

Spring 2019 - Ergogenic Aids PET 5936 (class #19806) Schedule and Course description

3 credits Instructor: Steve Borst, Ph.D.

Tuesday: periods 4-6 (10:40 AM to 1:40 PM) Weil Hall room 0279

Tuesday, Jan 8	1. Fuel utilization 2. Determinants of VO ₂ max
Tuesday, Jan 15	3. Glycogen loading 4. Protein and branch chain amino acids
Tuesday, Jan 22	5. Arginine 6. Role of hormones in muscle hypertrophy
Tuesday, Jan 29	7. Molecular signals generated by exercise
Tuesday, Feb 5	8. Nutritional supplements Review
Tuesday, Feb 12	EXAM I
Tuesday, Feb 19	9. Sports drinks 10. Banned substances and drug testing
Tuesday, Feb 5	11. Anabolic steroids 12. Steroid controversy
Tuesday, March 5	Spring break
Tuesday, March 12	13. Growth hormone 14. Stimulants
Tuesday, March 19	15. Enhanced oxygen delivery 16. Creatine
Tuesday, March 26	17. Clenbuterol Class presentations
Tuesday, April 2	Class presentations
Tuesday, April 9	Class presentations
Tuesday, April 16	Class presentations
Tuesday, April 23	Class presentations and review
Thursday, May 2	Exam II (2nd half lectures) Weil Hall room 0279 12:30 PM to 2:30 PM

PET 5936 Course Policies

Student learning outcomes: We will cover the drugs and practices used to improve athletic performance, legal aspects and drug testing as well as basic principles underlying the action of ergogenic aids.

Subject area objectives: Biological science courses provide instruction in the basic concepts, theories and terms of the scientific method in the context of the life sciences. Courses focus on major scientific developments and their impacts on society, science and the environment, and the relevant processes that govern biological systems. Students will formulate empirically-testable hypotheses derived from the study of living things, apply logical reasoning skills through scientific criticism and argument, and apply techniques of discovery and critical thinking to evaluate outcomes of experiments.

Instructor: Steve Borst, Ph.D. seborst@ufl.edu 352-283-1567. There are no specific office hours, but students are encouraged to contact the instructor by phone or Email.

Departmental contact: Michael Balkcom, PO Box 118206, 25 Florida Gym, 294-1702 mbalkcom@ufl.edu

Class schedule, policies, lecture outlines and grades will be posted on the website. Answers to exam questions will be posted as soon as possible after the exam. Grades may be accessed at the web site using the 4-digit code assigned by the student.

Exams: There will be 2 exams; the first will cover the first half of the lectures and the second exam will cover the second half of the lectures (and will not be cumulative). Make-up exams cannot be given without prior permission of the instructor. The only excuses are medical or other emergency, with documentation.

Grading: Exam I will be 40%; Exam II will be 40%, class presentation of a paper will be 20%

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: [Attendance - https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx](https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx)

Students are expected to provide feedback on the quality of instruction in this course based on 10 criteria. These evaluations are conducted online at [Evaluations - https://evaluations.ufl.edu/](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.

Students requesting classroom accommodation must first register with the Dean of Student Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation.

Here are the additional current links for UF policies:

Student Honor Code - <https://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>

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

Dean of Students office for students with disabilities - <http://www.dso.ufl.edu/drc/>

Counseling and Wellness - <http://www.counseling.ufl.edu/cwc/Self-Help-Library.aspx>

UF Help Desk - <mailto:helpdesk@ufl.edu> or (352) 392-HELP