KINE 5320/6320: Advanced Physiology of Exercise
Fall 2019

Instructor Information

Instructor(s):
Rhonda Prisby, Ph.D.

Office Number:
SEIR 200

Office Telephone Number:
817 272-6786

Email Address:
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Faculty Profile:
https://mentis.uta.edu/explore/profile/rhonda+-prisby

Office Hours:
By appointment

Course Information

Section Information:
KINE 5320-001/KINE 6320-001

Time and Place of Class Meetings:
Monday 2:00-4:50 pm, Pickard Hall (PKH), Room 111

Description of Course Content:
Lectures are designed to investigate concepts of energy metabolism, lactate production and accumulation, energy expenditure, excess post exercise oxygen consumption, cardiovascular and temperature regulation, neuromuscular control, aerobic and anaerobic adaptations and ergonomics.

Student Learning Outcomes:
Students will gain a comprehensive understanding of exercise physiology in an integrative fashion. Content will be delivered in the lecture.

Required Textbooks and Other Course Materials:
Advanced Exercise Physiology, Essential Concepts and Applications by Ehrman, Kerrigan, Keteyian will be used as the primary reference text with selected readings to be assigned as needed.

Descriptions of major assignments and examinations:

Exam 1: 20%
Exam 2: 20%
Exam 3: 20%
Exam 4: 20%
Class Participation: 10%
Other Requirements:

Attendance: Attendance for lecture, although not required, is strongly encouraged.

Class Participation: includes, but is not limited to the following: group discussions, written questions & answers and comments during lectures, etc.

Grading Information

Grading:
100-89.5% A
89.49-79.5% B
79.49-69.5% C
69.49-59.5% D
<59.49% F

*Grading policy subject to change. All enrolled students will be formally notified upon changes made to the grading policy during the semester.

Make-up Exams:
Students are expected to take the exams as scheduled during the semester. Missed exams due to illness will require a doctor’s note in order to take the exam at a later date. Unexpected circumstances that will cause a missed exam must be discussed with the instructor and approved by the instructor prior to the exam’s scheduled date.

Expectations for Out-of-Class Study:
Beyond the time required to attend each class meeting, students enrolled in this course should expect to spend at least an additional 9 hours per week of their own time in course-related activities, including reading required materials, completing assignments, preparing for exams, etc.

Grade Grievances:
Any appeal of a grade in this course must follow the procedures and deadlines for grade-related grievances as published in the current University Catalog.
Course Schedule

As the instructor for this course, I reserve the right to adjust this schedule in any way that serves the educational needs of the students enrolled in this course. – Rhonda D. Prisby

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td>Aug 26</td>
<td>Exercise Metabolism</td>
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<tr>
<td>Sept 2</td>
<td><strong>No Class – Labor Day Holiday</strong></td>
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<tr>
<td>Sept 9</td>
<td>Exercise Metabolism/ Dynamics of skeletal-neuromuscular and gastrointestinal physiology</td>
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<tr>
<td>Sept 16</td>
<td>Dynamics of skeletal-neuromuscular and gastrointestinal physiology</td>
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<tr>
<td>Sept 23</td>
<td>Library Day – No Lecture</td>
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<tr>
<td>Sept 30</td>
<td>Exam 1</td>
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<tr>
<td>Oct 7</td>
<td>Cardiovascular Function and Control/Pulmonary Exercise Physiology</td>
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<td>Oct 14</td>
<td>Pulmonary Exercise Physiology</td>
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<tr>
<td>Oct 21</td>
<td>EXAM 2</td>
</tr>
<tr>
<td>Oct 28</td>
<td>Immune and Endocrine System/Principles for testing and training for aerobic power</td>
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<tr>
<td>Nov 4</td>
<td>Principles for testing and training: Aerobic strength, power and range of motion</td>
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<tr>
<td>Nov 11</td>
<td>EXAM 3</td>
</tr>
<tr>
<td>Nov 18</td>
<td>Body Composition and weight management; Performance: Environmental stressors, genetics, nutrition, and ergogenic aids</td>
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<tr>
<td>Nov 25</td>
<td>Physical Activity and Exercise for Health and Fitness</td>
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<tr>
<td>Dec 2</td>
<td>Exam 4</td>
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Institution Information

UTA students are encouraged to review the below institutional policies and informational sections and reach out to the specific office with any questions. To view this institutional information, please visit the [Institutional Information](http://www.uta.edu/provost/administrative-forms/course-syllabus/index.php) page which includes the following policies among others:

- Drop Policy
- Disability Accommodations
- Title IX Policy
- Academic Integrity
- Student Feedback Survey
- Final Exam Schedule

Additional Information

**Academic Integrity:** Students enrolled in this course are expected to adhere to the UT Arlington Honor Code:

_I pledge, on my honor, to uphold UT Arlington’s tradition of academic integrity, a tradition that values hard work and honest effort in the pursuit of academic excellence._

_I promise that I will submit only work that I personally create or contribute to group collaborations, and I will appropriately reference any work from other sources. I will follow the highest standards of integrity and uphold the spirit of the Honor Code._
UT Arlington faculty members may employ the Honor Code as they see fit in their courses, including (but not limited to) having students acknowledge the honor code as part of an examination or requiring students to incorporate the honor code into any work submitted. Per UT System Regents’ Rule 50101, §2.2, suspected violations of university’s standards for academic integrity (including the Honor Code) will be referred to the Office of Student Conduct. Violators will be disciplined in accordance with University policy, which may result in the student’s suspension or expulsion from the University.

