Instructor Information

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

Office Number:
SEIR 200

Office Telephone Number:
817 272-6786

Email Address:
rhonda.prisby@uta.edu

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, Canvas Conferences

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%
Technology Requirements:
The lectures will be given online via Canvas Conferences and Respondus Lockdown Browser (for the exams). Students can access tutorials on these tools by clicking on the “Get Started” Box on their Canvas Homepage. For the course, you will need a webcam and microphone to succeed in the course. **The webcam and microphone are critical for the lectures, taking the exams, and for class participation.**

Other Requirements:

**Attendance:** Attendance for lecture, although not required, is strongly encouraged. **Please note that the participation component of your grade is dependent upon engagement during the lectures.**

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

Grading Information

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
<th>Grade</th>
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<tbody>
<tr>
<td>A</td>
<td>100-89.5%</td>
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<tr>
<td>B</td>
<td>89.49-79.5%</td>
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<tr>
<td>C</td>
<td>79.49-69.5%</td>
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<tr>
<td>D</td>
<td>69.49-59.5%</td>
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<tr>
<td>F</td>
<td>&lt;59.49%</td>
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*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 31</td>
<td>Exercise Metabolism</td>
</tr>
<tr>
<td>Sept 7</td>
<td><strong>No Class – Labor Day Holiday</strong></td>
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<tr>
<td>Sept 14</td>
<td>Exercise Metabolism/ Dynamics of skeletal-neuromuscular and gastrointestinal physiology</td>
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<tr>
<td>Sept 21</td>
<td>Dynamics of skeletal-neuromuscular and gastrointestinal physiology</td>
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<td><strong>Sept 28</strong></td>
<td><strong>Exam 1</strong></td>
</tr>
<tr>
<td>Oct 5</td>
<td>Cardiovascular Function and Control</td>
</tr>
<tr>
<td><strong>Oct 12</strong></td>
<td><strong>Cardiovascular Function and Control/ Pulmonary Exercise Physiology</strong></td>
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<tr>
<td><strong>Oct 19</strong></td>
<td><strong>Pulmonary Exercise Physiology</strong></td>
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<tr>
<td>Oct 26</td>
<td>EXAM 2</td>
</tr>
<tr>
<td>Nov 2</td>
<td>Immune and Endocrine System/Principles for testing and training for aerobic power</td>
</tr>
<tr>
<td>Nov 9</td>
<td>Principles for testing and training: anaerobic strength, power and range of motion</td>
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<tr>
<td><strong>Nov 16</strong></td>
<td><strong>EXAM 3</strong></td>
</tr>
<tr>
<td>Nov 23</td>
<td>Body Composition and weight management; Performance: Environmental stressors, genetics, nutrition, and ergogenic aids</td>
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<tr>
<td>Nov 30</td>
<td>Physical Activity and Exercise for Health and Fitness</td>
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<tr>
<td><strong>Dec 7</strong></td>
<td><strong>Exam 4</strong></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

**Mandatory Face Covering Policy**

All students and instructional staff are required to wear facial coverings while they are on campus, inside buildings and classrooms. Students that fail to comply with the facial covering requirement will be asked to leave the class session. If students need masks, they may obtain them at the Central Library, the E.H. Hereford University Center’s front desk or in their department. Students who refuse to wear a facial covering in class will be asked to leave the session by the instructor, and, if the student refuses to leave, they may be reported to UTA’s Office of Student Conduct.
**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, I will not take attendance. However, the participation component of your grade is based upon question asking and regular engagement in the lecture materials and discussions. 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 must report 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.

**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.

**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/](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](https://uta.mywconline.com) 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.