

# Exercise Physiology

## APK 3110

Fall, 2017 - Class Schedule and Course Syllabus

Dr. Stephen Dodd

### Tentative Class Schedule

Note: It is likely that this schedule will change slightly throughout the semester

<b>APK 3110 LECTURE/EXAM SCHEDULE</b>		
<b>Fall, 2017</b>		
Notes: Lecture topic dates are approximate. Exam dates are subject to postponement with notice.		
<b><u>DATE</u></b>	<b><u>TOPIC</u></b>	<b><u>Text Chapter</u></b>
Aug. 22-24	Course Intro - Common Measures	0 - 1
Aug.29-Sept.7	Internal Environment - Bioenergetics	2, 3
Sept. 12 - 19	Metabolism - Hormonal Response	4, 5
21 - 28	Exercise and the Immune System	6
<b>Oct. 3</b>	<b>EXAM #1</b>	<b>0 - last class</b>
5	Nervous System	7
10-12	Skeletal Muscle	8
17	Circulatory System	9
19	Respiration	10
24-26	Acid-Base	11
<b>31</b>	<b>EXAM #2</b>	<b>From Exam 1</b>
Nov. 2-7	Physiology of Training	13
9	Factors Affecting Performance	19
14	Nutrition	23
16	Exercise and Chronic Disease	14
21	Lab Measures of Human Performance	20

23	HOLIDAY	
28	Ergogenics Aids	25
30	Temp. Regulation / Exercise and Environment	12, 24
<b>Dec. 5</b>	<b>EXAM #3</b>	From Exam 2

## Course Syllabus

### Class Time & Place:

**Instructor:** Stephen Dodd, Ph.D.

**Office:** FLG #110

**Phone:** 294-1711

**Office Hours:** Tues. 3<sup>rd</sup> and Wed. 5<sup>th</sup> - Other times by appointment

**E-mail:** [sdodd@hnp.ufl.edu](mailto:sdodd@hnp.ufl.edu)

**COURSE OBJECTIVES:** This is an introductory exercise physiology course aimed at students that possess an undergraduate level understanding of human physiology. This course is designed to give students a fundamental knowledge of the acute and chronic responses to exercise. Particular attention will be placed upon understanding the mechanisms of how these responses occur.

**PREREQUISITE KNOWLEDGE AND SKILLS:** Students should NOT attempt this course without a prerequisite knowledge of basic human physiology

**LECTURE:** The lectures will be on the days shown on the above schedule. They will follow the chapters in the textbook with a few exceptions. In general, the beginning material focuses on cell metabolism and how the endocrine system plays a role in controlling the response during exercise. Then the focus turns to the “systems” supporting metabolism during exercise. The overarching theme throughout the course will be how the body attempts to maintain normalcy (homeostasis) in light of the disturbance caused by exercise.

Students requesting classroom accommodation should speak with me the first week of class. Then you may need to register with the Dean of Students Office, depending on the accommodations requested.

Students are expected to provide feedback on the quality of instruction in this course based on 10 criteria. Evaluations will be administered online at <https://evaluations.ufl.edu>. Evaluations are typically open during the last two or three weeks of the semester, but you will be given specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results>.

**HOMEWORK:** Homework assignments will be scheduled as shown in the CONNECT program. They will consist of reading assignments in the text with short quizzes to follow.

**Lecture Notes:** Available in the “Lecture Notes” section of the class CANVAS website.

**Course Textbook:** Powers, S.K. & Howley E.T. *Exercise Physiology: Theory and Application to fitness and Performance. Latest Edition.* McGraw Hill.

**Course Grading Scheme**

Exams (3 @ 100 each)	300	points each
Homework (20 @ 2 each)	40	points
<b>Total points</b>	<b>340</b>	<b>points</b>

The point total listed above is final and the format of assigning points will not change. Also, you will have one week following the each exam to review during office hours and, if needed, to appeal the grade. All grades must be appealed in writing (please email).

**Grade Scale:**

<b>A = 90 – 100</b>	<b>B+ = 87.5 – 89.9</b>	<b>B = 80 – 87.4</b>
<b>C+ = 77.5 – 79.9</b>	<b>C = 70 – 77.4</b>	<b>D+ = 67.5-69.9</b>
<b>D = 60 – 67.4</b>	<b>F = &lt; 60</b>	

**Examinations:**

All lecture examinations will be objective (multiple choice, matching and true-false questions) and will focus on specific topics covered in class. The exams are scheduled on the dates shown above and will not be moved to an earlier date but may be moved to a later date. A picture I.D. is required for entrance into, or exit from, all of the examinations.

**\*\*If you miss an exam for any reason, a comprehensive make-up exam will be given at the end of the term that will count for ANY and ALL tests missed.**

**Honor Policy:** The University policy on academic honesty is clear and reads as follows: “We the members of the University of Florida Community pledge ourselves and our peers to the highest standard of honesty and integrity.” This includes **ALL COURSE EXAMS, REPORTS, and ASSESSMENTS!** Students violating this policy will be sanctioned according to the Committee on Student Conduct, receive a grade penalty for the course or some other penalty for failure to abide by this standard of conduct.

**Other Class Policies:**

- Please turn off your cell phone before you enter class. Being attentive and respectful of your classmates and instructor is expected of all students. Those who choose to ignore this policy will be directed to leave the class and not allowed to return until having a conference with the instructor.
- Lectures may be recorded, but only for use of students in this class.
- Important phone numbers and contact sites:
  - o university counseling services and mental health services:  
<http://www.counseling.ufl.edu/cwc/Default.aspx> or 392-1575
  - o University Police Department 392-1111