If something arises, please contact me *IN ADVANCE* of the due date and we can arrange something.
- I may offer extra credit during the semester to the WHOLE class; I WILL NOT offer extra credit opportunities to an individual person, this would not be fair to your classmates, so please don't ask.
- Remember, YOU EARN your grade, I don't give you a grade. Do the work, interact with me and your classmates, and you should be successful in this class. I am always an email or Zoom call away and happy to help you succeed in this class.

Course Expectations:
1. **Keeping up with course materials:** As a student in an online course, it is imperative that you stay on task and complete your coursework in a timely manner. The course modules are set to time release on specific dates.
2. If you have special learning needs, please inform the instructor immediately.
3. If at any point during the semester you are unhappy with your performance in this class, please contact the instructor **immediately**.
4. **Academic dishonesty** will not be tolerated (i.e., copying, plagiarism, cheating) and will result in a failing grade for the semester.

Technical Support

Student Helpdesk:
        UIT Helpdesk
        Sage Hall 130
        940-565-2324
        helpdesk@unt.edu

Minimum Technology Requirements
Minimum technology requirements include:
- Computer
- Reliable internet access
- Speakers
- Microphone
- Plug-ins
- **Microsoft Office Suite**
    o All assignments will be submitted as a Microsoft Word document. Microsoft Office 365 is provided free to you from the university and instructions for installation can be found here: https://it.unt.edu/installoffice365. Assignments submitted/uploaded as a document other than Word will not be graded and receive a grade of 0. Please let me know if you have questions about this policy.
- Canvas Technical Requirements (https://clear.unt.edu/supported-technologies/canvas/requirements)

Computer Skills & Digital Literacy
Course-specific technical skills learners must have to succeed in the course include:
- Using Canvas
- Using email with attachments
- Downloading and installing software
- Using spreadsheet programs
- Using presentation and graphics programs

Technical Assistance
Part of working in the online environment involves dealing with the inconveniences and frustration that can arise when technology breaks down or does not perform as expected. Here at UNT we have a Student Help Desk that you can contact for help with Canvas or other technology issues.

UIT Help Desk: UIT Student Help Desk site (http://www.unt.edu/helpdesk/index.htm)
Email: helpdesk@unt.edu
Phone: 940-565-2324
In Person: Sage Hall, Room 130
Walk-In Availability: 8am-9pm
Telephone Availability:
- Sunday: noon-midnight
- Monday-Thursday: 8am-midnight
- Friday: 8am-8pm
- Saturday: 9am-5pm
Laptop Checkout: 8am-7pm

For additional support, visit Canvas Technical Help (https://community.canvaslms.com/docs/DOC-10554-4212710328)

Rules of Engagement

Rules of engagement refer to the way students are expected to interact with each other and with their instructors. Here are some general guidelines:

- While the freedom to express yourself is a fundamental human right, any communication that utilizes cruel and derogatory language on the basis of race, color, national origin, religion, sex, sexual orientation, gender identity, gender expression, age, disability, genetic information, veteran status, or any other characteristic protected under applicable federal or state law will not be tolerated.
- Treat your instructor and classmates with respect in any communication online or face-to-face, even when their opinion differs from your own.
- Ask for and use the correct name and pronouns for your instructor and classmates.
- Speak from personal experiences. Use "I" statements to share thoughts and feelings. Try not to speak on behalf of groups or other individual's experiences.
- Use your critical thinking skills to challenge other people's ideas, instead of attacking individuals.
- Avoid using all caps while communicating digitally. This may be interpreted as "YELLING!"
- Be cautious when using humor or sarcasm in emails or discussion posts as tone can be difficult to interpret digitally.
- Avoid using "text-talk" unless explicitly permitted by your instructor.
- Proofread and fact-check your sources.
- Keep in mind that online posts can be permanent, so think first before you type.

See these Engagement Guidelines (https://clear.unt.edu/online-communication-tips) for more information.

