

Eastern Illinois University  
Department of Kinesiology and Sports Studies

---

Syllabus  
**KSS 4340 – Exercise Physiology**  
Spring 2014

---

Instructor: Jake Emmett, Ph.D.

Office: 2202 Lantz Building

Email: Desire 2 Learn mail (primary), [jemmett@eiu.edu](mailto:jemmett@eiu.edu) (secondary)

Phone: 581-7113

Office Hours: M, W, F 9:00-10:00; T, R 1:00-2:00 or by appointment

---

**Course Description:**

This course is designed to provide an in depth study of key physiological systems as they respond to acute and chronic bouts of exercise. (BIO 2001, KSS 1500 and KSS 2440 are prerequisites for this class.)

**Course Objectives:**

1. Demonstrate an understanding of how bioenergetics is altered by acute exercise
2. Demonstrate an understanding of how the bioenergetics adapt to chronic exercise
3. Develop a knowledge of the structure and function of the neuromuscular system
4. Demonstrate an understanding of how the neuromuscular systems responds during acute exercise
5. Demonstrate an understanding of how the neuromuscular systems adapts to chronic exercise
6. Develop a knowledge of the structure and function of the cardiopulmonary system
7. Demonstrate an understanding of how the CP systems responds during acute exercise
8. Demonstrate an understanding of how the CP systems adapts to chronic exercise
9. Develop a knowledge of the basic concepts of bioenergetics.
10. Evaluate the influence of various dietary factors on acute exercise performance.
11. Develop an understanding of the various means for assessing body composition.
12. Understand the impact of chronic exercise on body composition.

**Course Content:**

1. Exercise Metabolism.
2. Neuromuscular Function.
3. Cardiopulmonary Function.
4. Body Composition and Nutrition.

**Text:** *Exercise Physiology: Integrating Theory to Application*, by Krammer, Fleck and Deschenes (2011)

**Evaluation:**

A  $\leq$  90% of total points

B 80-89% of total points

C 70-79% of total points

D 60-69% of total points

F < 60% of total points

- Quizzes/ Assignments (5-10 points). Quizzes and assignments will be un-announced and given in class. These can not be made up without an official excuse.
- Exams (1-3 worth 50 points). Exams will be made up of short answer questions and be given in class. The final exam (100 points) will be partially comprehensive.

**Format:**

- Much of the material and communication regarding this class will be provided through D2L. Check the website on a regular basis.
- This is a presentation and discussion based class. Students are expected to know the learning objectives, read the related material in the textbook, and come to class prepared to contribute to class discussion with comments and questions. Learning objectives questions are also posted on D2L.
- This is a learn-and-earn as you go class. There is no extra credit at the end of the semester to save your grade. *Right here, right now* is the time to be concerned about your grade.

**General Course Information:**

Guidelines for success; attend class, take good notes, study your notes regularly, and ask questions. Like training for anything, you can't get into shape with one or two workouts the day before. Do the work by studying every day. No extra credit is offered in this class.

Desire 2 Learn is incorporated in this class in the following ways; access to reading assignments,, online assessments and assignments, grade book, announcements, etc. If you have any questions regarding the use of D2L, please contact the ITS Help Desk at 581-4357 or [itshelp@eiu.edu](mailto:itshelp@eiu.edu)

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

Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center ([www.eiu.edu/~success](http://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](tel:217-581-6696), or go to 9<sup>th</sup> Street Hall, Room 1302.