

**College of Health and Human Performance  
Department of Applied Physiology and Kinesiology  
University of Florida**

**APK 4120 - Clinical Exercise Physiology  
Spring 2018**

Course Instructor: Tanja Taivassalo, Ph.D.  
Office: CTRB Room 2214  
Office Hours: Monday. 2:00-3:00; and by appointment.  
Email: ttaivassalo@ufl.edu  
Phone: (352) 294-8748  
Class Meeting: MWF Period 7 (**1:55 – 2:45pm**) LEI 0142  
Class website: Canvas at: <http://elearning.ufl.edu>  
Required Textbooks: **“Clinical Exercise Physiology”, 3<sup>rd</sup> Edition, 2013**  
**Authors:** Ehrman, Gordon, Visich, Keteyain,  
Human Kinetics Publishing.

University Counseling Services and Mental Health Services: 392-1575,  
<http://www.counseling.ufl.edu/cwc/Default.aspx>

University Police Department: 392-1111 or 9-1-1 for emergencies.

Rationale for Course: This course is required for the undergraduate specialization in Exercise Physiology offered by the Department of Applied Physiology and Kinesiology. Students completing this specialization usually seek placement in various health-related professions, medical school, or graduate school.

Course Description: This is an advanced undergraduate course in Clinical Exercise Physiology designed to provide students with an understanding of recent advances in exercise physiology for “clinical” populations. Particular emphasis is placed on the acute and chronic responses to exercise in patients at risk for or having cardiac, pulmonary, and metabolic diseases. Specific topics addressed include: pathophysiology of disease processes, clinical assessment of disease severity, diagnostic testing, and exercise rehabilitation in clinical populations. Students should have completed *APK 2105 Applied Human Physiology* or equivalent course in Human Physiology or Exercise Physiology before enrolling in this course.

Student Learning Outcomes:

Content: Identify, describe, and explain the basic concepts, theories and terminology of natural science and the scientific method within the subject areas of cardiac, pulmonary, and metabolic diseases.

Identify, describe, and explain the major scientific developments within the subject area and the impacts on society and the environment. Identify, describe, and explain relevant processes that govern biological and physical systems within the subject area.

Critical Thinking: Formulate empirically-testable hypotheses derived from the study of physical processes or living things within the subject area of cardiac, pulmonary, and metabolic diseases. Apply logical reasoning skills effectively through scientific criticism and argument within the subject area. Apply techniques of discovery and critical thinking effectively to evaluate experimental outcomes.

Communication: Communicate concepts clearly and effectively using written and/or graphic forms on examinations.

Course Objectives: Upon completion of this course, the student should have an understanding of the following topics in Clinical Exercise Physiology:

- a. Basic principles of health and exercise assessment
- b. Basic principles of endocrine and metabolic disorders and clinical management
- c. Basic principles of cardiovascular physiology and clinical management
- d. Basic principles of respiratory system disorders and management
- e. Basic principles of bone and joint disorders and clinical management
- f. Basic principles of neuromuscular disorders and clinical management
- g. Basic principles of exercise training and prescription in patients with the above listed disorders

Grading and academic policies:

1. There will be three regular exams (33.33 points each). **Final course grades will be determined solely by the three exam grades.**
2. Every effort will be made to adhere to the tentative exam dates listed on the course outline, but exam dates are subject to change by the instructor with advance notice to students.
3. All exams will consist of multiple choice and true/false questions. Students will be told the detailed format of each exam in advance.
4. **Students will be responsible for all material presented in class in addition to the lecture material posted on the class website.** Exam questions will be derived from lecture material as presented in class, assigned textbook readings, and any class handouts posted on website.
5. Lecture notes will be made available on the class website no later than the day prior to class.
6. All students must be present at the scheduled exam prior to any student completing the exam and leaving the examination room. Once any student has completed the exam and left the exam room, no late-arriving students will be admitted to the exam.
7. Attendance will not be recorded for lectures. However, since students will be responsible for all material covered in lecture – some of which may NOT be covered by the assigned reading – **failure to attend class will almost certainly result in a significantly lowered grade.**
8. No extra-credit assignments will be offered in this course. There will be no exceptions.
9. Exams may be scaled but the final course grades will not be changed. There will be no exceptions.
10. Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found in the online catalog at: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

### **Make-Up Exam**

The only lecture exam that is **REQUIRED** is the make-up exam at the end of the term. In other words, if you miss any (or all) exam(s), the make-up exam will replace that score(s). If you know

ahead of time that you will miss an exam OR you have an emergency and cannot make it to an exam, DO NOT PANIC. There is no reason to contact your instructor or get a written excuse. Also, if you are not prepared on the day of the exam, do NOT come to take the exam. Just get ready for the make-up exam!