Evaluation:

Final grades will be determined based on the total number of points that you accumulate during the semester. Final letter grades will be determined using the grading scale provided below:

Component	Points	% Final Grade
Learning Module Quizzes (10 @ 15 points each)	150	35%
Learning Module Short Assignment (10 @ 10 points each)	100	15%
Application Assignments (3 @ 25 points each)	75	25%
Final Exam	110	25%
Total	**425**	

Grading Scale

FINAL GRADE	TOTAL POINTS EARNED	PERCENTAGE
A	381+	89.51% – 100%
B	338 - 380	79.51% – 89.50%
C	296 – 337	69.51% – 79.50%
D	253 – 295	59.51% – 69.50%
F	< 253	< 59.51%

Please Note A 3.0 GPA is required across the pre-theory core classes (KINE 2030, KINE 2050, **KINE 3080**, & PHED 1000) in order for a KINE major to be allowed move forward with higher level KINE (3000- or 4000-level) theory core courses.

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.

Learning Modules:

Similar to a traditional classroom setting, you will need to watch lectures. The lectures are in voice narrated PowerPoint format, which has been converted to run on a standard web browser (i.e. FireFox, Chrome, Safari, etc.). You may watch the lecture as many times as you like. A printable "storyboard" version of the lecture is also available for download in PDF format in the same folder where you will find the online lecture. There will be ten learning modules completed during this class.

Discussions/Application Assignments:

For the purposes of the topics in this class, it might sometimes be useful to have a class discussion on Canvas. On the date assigned on the syllabus, the instructor will post a topic to start the discussion. Students in the course are expected to post responses to the original post or posts of other students in the class. During the discussion process, you should treat your peers and the instructor in a respectful manner. **Students who do not observe this rule will be banned from the discussion forum without notice.** Discussions will be available beginning at 12:00 am and expire at 10:00 pm on the due date. IF YOU MISS A DISCUSSION OR APPLICATION ASSIGNMENT, NO MAKE-UP WILL BE OFFERED AND NO LATE DISCUSSIONS OR ASSIGNMENTS WILL BE ACCEPTED.

Please utilize the UNT Writing Center (https://writingcenter.unt.edu/), as all writers can benefit from sharing and discussing their work with a trained peer tutor, early and often. The writing center is available to help you with grammar, punctuation, and the use of correct citation styles. It is difficult for me to decipher whether you understand the concepts if I cannot read what you have written. If your assignment is unreadable, it will be returned to you, ungraded. You will be asked correct your spelling/grammatical/punctuation errors and may then resubmit the assignment for 10% reduced credit.

Unit Quizzes & Short Assignments:

After you have watched the Online Learning Module for a given topic, you are required to take a graded quiz and complete a short assignment to test your level of knowledge. Quiz questions will come from a random set of questions from the quiz question bank and you will not be provided the answer to the questions that you miss. **You will have 2 opportunities to take each quiz, and the highest grade will be recorded.** During the semester, you will take a total of 10 quizzes worth 15 points each. Each short assignment will be uploaded as a word document, you will have 10 of these worth 10 points each. Together, these quizzes and short assignments are worth 50% of your final grade. A 10% DEDUCTION PER WEEK WILL BE APPLIED TO ALL QUIZZES AND/OR SHORT ASSIGNMENTS THAT ARE COMPLETED AFTER THE POSTED DUE DATE, UP TO 30% (e.g., 1-7 days late = -10%, 8-14 days late = -20%, 15+ days late = -30%).

Note: In order to unlock learning module 1, you will have to get 100% correct on the syllabus quiz.

Final Exam:

During this class you will complete only one exam which will be cumulative for the semester. This FINAL EXAM will be worth 25% of your grade. We will have an in-person ZOOM MEETING ON APRIL 14 2021 for you to ask questions. *This is not an opportunity for me to lecture you, or tell you the exam questions, but for me to guide you in your studying for the final.* If there are no questions, the review will be ended. **The final exam will be 'available' to you for two weeks: it will open at 12AM on April 19 and close at 10PM on April 30. However, once you have started the exam you will have 150min (2.5h) to complete it.**

COVID-19 Impact on Attendance

While attendance is expected as outlined above, it is important for all of us to be mindful of the health and safety of everyone in our community, especially given concerns about COVID-19. PLEASE CONTACT ME IF YOU ARE UNABLE TO ATTEND CLASS BECAUSE YOU ARE ILL, OR UNABLE TO ATTEND CLASS DUE TO A RELATED ISSUE REGARDING COVID-19. **It is important that you communicate with me prior to being absent or missing an assignment** so I may make a decision about accommodating your request to be excused from class.

