

## **EPHP 3302-125, Exercise Physiology II**

Spring 2021 -2<sup>nd</sup> 8 weeks

Texas A&M University-Central Texas

### **COURSE DATES, MODALITY, AND LOCATION**

This is a 100% online course, and uses the A&M-Central Texas Canvas Learning Management System [<https://tamuct.instructure.com/>].

### **INSTRUCTOR AND CONTACT INFORMATION**

**Instructor:** Julie Kresta, PhD

**Office:** 322M Warrior Hall

**Phone:** 254-519-5428

**Email:** [jkresta@tamuct.edu](mailto:jkresta@tamuct.edu)

#### **Office Hours**

By appointment or via email.

#### **Student-instructor interaction**

Students are encouraged to use email as the primary method to contact the instructor. Email is checked regularly throughout the day up until 9:00pm during the academic week. Email responses will be made within 24-48 hours. Appointments can also be made and are recommended to discuss any course material and/or issues.

### **WARRIOR SHIELD**

#### **Emergency Warning System for Texas A&M University-Central Texas**

Warrior Shield is an emergency notification service that gives Texas A&M University-Central Texas the ability to communicate health and safety emergency information quickly via email, text message, and social media. All students are automatically enrolled in Warrior Shield through their myCT email account.

Connect to Warrior Shield by [911Cellular](https://portal.publicsafetycloud.net/Account/Login) [<https://portal.publicsafetycloud.net/Account/Login>] to change where you receive your alerts or to opt out. By staying enrolled in Warrior Shield, university officials can quickly pass on safety-related information, regardless of your location.

### **COVID-19 SAFETY MEASURES**

To promote public safety and protect students, faculty, and staff during the coronavirus pandemic, Texas A&M University-Central Texas has adopted policies and practices to minimize virus transmission. All members of the university community are expected to adhere to these measures to ensure their own safety and the safety of others. Students must observe the following practices while participating in face-to-face courses, course-related activities (office hours, help sessions, transitioning to and between classes, study spaces, academic services, etc.) and co-curricular programs:

- Self-monitoring—Students should follow CDC recommendations for self-monitoring. Students who have a fever or exhibit symptoms of COVID-19 should participate in class remotely and should not participate in face-to-face instruction. Students required to quarantine must participate in courses and course-related activities remotely and must not attend face-to-face course activities. Students should notify their instructors of the quarantine requirement. Students under quarantine are expected to participate in courses and complete graded work unless they have symptoms that are too severe to participate in course activities.
- Face Coverings— Face coverings must be worn inside of buildings and within 50 feet of building entrances on the A&M-Central Texas Campus. This includes lobbies, restrooms, hallways, elevators, classrooms, laboratories, conference rooms, break rooms, non-private office spaces, and other shared spaces. Face coverings are also required in outdoor spaces where physical distancing is not maintained. The university will evaluate exceptions to this requirement on a case by case basis. Students can request an exception through the Office of Access and Inclusion in Student Affairs.
  - o If a student refuses to wear a face covering, the instructor should ask the student to leave and join the class remotely. If the student does not leave the class, the faculty member should report that student to the Office of Student Conduct. Additionally, the faculty member may choose to teach that day’s class remotely for all students.
- Physical Distancing—Physical distancing must be maintained between students, instructors, and others in the course and course-related activities.
- Classroom Ingress/Egress—Students must follow marked pathways for entering and exiting classrooms and other teaching spaces. Leave classrooms promptly after course activities have concluded. Do not congregate in hallways and maintain 6-foot physical distancing when waiting to enter classrooms and other instructional spaces.
- The university will notify students in the event that the COVID-19 situation necessitates changes to the course schedule or modality.

## **COURSE INFORMATION**

### **Course Overview and description**

This course provides the foundational basis for understanding the body’s physiological responses to physical activity. This course will focus on acute responses and chronic physiologic adaptations to physical activity, including some of the static and dynamic factors that influence such responses and adaptations. Areas covered include the skeletal system, endocrine system, immune system, body composition and thermoregulation.

### **Course Objective or Goal**

The purpose of this course is to increase the student’s knowledge and understanding of the physiological adaptations that occur during exercise. Emphasis will be applied to the skeletal, endocrine and immune systems as well as principles of body composition and

thermoregulation.

### **Student Learning Outcomes**

1. Understand the acute physiological changes that occur during exercise for the skeletal system.
2. Understand the acute physiological changes that occur during exercise for the endocrine system.
3. Understand the effects of exercise on the immune response.
4. Understand the effects of exercise on thermoregulation.
5. Understand the effects of exercise on body composition.
6. Understand the skeletal system adaptations that occur following exercise training.
7. Understand the endocrine system adaptations that occur following exercise training.
8. Understand the digestive system adaptations that occur following exercise training.
9. Understand the health and physiological benefits of regular exercise.
10. Understand the relationship between the various systems of the human body in response to exercise.

### **Required Reading and Textbook(s)**

McArdle, Katch and Katch. Exercise Physiology: Energy, Nutrition and Human Performance, 8<sup>th</sup> Edition. Lippincott, Williams and Wilkins 2014. 978-1451191554

### **COURSE REQUIREMENTS**

Course Requirements:

**Examinations:** All examinations must be taken on the date and at the time scheduled by the course coordinator. ***Any student missing a scheduled exam will receive a 0 for that exam.*** In the cases of extenuating circumstances, the student may petition for delayed or early examination. (Note: the early option is only available for written examinations). Requests for an alternate examination period need to be submitted in writing or via email to the course coordinator at least ***14 days in advance of the scheduled exam.***

For unanticipated events (illnesses, car accident, etc.), students should notify the course coordinator by email and/or by phone as soon as possible. Appropriate documentation (Doctor's note etc.) at the discretion of the course coordinator will need to be provided before an examination is re-scheduled.

