

Fall 2017
APK7107-Section 1F26
Cardiovascular Exercise Physiology

Instructor: Dr. Demetra Christou
Email: ddchristou@ufl.edu
Office: FLG 120
Office Hours: By appointment (please email to schedule)
Class Location: FLG 0245
Class Times/Location: Wednesday, period 7 (1:55 to 2:45 pm)
Friday, periods 7 and 8 (1:55 to 3:50 pm)

Course description and objectives: This is an advanced graduate exercise physiology course which focuses on the acute and chronic effects of exercise on the cardiovascular system. The course is designed to provide graduate students with a comprehensive understanding of the regulatory mechanisms controlling cardiovascular function at rest and in response to acute aerobic and resistance exercise. The course will also cover chronic cardiovascular adaptations to aerobic and resistance exercise training.

Upon completion of this course, students will be able to

- demonstrate knowledge and understanding of the regulatory mechanisms controlling cardiovascular function at rest and in response to acute aerobic and resistance exercise.
- demonstrate knowledge and understanding of the chronic cardiovascular adaptations to aerobic and resistance exercise training.
- critique/present research articles in the area of cardiovascular exercise physiology related with the material discussed in the lectures.

Prerequisites: While there are no specific prerequisites for this course, students are expected to possess strong undergraduate level knowledge of the structure and function of the cardiovascular system and basic concepts of cardiovascular exercise physiology.

Class Materials:

Class materials will include PowerPoint slides, research articles, and other online resources provided on CANVAS. You are responsible for reading all assigned materials.

Recommended textbooks to be used for background reading:

- 1) Cardiovascular Physiology, 8th edition, R Berne and N Levy, St Louis: Mosby Publishing 2001.
ISBN-10: 0-323-01127-6
- 2) Human Cardiovascular Control, LB Rowell. New York: Oxford University Press 1993.
ISBN:0-19-507362-2

Evaluation:

Participation	20%
Exam 1, 2 and 3 (20% each)	60%
Critique of research article	20%

Course Examinations and Grading

Exams: There will be 3 exams in this course and they will be given during normal class meetings.

Critique of research article: Research articles will be selected by the instructor and assigned to each student for presentation. The order of presenters and articles will be posted on CANVAS. Students are responsible for reading carefully all assigned articles and being prepared to participate in the discussions. Specific instructions related to the presentations will be provided in class.

Grades: The following grading scale will be used in this course. For more detailed information on current UF grading policies, please see the undergraduate catalog web page:

www.registrar.ufl.edu/catalog/policies/regulationgrades

Letter Grade	Percent of Total Points
A	90-100%
B+	86-89%
B	80-85%
C+	76-79%
C	70-75%
D+	66-69%
D	60-65%
E	0-59%

Course Policies

Requirements for class attendance and make-up exams in this course are consistent with university policies that can be found in the online catalog: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>. University counseling services can be found at <http://www.counseling.ufl.edu/cwc/Default.aspx>.

Attendance: Students are expected to attend class and to actively participate in the discussions. The University has specific reasons that are acceptable for missing class which apply to both undergraduate and graduate students. You can find this at <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

Make-up exams: Unexcused absences on exam days will result in a zero on the exam. If you are ill or have an emergency that prevents you from taking the exam at the scheduled time, it is your responsibility to contact the instructor as soon as possible to try and schedule a make-up exam. Documentation of the illness or emergency will be required. Any make-up exams will be at the discretion of the instructor. Scheduling make-up exams is the responsibility of the student and should be done—if at all possible—*before* the scheduled exam.

Accommodations: Students requesting classroom accommodations must first register with the Dean of Students Office-Disability Resource Center. The Dean of Students Office will provide documentation to the student who must then present this documentation to the instructor when requesting accommodation. For optimal consideration, you must see the professor within the first three days of class.

Technology: Surfing the web, checking your email, texting, making Facebook posts, or anything of that nature is strictly prohibited during class time. Please keep your cell phone on silent. Any cell phone or other electronic device used during an exam will be considered a violation of the student honor code (i.e., cheating) and will result in a zero for that exam.

Communication: The best way to contact your course instructor is by email (ddchristou@ufl.edu). You are responsible for checking course postings on eLearning (CANVAS). All course grades will be posted on eLearning (CANVAS). Any discrepancies should be pointed out to the instructor as soon as possible, before the last day of class.

University Honesty Policy: UF students are bound by The Honor Pledge which states, “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.”

The Honor Code (<https://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor in this class.

Class Demeanor: Students are expected to arrive to class on time and behave in a manner that is respectful to the instructor and to fellow students. Please avoid the use of cell phones and restrict eating to outside of the classroom. Opinions held by other students should be respected in discussion, and conversations that do not contribute to the discussion should be held at minimum, if at all.

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

Counseling and Wellness Center: Contact information for the Counseling and Wellness Center: <http://www.counseling.ufl.edu/cwc/Default.aspx> 392-1575; and the University Police Department: 392-1111 or 9-1-1 for emergencies

Tentative Schedule*

Week	Date	
1	W – Aug 23	Overview of syllabus
	F – Aug 25	Lecture/discussion
2	W – Aug 30	Lecture/discussion
	F – Sept 1	Lecture/discussion
3	W – Sept 6	Lecture/discussion
	F – Sept 8	Lecture/discussion
4	W – Sept 13	Lecture/discussion
	F – Sept 15	Lecture/discussion
5	W – Sept 20	Exam 1
	F – Sept 22	Lecture/discussion
6	W – Sept 27	Lecture discussion
	F – Sept 29	Lecture/discussion
7	W – Oct 4	Lecture discussion
	F – Oct 6	NO CLASS-HOMECOMING
8	W – Oct 11	Lecture discussion
	F – Oct 13	Lecture/discussion
9	W – Oct 18	Lecture discussion
	F – Oct 20	Lecture/discussion

10	W – Oct 25	Exam 2
	F – Oct 27	Lecture/discussion
11	W – Nov 1	Lecture discussion
	F – Nov 3	Lecture/discussion
12	W – Nov 8	Lecture discussion
	F – Nov 10	NO CLASS-HOLIDAY
13	W – Nov 15	Lecture discussion
	F – Nov 17	Lecture/discussion
14	W – Nov 22	NO CLASS-HOLIDAY
	F – Nov 24	NO CLASS-HOLIDAY
15	W – Nov 29	Lecture discussion
	F – Dec 1	Lecture/discussion
16	W – Dec 6	Exam 3

* Exam dates are subject to change. Lecture topics and presentation articles/dates/presenters will be provided on CANVAS.