

Spring 2008

**California State University, Northridge  
Department of Kinesiology**

**KIN 346 - Physiology of Exercise  
TTR 9:30-10:45 AM  
Ticket # 13616**

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Textbook: Wilmore, J.H., D.L. Costill and W. L. Kenney. *Physiology of Sport and Exercise*, Human Kinetics, Fourth Edition 2007.

Prerequisites: Biol 281 - Human Physiology **and** either KIN 241 - Movement Forms: Exercise or KIN 201.

Course Description: This course will examine the effects of physical activity on the human physiological processes and of the physiological aspects of skill, endurance, fatigue, training, and other phenomena related to physical performance.

Course Objectives: At the conclusion of the course the student will: 1) Know and understand the physiological mechanisms that sustain and act as the basis of the body's response to exercise (SLO 3, 6); 2) Correctly use terminology to describe the physiological adaptations that occur in response to both acute and chronic exercise (SLO 3, 6); 3) Understand the law of specificity as it applies to physiological adaptation (SLO 6; 4) Explain common theories in physiology and relate them to proper practices and methods of exercise training (SLO 6, 8, 9); 5) Understand and integrate the mechanisms by which exercise may alter the severity of diseases associated with physical inactivity (SLO 3, 6, 8, 9).

Exams: The exams will be primarily objective questions. Examination material is predominately from lecture, although there may be some questions from the textbook that are not covered in lecture.

Exam Preparation: To optimize your exam performance, please follow these suggestions. Read the chapter before class and then read it again after class. Understand the material in the chapter review boxes. Answer all of the study questions at the end of each chapter. Rewrite the material so that you really understand it. The goal is to understand the material so that you can discuss the concepts in detail. Form study groups and discuss the material with other students. Most importantly, ask questions both during class and during office hours.

Make Up Exams: In the case of a medical or family emergency, a make-up exam can be scheduled **ONLY** if I am notified prior to the class in which the exam is scheduled. This requires that we meet and discuss the issue, I agree that your reason for missing the assignment is valid, **AND** I excuse you from the exam. You will receive a 0 (ZERO) for the exam if this procedure is not followed.

Exam Review Policy: Possession or use of a previous student's exam notes will constitute an ethics violation. Course examinations will NOT be returned to the student. Students will be allowed to review their previous exams in the instructor's office during office hours or at other specially announced times, but all review will be completed 1 week prior to the last official class meeting. Extra exam review times will NOT be added prior to the final examination. You should review your exams immediately after they are graded (i.e., when they are returned in class). When you review a previously completed exam, you may NOT take notes or use any type of device to record or document the exam material. Violation of this rule will constitute an ethics violation on the exam.

Personal Communication Devices: All personal communication devices (i.e., pagers, cell phones, etc.) will be turned off and put away while in class. Ten (10) points will be deducted from your final grade on each occasion that your communication device is activated in class. This policy may be modified on an individual basis if the need is warranted. Personal communication devices may not be used as calculators during an exam.

Cheating: Any student caught cheating will automatically fail the examination or assignment, the course and may be subject to more severe University discipline. All students should know, understand, adhere to and enforce the California Code of Regulations, Section 41301, Title 5 as found in the university catalog. You must abide by the policies stated in the code.

**COURSE OUTLINE (Dates are subject to change)**

Date	Chapter	Content
1/22, 1/24	Intro	Introduction to Exercise Physiology
1/29, 1/31, 2/5	1	Structure and Function of Exercising Muscle
2/7,	3	Neural Control of Movement (pgs 94-95)
2/7, 2/12	8	Principles of Exercise Training
2/14, 2/19	9	Adaptations to Resistance Training
2/21, 2/26	14	Body Composition and Nutrition for Sport
2/28	2	Review, Fuel for Exercising Muscle: Metabolism and Hormonal Control
<b>3/4</b>		<b>Midterm 1</b>
3/6, 3/11, 3/13, 2		Fuel for Exercising Muscle: Metabolism and Hormonal Control
3/25, 3/27		
4/1, 4/3,	4	Energy Expenditure and Fatigue
4/8, 4/10	10	Adaptations to Aerobic and Anaerobic Training, Review
<b>4/15</b>		<b>Midterm 2</b>
4/17	19	Prescription of Exercise for Health and Fitness
4/22, 4/24	5	The Cardiovascular System and its Control
4/29, 5/1	7	Cardiorespiratory Responses to Acute Exercise
5/6, 5/8	6	The Respiratory System and its Regulation, Review
<b>5/15(THURS)</b>	<b>Final Exam</b>	<b>Comprehensive Final 8:00-10:00</b>

Grading		Grade Scale			
Exam I	100 points	A	94-100%	C	70-73
Exam II	100	A-	89-93	C-	67-69
Final	200	B+	84-88	D+	64-66
Total	400	B	80-83	D	60-63
		B-	77-79	D-	57-59
		C+	74-76	F	<56