**Attendance:**
At The University of Texas at Arlington, taking attendance is not required but attendance is a critical indicator of student success. Each faculty member is free to develop his or her own methods of evaluating students’ academic performance, which includes establishing course-specific policies on attendance. As the instructor of this section, lecture attendance is highly recommended but not required. However, while UT Arlington does not require instructors to take attendance in their courses, the U.S. Department of Education requires that the University have a mechanism in place to mark when Federal Student Aid recipients “begin attendance in a course.” UT Arlington instructors will report when students begin attendance in a course as part of the final grading process. Specifically, when assigning a student a grade of F, faculty report must the last date a student attended their class based on evidence such as a test, participation in a class project or presentation, or an engagement online via Canvas. This date is reported to the Department of Education for federal financial aid recipients.

**Emergency Exit Procedures:**
Should we experience an emergency event that requires evacuation of the building, students should exit the room and move toward the nearest exit, which is located down the halls to the right and to the left as you exit room 111. When exiting the building during an emergency, do not take an elevator but use the stairwells instead. Faculty members and instructional staff will assist students in selecting the safest route for evacuation and will make arrangements to assist individuals with disabilities.

Students are encouraged to subscribe to the MavAlert system that will send information to your cell phone or email account in case of an emergency. Please subscribe at Emergency Communication System.

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### YOUR OPTIONS TO AN ACTIVE SHOOTER

#### You Have Choices!

<table>
<thead>
<tr>
<th><strong>AVOID</strong></th>
<th><strong>DENY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>• AVOID the situation. <strong>Stay away</strong> from the area and campus.</td>
<td>• Know your exit and escape options.</td>
</tr>
<tr>
<td>• If you can safely leave the area, <strong>RUN</strong>.</td>
<td>• If in a parking lot, get to your car and leave.</td>
</tr>
<tr>
<td>• Get others to leave the area, if possible.</td>
<td>• If in an unaffected area, stay where you are.</td>
</tr>
<tr>
<td>• Prevent others from entering the area.</td>
<td>• When you are safe, call UTA PD at 817. 272.3003 or 911 with information you have.</td>
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</table>

**DENY**

If you can’t leave the area safely, **DENY** or slow entry to the intruder:

- Lock/barricade doors with heavy items.
- Turn off lights/projectors/equipment.
- Close blinds and block windows.
- Stay away from doors and windows.

- Silence phones and **remain quiet**. Don’t let your phone give you away.
- HIDE and take cover to protect yourself.
- Be prepared to run or defend yourself.

**DEFEND**

If you can’t **AVOID** or **DENY** entry to the intruder, **DEFEND** your location:

- As a last resort, **FIGHT** for your life.
- Use physical force and any weapons available - fire extinguishers, books, chairs, belts, umbrellas, pens/scissors, hot coffee/drinks, trash cans, etc.

- Use the element of surprise.
- Work together as a team. Develop a plan. Commit to your actions. Your life depends on it.
- Be aggressive, loud, and determined in your actions.

Follow ALL instructions.

For more information, go to: police.uta.edu/active-shooter
Student Success Programs:
UT Arlington provides a variety of resources and programs designed to help students develop academic skills, deal with personal situations, and better understand concepts and information related to their courses. Resources include tutoring by appointment, drop-in tutoring, etutoring, supplemental instruction, mentoring (time management, study skills, etc.), success coaching, TRIO Student Support Services, and student success workshops. For additional information, please email resources@uta.edu, or view the Maverick Resources website.

The IDEAS Center (https://www.uta.edu/ideas/) (2nd Floor of Central Library) offers FREE tutoring and mentoring to all students with a focus on transfer students, sophomores, veterans and others undergoing a transition to UT Arlington. Students can drop in or check the schedule of available peer tutors at www.uta.edu/IDEAS, or call (817) 272-6593.

The English Writing Center (411LIBR):
The Writing Center offers FREE tutoring in 15-, 30-, 45-, and 60-minute face-to-face and online sessions to all UTA students on any phase of their UTA coursework. Register and make appointments online at the Writing Center (https://uta.mywconline.com). Classroom visits, workshops, and specialized services for graduate students and faculty are also available. Please see Writing Center: OWL for detailed information on all our programs and services.

The Library’s 2nd floor Academic Plaza (http://library.uta.edu/academic-plaza) offers students a central hub of support services, including IDEAS Center, University Advising Services, Transfer UTA and various college/school advising hours. Services are available during the library’s hours of operation.

Librarian to Contact:
Each academic unit has access to Librarians by Academic Subject that can assist students with research projects, tutorials on plagiarism and citation references as well as support with databases and course reserves.

Emergency Phone Numbers
In case of an on-campus emergency, call the UT Arlington Police Department at 817-272-3003 (non-campus phone), 2-3003 (campus phone). You may also dial 911. Non-emergency number 817-272-3381.