

EASTERN ILLINOIS UNIVERSITY
DEPARTMENT OF KINESIOLOGY & SPORT STUDIES
KSS 4340 EXERCISE PHYSIOLOGY
Spring 2010

INSTRUCTOR: Dr. Phyllis Croisant

OFFICE: 1020 McAfee

TELEPHONE: 581-7596

E-MAIL: ptcroisant @ eiu.edu

OFFICE HOURS MW 2-3 PM
Tues. 3-4 PM
F 11:30 AM-12:30 PM
For other hours, call or email for an appointment

TEXTBOOK: *Exercise Physiology: Theory & Application to Fitness & Performance, 6th Ed.*- Powers & Howley (McGraw Hill Publ., 2007)

- OBJECTIVES:**
1. To study the immediate and long term effects of exercise upon the
 2. To understand the physiological basis of physical training techniques.
 3. To study the effects of nutritional, environmental, and ergogenic factors upon human performance.
 4. To be introduced to the research literature in exercise physiology.
 5. To be introduced to laboratory equipment and experimental procedures in exercise physiology.

EVALUATION:	Quizzes (7)	50%
	Mini-papers on current topics (2)	30%
	Final Exam	20%

ATTENDANCE & MAKE-UP POLICY:

If you will miss a quiz due to an official school function or other pre-planned activity, you must make arrangements for make-ups *before* the absence. If the absence is due to illness, accident, or other unforeseen event, you must call or e-mail me as soon as feasible. Do not wait until you return to class to contact me about make-ups.

ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:

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

STUDENT SUCCESS CENTER

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.

TENTATIVE SCHEDULE (Spring 2010)

Jan.	11	Introduction; Course requirements	
Bioenergetics			
	13	Energy for exercise	Chap. 3
	15	Aerobic and anaerobic energy sources	
	18	M.L. King holiday – no class	
	20	Energy use during exercise	Chap. 4
	22	Energy use during exercise	
	25	Assessment of energy use	Chap. 6
	27	<i>Quiz</i> / Recovery from exercise	
	29	Nutrition and performance - Carbohydrates	Chap. 23
Feb.	1	Sport drinks	
	3	Protein requirements of athletes	
	5	Vitamins & other nutritional supplements	pp. 503-505
	8	Nutritional supplements (cont.)	
Body Composition			
	10	<i>Quiz</i> / Body composition	Chap. 18 & 23
	12	Lincoln's Birthday – no class	
	15	Body composition & performance	
	17	Energy balance & weight control	
	19	Exercise & weight control	
	22	Eating disorders in athletes	pp. 447-449
	24	Female athlete's triad	
Cardiorespiratory Function			
	26	<i>Quiz</i> / Pulmonary function	Chap. 10
Mar.	1	Gas exchange	
	3	Gas exchange and transport	
	5	Cardiovascular function	Chap. 9
	8	Cardiac output, blood pressure, peripheral resistance	
	10	Cardiovascular function during exercise	
	12	Graded exercise testing; electrocardiography / <i>Quiz</i>	
Aerobic and Anaerobic Training			
	22	Aerobic and anaerobic power	
	24	Aerobic and anaerobic power	
	26	Assessment of aerobic and anaerobic power	Chap. 15
	29	Training principles	Chap. 13 & 21
	31	Training for cardiovascular health	Chap. 14 & 16
	2	Training for performance	Chap. 21
Apr.	5	Training for performance	
	7	Physiological effects of training	
Neuromuscular Function			
	9	<i>Quiz</i> / Skeletal muscle structure	Chap. 8
	12	Skeletal muscle function	
	14	Nervous system structure & function	Chap. 7
	16	Nervous system control of movement	
	19	Muscular strength, power, & endurance	
	21	<i>Quiz</i> / Principles of training	Chap. 21
	23	Neuromuscular training	
	26	Neuromuscular training	
	28	Ergogenic aids & other controversies	
	30	<i>Quiz</i> / Review for final	
Final Exam	Wednesday, May 5, 2010 12:30 - 2:30 pm		