

KSS 4340 Principles of Exercise Physiology
Department of Kinesiology & Sports Studies
Fall 2012

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Course Description: An introduction to the physiological factors that affect human performance leading to an enhanced understanding of how the body responds to the physical demands of activity.

Course Objectives:

- Develop a knowledge of the structure and function of the neuromuscular system.
- Demonstrate an understanding of how the neuromuscular systems responds during acute exercise.
- Demonstrate an understanding of how the neuromuscular systems adapts to chronic exercise.
- Develop a knowledge of the structure and function of the cardiopulmonary system.
- Demonstrate an understanding of how the CP systems responds during acute exercise.
- Demonstrate an understanding of how the CP systems adapts to chronic exercise.
- Develop a knowledge of the basic concepts of bioenergetics.
- Demonstrate an understanding of how bioenergetics is altered by acute exercise
- Demonstrate an understanding of how the bioenergetics adapt to chronic exercise.
- Evaluate the influence of various dietary factors on acute exercise performance.
- Develop an understanding of the various means for assessing body composition.
- Understand the impact of chronic exercise on body composition.

Required Textbook: Exercise Physiology: Integrating Theory and Application. Kraemer, Fleck & Deschenes. Lippincott, Williams & Wilkins. 2012.

Grading: A = 90 – 100%
B = 80 – 89%
C = 70 – 79%
D = 60 – 69%
F = < 60%

Any failed exam requires an appointment with the instructor to determine what led to the failure.

Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center (www.eiu.edu/~success) for assistance with time management, test taking, note taking, avoiding procrastination, setting goals, and other skills to support academic achievement. The Student Success Center provides individualized consultations. To make an appointment, call 217-581-6696, or go to 9th Street Hall, Room 1302.

Disability Statement: If you have a documented disability and wish to receive academic accommodations, please contact the Coordinator of the Office of Disability Services (217-581-6583).