INSTRUCTOR
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Annette Caldwell Simmons School of Education and Human Development

COURSE DESCRIPTION
This course examines the human body's responses and adaptations to acute exercise and chronic exercise training. A systemic approach is employed to identify the adaptations of specific organ systems to exercise. Additional topics include the how adaptations to exercise are altered under various conditions including: the environment, fluid balance, and the use of ergogenic aids. This course will also examine the testing procedures commonly used to measure exercise performance and training status.

COURSE FOCUS
This course is designed to examine the physiological adaptations to acute exercise and chronic exercise training. These relationships will be examined in an applied manner examining the responses to the following stimuli: environmental conditions, fluid balance, ergogenic aids, nutritional support and aerobic and strength training.

GENERAL COURSE INFORMATION
Prerequisites:  none
Credit:  3 semester hours
Days, time, place:  TBD
Office hours:  TBD

REQUIRED TEXTBOOK

Additional required material will be provided in class and online to accompany specific lectures. Students are responsible for obtaining this information. This information will be found on the examinations.

STUDENT LEARNING OUTCOMES
• Students will be able to explain how the concepts and findings of science and technology shape our world and how they affect human health and fitness.
• Students will be able to select and apply appropriate techniques, skills, and modern tools to science or technology activities.

LEARNING OBJECTIVES
After completing this course, the successful student should be able to
1. Describe the physiological adaptations to exercise observed in the following systems: skeletal muscle, nervous system, cardiovascular system, respiratory system, endocrine system.
2. Identify the effects of the following on exercise training: nutritional status, fluid balance, environment, ergogenic aids
3. Understand the exercise fitness tests used to determine exercise performance and training status.
GRADING:
- Participation: 10%
- Homework: 20%
- Presentations: 20%
- Midterm Exam: 25%
- Final Exam: 25%

100%

94-100% = A  
90-93% = A-  
87-89% = B+  
84-86% = B  
80-83% = B-  
77-79% = C+  
74-76% = C  
70-73% = C-  
67-69% = D+  
64-66% = D  
60-63% = D-  
< 60% = F

Your grade will be determined numerically as indicated above.

EXAMINATIONS
There are two term exams that will be issued during the regular lecture period. These exams will only cover material presented after the previous exam. Lecture exams may consist of questions of several types including true/false, multiple choice (single or multiple answer), fill-in-blanks, short answer, and essay.

MAKE-UP EXAMS
Make-up exams may be scheduled if notice of an absence is given prior to the examination time. The instructor reserves the right to require documentation verifying the reason for an absence (ex: doctors note). Make-up exams must be scheduled prior to the next lecture time. There are no make-up quizzes.

RE-GRADE POLICY
If the student believes a grade has been given in error, it is the student’s responsibility to ask for a re-grade of the work within 2 days of receiving the grade. The professor will re-grade the work and the student must accept either a higher or lower grade. After 2 days time the grade that is entered will be the final grade.

PERCEIVED GRADING ERRORS:
Write down the question number and the text reference that validates your answer.
Bring that information to the instructor for review.
The instructor will adjust scores if a scoring error was made.
If the student is incorrect, the instructor will help the student relearn the material in question.

HIKE AT ALTITUDE
On two separate occasions the class as a whole will go on a hike during the class period. We will go during the second class meeting and record basic heart rate and breathing frequency. We will go to the same trail in the fourth week of class and make the same heart rate and breathing frequency measurements. We will then compare the data collected when we first arrived in Taos to the data collected after acclimatization.

PRESENTATIONS
In class presentations on specific topics introduced in class will count as part of your classwork percentage points. Presentations should be in a PowerPoint or Keynote format, unless otherwise stated or approved by the professor. Presentations should have information presented in your own words, not copied from online resources. Copying information from resources is considered plagiarism and will result in a grade of zero.

Each student will complete a culminating presentation on an aid used to enhance exercise performance that they have extensively researched. A paper will accompany this presentation. The grading rubric for the presentation and paper is attached at the end of the syllabus.

Plagiarism from an online resource, or from a current or former classmate is unacceptable and will result in a grade of zero. Additionally, if your work is plagiarized you will be reported to the SMU honor council.
ATTENDANCE POLICY
It is the responsibility of each student to attend each lecture session and to obtain and understand the material presented. The participation grade for this course is based on attendance to each lecture session, and participation in class. In the event of an absence due to a University sponsored activity or an officially authorized absence the participation grade for that lecture will be waived. However, students attending a university-sponsored activity remain fully responsible for obtaining and learning the material. The lectures will be coordinated with the assigned readings. The text readings will provide students with a supplementary approach and perspective to the material. However, lectures will include information that is not covered within the text. Lecture packets will be available on Blackboard following each lecture.

