

EASTERN ILLINOIS UNIVERSITY
Kinesiology and Sports Studies Department
PED 4900 (section 4) Exercise in Extreme Conditions
Course Outline
Fall 2009

INSTRUCTOR: Jeffrey M. Willardson, PhD, CSCS (call me Dr. Willardson)
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OFFICE LOCATION: Lantz 2230
OFFICE HOURS: M, W, F 9-10 AM; Th 2-3 PM (or by appointment)
CLASS DAYS: M, W, F
CLASS LOCATION: LTNZ 1420
CLASS TIME: 3-3:50

COURSE DESCRIPTION

This course provides an overview of the acute and chronic adaptations of the human body during exercise under extreme conditions or circumstances.

TEXT

Supplemental reading material will be provided.

COURSE OBJECTIVES

1. Understand the additional stresses from environmental factors (heat, cold, hyperbaric, and hypobaric) which occur during exercise.
2. Understand the acute and chronic physiological changes which occur during exercise in extreme conditions
3. Understand the limitations of the human body to perform in extreme conditions and the health risks involved.

DATES TO REMEMBER

August 24	First day of classes
September 7	Labor Day—No classes
October 9	Fall break—No Classes
November 23-27	Thanksgiving break—No Classes
December 11	Last day of classes

Final exam day and time to be announced

GRADING

90-100% = A
80-89% = B
70-79% = C
60-69% = D
<59% = F

Exam 1 = 50 points
Exam 2 = 50 points
Other = 50 points (participation, discussion, ect...)
Exams will consist of material covered in the lecture
No opportunities will be given for extra credit.

LECTURE SCHEDULE—please access WebCT for lecture material

TOPIC	READING
Cardiovascular control	Cardio notes

	Heat notes
Exercise in the Heat	NATA
	GSSI heat
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Fluid Replacement	ACSM position
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Hyponatremia	Noakes
Test 1	GSSI hyponatremia
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Exercise in the Cold	Cold notes
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Exercise in the Cold	ACE article
Test 2	GSSI cold
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Exercise at High Altitude	Altitude notes
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Exercise at High Altitude	Train low live high
Final Exam	GSSI altitude
	McArdle
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ACADEMIC MISCONDUCT

Examples of academic misconduct are cheating, plagiarism, and excessive absences. Please consult the Student Handbook for the official academic misconduct policy. Any academic misconduct will be dealt with according to the student handbook and the discretion of the instructor.

RESPECT FOR DIVERSITY

Diversity encompasses age, life experiences, profession, race, religion, sexual orientation, and lifestyle, social class, learning style, philosophy of life, personality, mental and physical challenges, customs, values, and gender. Diversity is to be respected in this class.