If you are experiencing any symptoms of COVID-19 (https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) please seek medical attention from the Student Health and Wellness Center (940-565-2333 or askSHWC@unt.edu) or your health care provider PRIOR to coming to campus. UNT also requires you to contact the UNT COVID Hotline at 844-366-5892 or COVID@unt.edu for guidance on actions to take due to

symptoms, pending or positive test results, or potential exposure. While attendance is an important part of succeeding in this class, your own health, and those of others in the community, is more important.

Class Materials for Remote Instruction
Students will need access to a computer, webcam, and microphone to participate in fully remote portions of the class. Information on how to be successful in a remote learning environment can be found at https://online.unt.edu/learn.

Tentative Order of Topics:

Start Date	Learning Module Topic	Quiz & Short Assignment Due Date	Application Assignment Due Date
1/11	**Syllabus QUIZ (must earn 100% before starting class)**	**1/12**	
	Intro to Exercise Physiology Lab Techniques	1/17	
1/18	Intro to Bioenergetics: Part 1 *(Chapter 2)*		
1/25	Bioenergetic Pathways: Part 2 *(Chapter 2)*	1/31	
1/25	*Assignment 1 Given*		**2/5**
2/1	Exercise Metabolism *(Chapter 5 & handout)*	2/7	
2/8	Exercise Endocrinology *(Chapter 4)*	2/14	
2/15	Muscle Physiology *(Chapter 1)*	2/21	
2/22	Circulatory Responses to Exercise *(Chapter 6)*	2/28	
3/1	Respiratory Responses to Exercise *(Chapter 7)*	3/7	
3/1	*Assignment 2 Given*		**3/12**
3/7	**'Work Week' – no new material presented this week**		
3/15	Adaptations to Training: Part 1 *(Chapter 11)*		
3/22	Adaptations to Training: Part 2 *(Chapter 10)*	3/28	
3/29	Temperature Regulation & Fluid Balance *(Chapter 12)*	4/4	
4/5	Introduction to Sports Nutrition *(Chapter 15)*	4/11	
4/12	*Assignment 3 Given*		**4/23**
4/14	**FINAL EXAM REVIEW (LIVE ZOOM SESSION!) *****		
4/19 – 4/30	**FINAL EXAM**		

*** PLEASE NOTE: On April 14 I will hold a live Zoom review session starting at 9AM CST. Please make sure you are available to attend so that you can ask questions and participate.

Also, on the week of March 7 and April 12, no new information will be presented. These weeks are designed for you to have some time to reflect on the material you have learned, reach out to me or your classmates for clarification of concepts you are still struggling with, and to complete any ongoing assignments without the stress of also having new information to learn.

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.

All assignments are due by 10:00 PM Central Time on the dates listed above.

UNT Policies

Academic Integrity Policy
Academic Integrity Standards and Consequences. According to UNT Policy 06.003, Student Academic Integrity, academic dishonesty occurs when students engage in behaviors including, but not limited to cheating, fabrication, facilitating academic dishonesty, forgery, plagiarism, and sabotage. A finding of academic dishonesty may result in a range of academic penalties or sanctions ranging from admonition to expulsion from the University.

ADA Policy
UNT makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide a student with an accommodation letter to be delivered to faculty to begin a private discussion regarding one's specific course needs. Students may request accommodations at any time, however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. For additional information see the ODA website (https://disability.unt.edu/).

Prohibition of Discrimination, Harassment, and Retaliation (Policy 16.004)
The University of North Texas (UNT) prohibits discrimination and harassment because of race, color, national origin, religion, sex, sexual orientation, gender identity, gender expression, age, disability, genetic information, veteran status, or any other characteristic protected under applicable federal or state law in its application and admission processes; educational programs and activities; employment policies, procedures, and processes; and university facilities. The University takes active measures to prevent such conduct and investigates and takes remedial action when appropriate.

