

Syllabus

**KSS 4900 – Special Topic: Risks and Benefits of Exercise**

Spring 2018

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Instructor: Jake Emmett, Ph.D.

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Office Hours: Mon-Thur, 10:00-11:00 or by appointment

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**Course Description:**

This course is designed to discuss in depth the risk and benefits associated with acute and chronic exercise.

**Objectives:**

Describe the potential stresses and risks to the physiological systems of the human body during acute exercise.

Describe the likely stresses and risks to the physiological systems of the human body during chronic exercise training.

Describe the documented benefits to the physiological systems of the human body from acute exercise.

Describe the documented benefits to the physiological systems of the human body from chronic exercise training

**Course Content and Schedule (tentative):**

Week 1 - Exercise addiction. Krivoschekov (2011)

Week 2 - Heart health and sudden Death. Maron (2009), Joyner (2009)

Week 3 - Skeletomuscular (Van Gent, 2007)

Week 4 - Free radicals (GSSI article, two parts)

Week 5 - Immune system (GSSI article)

Week 6 - Cancer. Ballard-Barbash (2012), Barcharic (2010), Winzer (2011),

Week 7 - Children and youth (Janssen, 2007 and Ekelund, 2012)

Week 8 - Aging and DNA (Cherkas, 2012)

**Text:** No textbook. Digital copies of review and research papers will be provided online through D2L.

**Grading:**

- A 100-90% 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

**Evaluation:**

Participation (10-15 points). Participation points will be awarded periodically based on participation in class discussion. Participation can include but is not limited to asking and answering questions relevant to class topics. Reviewing assigned material prior to class will aid in earning participation points.

Assignments (2-5 points)

Quizzes (2-5 points)

Exams (25 points each)

**Course Policies:**

- 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)
- **Academic integrity** - Unless stated otherwise, all exams, quizzes, and assignments should be completed independently and separately from any other individuals. Students are expected to maintain principles of academic integrity and conduct as defined in EIU's Code of Conduct (<http://www.eiu.edu/judicial/studentconductcode.php>). Violations will be reported to the Office of Student Standards.
- **Students with disabilities** - If you are a student with a documented disability in need of accommodations to fully participate in this class, please contact the Office of Student Disability Services (OSDS). All accommodations must be approved through OSDS. Please stop by Ninth Street Hall, Room 2006, or call 217-581-6583 to make an appointment.
- **The Student Success Center** - 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, or go to 9<sup>th</sup> Street Hall, Room 1302.