Grading Scale:

A	90.0 – 100	C	70.0 – 76.9
B+	87.0 – 89.9	D+	67.0 – 69.9
B	80.0 – 86.9	D	60.0 – 66.9
C+	77.0 – 79.9	E	Below 60.0

Additional course policies:

1. Phones/Smartphones/PDAs must be turned to silent or off during all lectures and exams. Vibrate and quiet settings are not acceptable.
2. Students will be expected to show respect to the instructors and all students in the class. Students behaving disrespectfully (talking during lectures, making inappropriate or threatening statements to instructor or students, using phones in class, etc.) will be dismissed from the lecture or exam at hand. All university regulations governing student behavior will be enforced.
3. Lectures will begin at the scheduled times. Students will be expected to arrive on-time, and in the event of tardiness, to enter the room with as little disruption as possible.
4. No audio or video recordings may be made of any part of this course without written consent by the instructor who is administering that part of the course.
5. Lecture notes posted on the class website are the property of the instructor. They are posted solely for students in this course and solely to facilitate note-taking and studying. No part of the materials may be re-distributed, reproduced, or used for any purpose other than note-taking and studying.

Students requiring special accommodations:

“Students requesting special classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation.” And, per the disability resource center: for optimal consideration, you must see the professor within the first three (3) days of class.

Academic Honesty:

Cheating on exams in any way will not be tolerated. Cheating includes, but is not limited to: attempting to look or looking at another student’s exam or answers; allowing another student to look at one’s exam or answers; falsifying information to obtain a make-up exam; revealing information about a make-up exam taken before the regularly-scheduled exam is given; attempting to obtain exam questions in advance of the exam. If a student is made aware of cheating, approached by another student to conspire to cheat, or concerned that another student may be attempting to look at his/her exam or answers, it is that student’s responsibility to notify the instructor to avoid implication in cheating incidents.

**Any student caught cheating on any exam will receive a zero for that exam. There will be no exceptions. Additionally, the instructor may assign a failing grade for the course.** In all cases, students will be subject to the regulations and consequences, which can include probation or expulsion from the University, outlined in the Student Handbook.

Students are expected to adhere to UF student honor code: “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity.”

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>

	DATE	TOPIC
1	Jan 8	Introduction to Clinical Exercise Physiology: Syllabus & outline
2	Jan 10	Chronic Obstructive Pulmonary Disease
3	Jan 12	
	Jan 15	HOLIDAY – NO CLASS
4	Jan 17	Pharmacology
5	Jan 19	Physical inactivity and bed rest
6	Jan 22	
7	Jan 24	
8	Jan 26	GXT and Exercise Prescription
9	Jan 29	
10	Jan 31	Acute coronary syndromes (angina/MI)
11	Feb 2	
12	Feb 5	Atherosclerosis
13	Feb 7	
14	Feb 9	
15	Feb 12	<b>EXAM 1</b>
16	Feb 14	
17	Feb 16	Hyperlipidemia and Dyslipidemia
18	Feb 18	
19	Feb 21	
20	Feb 23	
21	Feb 26	Obesity and Metabolic syndrome
22	Feb 28	
23	March 2	
	March 5	<b>Spring Break</b>
	March 7	<b>Spring Break</b>
	March 9	<b>Spring Break</b>
24	March 12	Diabetes and Insulin Resistance
25	March 14	
26	March 16	
27	March 19	
28	March 21	<b>EXAM 2</b>
29	March 23	

30	March 26	Neuromuscular diseases
31	March 28	
32	March 30	
33	April 2	
34	April 4	
35	April 6	Novel therapeutic strategies
36	April 9	
37	April 11	
38	April 13	
39	April 16	
40	April 18	
41	April 20	
42	April 23	
43	April 25	<b>EXAM 3</b>