COURSE POLICIES
PROFESSIONALISM
Students are expected to arrive on time. Students are expected to be respectful and attentive during lectures offered by the instructor, visiting scientists, guest lecturers, or whoever may be leading a session. At all times, students are expected to act in a manner that does not interfere with the ability of the instructor to teach or fellow students to learn. Students are expected to be respectful and courteous to the instructor and fellow students.

Cell phones, PDAs, laptops and other communication devices are to remain silenced and stowed throughout the lecture and laboratory sessions. Texting and/or emailing in class are not permitted. During course meeting times, students should not be texting, studying material unrelated to Exercise Physiology, reading the newspaper, etc.

Students are responsible for checking SMU e-mail on a daily basis for messages from the university or from instructor or teaching assistant.

DUE DATES
All assignments must be turned in at the beginning of class on the date listed in the syllabus. The score of a late assignment will be reduced by 10% per business day. Absence from class does not constitute notification of a late assignment. If an absence is unavoidable, the student is responsible for providing the assignment to the instructor on time. Computer/printer failures are not acceptable reasons for late assignments.

QUALITY OF WORK
All written work must be printed legibly or typed. All logic and problem-solving steps must be shown.

ACCOMMODATIONS
DISABILITY ACCOMMODATIONS
Students needing academic accommodations for a disability must first be registered with Disability Accommodations & Success Strategies (DASS) to verify the disability and to establish eligibility for accommodations. Students may call 214-768-1470 or visit http://www.smu.edu/alec/dass to begin the process. Once registered, students should then schedule an appointment with the professor to make appropriate arrangements.

RELIGIOUS OBSERVANCE
Religiously observant students wishing to be absent on holidays that require missing class should notify their professors in writing at the beginning of the semester, and should discuss with them, in advance, acceptable ways of making up any work missed because of the absence. (See University Policy No. 1.9)

EXCUSED ABSENCES FOR UNIVERSITY EXTRACURRICULAR ACTIVITIES
Students participating in an officially sanctioned, scheduled University extracurricular activity will be given the opportunity to make up class assignments or other graded assignments missed as a result of their participation. It is the responsibility of the student to make arrangements with the instructor prior to any missed scheduled examination or other missed assignment for making up the work. (University Undergraduate Catalogue).
COURSE SCHEDULE
The following schedule is tentative and subject to change if the instructor deems necessary. Please remain aware of the topics followed in class in order to remain on the most current schedule.

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Reading: Chapter (pages)</th>
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<tbody>
<tr>
<td><strong>Week 1</strong></td>
<td>Food Energy and Optimum Nutrition</td>
<td>Ch 2 (34-52, 56-59, 62-71)</td>
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<td>(6/2-6/3)</td>
<td><strong>Hike at Altitude to Compare to Week 4</strong></td>
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<tr>
<td><strong>Week 2</strong></td>
<td>Nutrition for Exercise Performance</td>
<td>Ch 3 (94-106) &amp; Handouts</td>
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<td>(6/6-6/10)</td>
<td><strong>Food Diary Due</strong></td>
<td>Ch 6 (186-200)</td>
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<td>Metabolism and Energy Production</td>
<td>Ch 7 (204-209, 212-223, 291-292) Handout</td>
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<td><strong>Wingate (Anaerobic Power) Lab</strong></td>
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<td><strong>Exam 1</strong></td>
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<td><strong>Week 3</strong></td>
<td>Cardiovascular System During Exercise</td>
<td>Ch 10 (302-310, 313-318, 325-329)</td>
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<td>(6/13-6/19)</td>
<td>Respiratory System During Exercise</td>
<td>Ch 9 (266-268, 281-286, 291-298)</td>
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<td><strong>VO2max Lab</strong></td>
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<td><strong>Week 4</strong></td>
<td>Exercise at Altitude</td>
<td>Ch 15 (513-521)</td>
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<td>(6/20-6/24)</td>
<td><strong>Hike at Altitude and Compare to Week 1</strong></td>
<td>Handouts</td>
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<td>Critically Review Live High Train Low Research</td>
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<td><strong>Week 5</strong></td>
<td>Presentations</td>
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<td>(6/27-6/29)</td>
<td><strong>Final Examination</strong></td>
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