Emergency Notification & Procedures
UNT uses a system called Eagle Alert to quickly notify students with critical information in the event of an emergency (i.e., severe weather, campus closing, and health and public safety emergencies like chemical spills, fires, or violence). In the event of a university closure, please refer to Canvas for contingency plans for covering course materials.

Retention of Student Records
Student records pertaining to this course are maintained in a secure location by the instructor of record. All records such as exams, answer sheets (with keys), and written papers submitted during the duration of the course are kept for at least one calendar year after course completion. Course work completed via the Canvas online system, including grading information and comments, is also stored in a safe electronic environment for one year. Students have the right to view their individual record; however, information about student's records will not be divulged to other individuals without proper written consent. Students are encouraged to review the Public Information Policy and the Family Educational Rights and Privacy Act (FERPA) laws and the University's policy. See UNT Policy 10.10, Records Management and Retention for additional information.

Acceptable Student Behavior
Student behavior that interferes with an instructor's ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Dean of Students to consider whether the student's conduct violated the Code of Student Conduct. The University's expectations for student conduct apply to all instructional forums, including University and electronic classroom, labs, discussion groups, field trips, etc. Visit UNT's Code of Student Conduct (https://deanofstudents.unt.edu/conduct) to learn more.

Access to Information - Eagle Connect
Students' access point for business and academic services at UNT is located at: my.unt.edu. All official communication from the University will be delivered to a student's Eagle Connect account. For more information, please visit the website that explains Eagle Connect and how to forward e-mail Eagle Connect (https://it.unt.edu/eagleconnect).

Student Evaluation Administration Dates

Student feedback is important and an essential part of participation in this course. The student evaluation of instruction is a requirement for all organized classes at UNT. The survey will be made available during weeks 13, 14 and 15 [insert administration dates] of the long semesters to provide students with an opportunity to evaluate how this course is taught. Students will receive an email from "UNT SPOT Course Evaluations via IASystem Notification" (no-reply@iasystem.org) with the survey link. Students should look for the email in their UNT email inbox. Simply click on the link and complete the survey. Once students complete the survey they will receive a confirmation email that the survey has been submitted. For additional information, please visit the SPOT website (http://spot.unt.edu/) or email spot@unt.edu.

Sexual Assault Prevention

UNT is committed to providing a safe learning environment free of all forms of sexual misconduct, including sexual harassment sexual assault, domestic violence, dating violence, and stalking. Federal laws (Title IX and the Violence Against Women Act) and UNT policies prohibit discrimination on the basis of sex, and therefore prohibit sexual misconduct. If you or someone you know is experiencing sexual harassment, relationship violence, stalking, and/or sexual assault, there are campus resources available to provide support and assistance. UNT's Survivor Advocates can assist a student who has been impacted by violence by filing protective orders, completing crime victim's compensation applications, contacting professors for absences related to an assault, working with housing to facilitate a room change where appropriate, and connecting students to other resources available both on and off campus. The Survivor Advocates can be reached at SurvivorAdvocate@unt.edu or by calling the Dean of Students Office at 940-565- 2648.

Additionally, alleged sexual misconduct can be non-confidentially reported to the Title IX Coordinator at oeo@unt.edu or at (940) 565 2759.

Student Verification

UNT takes measures to protect the integrity of educational credentials awarded to students enrolled in distance education courses by verifying student identity, protecting student privacy, and notifying students of any special meeting times/locations or additional charges associated with student identity verification in distance education courses.
See UNT Policy 07-002 Student Identity Verification, Privacy, and Notification and Distance Education Courses (https://policy.unt.edu/policy/07-002).

Use of Student Work

A student owns the copyright for all work (e.g. software, photographs, reports, presentations, and email postings) he or she creates within a class and the University is not entitled to use any student work without the student's permission unless all of the following criteria are met:

- The work is used only once.
- The work is not used in its entirety.
- Use of the work does not affect any potential profits from the work.
- The student is not identified.
- The work is identified as student work.

