

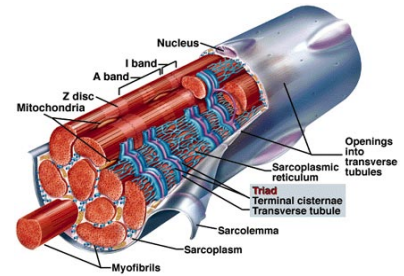


# **PRINCIPLES OF EXERCISE PHYSIOLOGY**

**PED 4340**

**Eastern Illinois University  
Kinesiology & Sports Studies**

**Fall 2009**



**Instructor:** Brian Pritschet, Ph.D.

**Office**

**Hours:** Monday 12:00 - 2:00 pm, Wednesday 10:00 -11:00 am, Friday 10:00 -11:00 am.

Other times by appointment

**Office:** 2207 Lantz Building Phone: 581-7586

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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**

**Objective:**

To study the response of human physiological systems to acute and chronic exercise and the interaction of various environmental and nutritional conditions.  
To develop critical thinking as it applies to exercise physiology.

**Course**

**Content:**

Homeostasis (Chapter 2)  
Neuromuscular Control of Movement (Chapters 7-8)  
Bioenergetics and Hormonal Regulation of Movement (Chapters 3-6, 19)  
Cardiorespiratory Function in the Support of Movement (Chapters 9-10)  
Physiological Adaptations to Training (Chapter 13, 21)  
Body Composition & Performance (Chapter 23)  
Other topics as time allows

**Evaluation:**

~4 Exams	40 points each
Final Exam	60 points
Quizzes	5 points each
Class Assignments & Labs	~5-15 points each

**Grading Scale:**

A=  $\geq 90\%$  of total points  
B=80-89%  
C=70-79%  
D=60-69  
F=<60%

**Text:**

**Exercise Physiology: Theory & Application to Fitness & Performance (6<sup>th</sup> ed).**  
Powers & Howley

All class assignments must be turned in on the announced due date by the end of the designated class period unless

you can provide an official University recognized excuse. [*A penalty will be assessed for work that is late (50%/day), late assignments will not be accepted after 1 class period past the due date.*] No make-up exams, quizzes, or assignments will be given without appropriate documentation.

The instructor's role is to help you learn and understand the course material. However, this requires you to take an active part, including asking questions during class and consulting with the instructor outside of class to clarify the things that you don't clearly understand.

Do not expect to learn exercise physiology solely during class time; class discussions are for clarifying the material or expanding upon the information presented in your text. An important portion of your learning experience will come from studying outside of class. While there will be some memorization required throughout the semester, you should attempt to **understand concepts**. Study on a regular basis; don't wait until just before an exam to study.

You should plan to review your notes daily and read the assignments from the text **prior** to the class in which those topics will be discussed. ***It is suggested that you plan to study at least 1-2 hours outside of class for every 1 hour spent in the classroom.***

### **Quizzes**

Quizzes will be given ~ weekly. These quizzes will include five multiple choice &/or short answer questions and will be worth 5 points each. The lowest quiz score will be dropped.

### **Exams**

There will be 4 exams worth 40 points apiece. These exams may include multiple choice, matching and short answer questions. Unit exams will cover material from that section only.

### **Final Exam**

The final exam will be comprehensive and is scheduled for:

**9:00 AM Section - Tuesday – December 15<sup>th</sup> – 8:00 – 10:00 am**

**2:00 PM Section - Wednesday – December 16<sup>th</sup> – 10:15 am – 12:15 pm**

No final exams will be given on any other date/time.

### **Class Assignments**

Class assignments may include (but are not limited to) article summaries, review questions and/or laboratory exercises.

Article Summaries – A summary of a research article (*in your own words*) devoted to a specific topic.

Review Questions – Students will answer questions posed in class using the research literature and other sources in addition to the textbook

Lab Exercises – Involve data collection and analysis of the response to exercise.

### **Participation**

All students are expected to attend class and to participate in class activities and discussions.

**Physical Education Majors must earn a grade of 'C' or better in this course to advance**

**Please turn phones and music players off and remove earpieces prior to the start of class and leave them in your pocket or backpacks.**

*The information contained in this syllabus is subject to change at the discretion of the instructor*

❖ If you have a documented disability and wish to discuss academic accommodations, please contact me as soon as possible or contact the Coordinator of the Office of Disability Services.