If the use of the work does not meet all of the above criteria, then the University office or department using the work must obtain the student's written permission.

Download the UNT System Permission, Waiver and Release Form
Transmission and Recording of Student Images in Electronically-Delivered Courses
1. No permission is needed from a student for his or her image or voice to be transmitted live via videoconference or streaming media, but all students should be informed when courses are to be conducted using either method of delivery.
2. In the event an instructor records student presentations, he or she must obtain permission from the student using a signed release in order to use the recording for future classes in accordance with the Use of Student-Created Work guidelines above.
3. Instructors who video-record their class lectures with the intention of re-using some or all of recordings for future class offerings must notify students on the course syllabus if students' images may appear on video. Instructors are also advised to provide accommodation for students who do not wish to appear in class recordings.

Example: This course employs lecture capture technology to record class sessions. Students may occasionally appear on video. The lecture recordings will be available to you for study purposes and may also be reused in future course offerings.

No notification is needed if only audio and slide capture is used or if the video only records the instructor's image. However, the instructor is encouraged to let students know the recordings will be available to them for study purposes.

Class Recordings & Student Likenesses
Synchronous (live) sessions in this course will be recorded for students enrolled in this class section to refer to throughout the semester. Class recordings are the intellectual property of the university or instructor and are reserved for use only by students in this class and only for educational purposes. Students may not post or otherwise share the recordings outside the class, or outside the Canvas Learning Management System, in any form. Failing to follow this restriction is a violation of the UNT Code of Student Conduct and could lead to disciplinary action.

Academic Support & Student Services

Student Support Services

Mental Health
UNT provides mental health resources to students to help ensure there are numerous outlets to turn to that wholeheartedly care for and are there for students in need, regardless of the nature of an issue or its severity. Listed below are several resources on campus that can support your academic success and mental well-being:
- Student Health and Wellness Center (https://studentaffairs.unt.edu/student-health-and-wellness-center)
- Counseling and Testing Services (https://studentaffairs.unt.edu/counseling-and-testing-services)
- UNT Care Team (https://studentaffairs.unt.edu/care)
- UNT Psychiatric Services (https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry)
- Individual Counseling (https://studentaffairs.unt.edu/counseling-and-testing-services/services/individual-counseling)

Chosen Names
A chosen name is a name that a person goes by that may or may not match their legal name. If you have a chosen name that is different from your legal name and would like that to be used in class, please let the instructor know. Below is a list of resources for updating your chosen name at UNT.
- UNT Records
- UNT ID Card
- UNT Email Address
- Legal Name

*UNT euIDs cannot be changed at this time. The collaborating offices are working on a process to make this option accessible to UNT community members.

Pronouns

Pronouns (she/her, they/them, he/him, etc.) are a public way for people to address you, much like your name, and can be shared with a name when making an introduction, both virtually and in-person. Just as we ask and don't assume someone's name, we should also ask and not assume someone's pronouns.

You can add your pronouns to your Canvas account so that they follow your name when posting to discussion boards, submitting assignments, etc.

Below is a list of additional resources regarding pronouns and their usage:

- What are pronouns and why are they important?
- How do I use pronouns?
- How do I share my pronouns?
- How do I ask for another person's pronouns?
- How do I correct myself or others when the wrong pronoun is used?

Additional Student Support Services

- Registrar (https://registrar.unt.edu/registration)
- Financial Aid (https://financialaid.unt.edu/)
- Student Legal Services (https://studentaffairs.unt.edu/student-legal-services)
- Career Center (https://studentaffairs.unt.edu/career-center)
- Multicultural Center (https://edo.unt.edu/multicultural-center)
- Counseling and Testing Services (https://studentaffairs.unt.edu/counseling-and-testing-services)
- Pride Alliance (https://edo.unt.edu/pridealliance)
- UNT Food Pantry (https://deanofstudents.unt.edu/resources/food-pantry)

Academic Support Services

- Academic Resource Center (https://clear.unt.edu/canvas/student-resources)
- Academic Success Center (https://success.unt.edu/asc)
- UNT Libraries (https://library.unt.edu/)
- Writing Lab (http://writingcenter.unt.edu/)