#### **EXAMINATION POLICY**

The following items are not allowed during testing:

- Book bags, handbags or any other bag of materials (bags to be placed in the front or side of the testing room)
- No technology / electronic devices other than the computer used for testing. This includes smart watches, cell phones, tablets, PDAs, etc.
- No other individuals, as all examinations are to be completed independently

**Quizzes:** Quizzes will be given in an online format through Canvas. Quizzes will be

incorporated into the course on specified days and will be made available for a specific amount of time. Canvas quizzes will have a time limit based on the number of questions and should be completed individually without the assistance of any notes, technology, etc. Students will be given one opportunity to complete the quiz once they begin the time.

**Assignments:** Students will complete several assignments during the course related to topics discussed. All assignments will be described in writing in advance with detailed expectations and a grading rubric. Assignments will relate back to the topics being covered in the lecture at the time. Each assignment will have a written component that may include calculations, formulating conclusions and critical thinking questions. These assignments will be due one week after it is made available, unless otherwise stated by the instructor.

**Group Project/Presentation:** Students will be placed in groups and assigned a physiological topic. Topics will be general and provided by the instructor based on the course material being covered. Students must choose an aspect of the topic for their creative presentation, which must be approved by the instructor in advance. Once approved, students will develop a creative manner to present the topic to the class. These presentations will be in a digital format, so they can be recorded videos, digital presentations, or other formats that will be uploaded to Canvas for everyone to view and comment on. There will be discussion threads made available for each presentation so students can ask questions or post comments. Project details will be provided separately along with group and topic assignments. Students will be graded on their organization, collaborative effort, presentation and ability to lead the class discussion. A detailed grading rubric will be provided in advance.

**GRADING POLICY:** The student will be graded as follows:

<b>Item</b>	<b>Weight</b>
Exam I	17.5%
Exam II	17.5%
Exam III	15%
Quizzes	15%
Assignments	15%
Group Project	20%
<b>Total</b>	<b>100%</b>

### **Grading Criteria Rubric and Conversion**

Specific rubrics to be used for grading will be made available via Canvas when the assignment is posted.

### **Posting of Grades**

- Grades for assignments, quizzes, exams, and projects will be posted on the Canvas Grade book for students to access. In addition to individual item grades, a running cumulative course grade will be available to view.
- All assignments, quizzes, exams, and projects will be graded within 1 week of the due

date, unless otherwise specified by the professor.

## **Grading Policies**

- **COMPUTER ISSUES**

If a student should have issues regarding submission of assignments due to technical computer issues (i.e. computer malfunction, network outage, etc.), the student is responsible for submitting the assignment on time. They should email or phone their course instructor to notify them of the issue and attempt to submit the assignment via email or other means as decided by the course instructor. Submission of a late assignment due to technical computer issues as described above will follow the Late Work Policy. No exceptions will be made for technical problems involving the internet, email, or Canvas.

- **LATE WORK**

Students should turn assignments in by their due date and time as indicated by the course instructor or syllabus. In the event that assignments are turned in after the appropriate designated date/time without prior approval by the course instructor, the following course policy applies:

- On the first offense, the student will receive a decrease in their grade on the assignment by one letter grade in addition to any missed points on the assignment.
- On the second late offense, or any thereafter, the student will receive a "0" for the assignment.

No exceptions will be made for technical problems involving the internet, email, or Canvas. Emergency or illness are some of the only exceptions to this policy. All potential exceptions will be dealt with on an individual basis.

- **EXAMINATION REVIEW**

Students will be provided with one opportunity to review their examination. Students are not permitted to copy, write, reproduce, photograph or identify in any way examination questions, answers and/or rationale (hard or electronic format) provided during an examination review and will be considered an honor code violation if done so. Students may request an appointment with the instructor to review exams an additional time.

## **COURSE OUTLINE AND CALENDAR**

### **Complete Course Calendar**

### **COURSE SCHEDULE: 2<sup>ND</sup> 8-WEEK TERM**

#### **WEEK 1 – March 22-26**

- Reading – Chapter 20 (Endocrine)
- Lectures to Review:
  - Endocrine System Response to Exercise
  - Skeletal System

## WEEK 2 – March 29 – April 2

- Continue review of Endocrine and Skeletal lectures
- **ASSIGNMENT 1** – Skeletal (Due Monday, April 5 by 11:59pm)
- **QUIZ 1** (Endocrine only) – Available Thursday, April 1 – Sunday, April 4

## WEEK 3 – April 5-9

- **Presentation #1** (Endocrine) – Due Tuesday, April 6 by 11:59pm
- **Presentation #2** (Skeletal) – Due Tuesday, April 6 by 11:59pm
- **EXAM 1** (Endocrine and Skeletal) – Available Thursday, April 8 – Sunday, April 11

## WEEK 4 – April 12-16

- Reading:
  - Chapter 25 (Immune Response)
  - Chapters 28-30 (Body Composition)
- Lectures to Review:
  - Digestive System
  - Immune Response to Exercise
  - Body Composition

## WEEK 5 – April 19-23

- **QUIZ 2** – Available Thursday, April 22 – Sunday, April 25
- **ASSIGNMENT 2** (Body Composition) – Due Monday, April 26 by 11:59pm

## WEEK 6 – April 26-30

- **Presentation #3** (Body Composition) – Due Tuesday, April 27 by 11:59pm
- **Presentation #4** (Immune Response) – Due Tuesday, April 27 by 11:59pm
- **EXAM 2** (Digestive, Immune Response, Body Composition) – Available Thursday, April 29– Sunday, May 2

## WEEK 7 – May 3-7

- Reading:
  - Chapter 25 (Thermoregulation)
  - Chapter 24 (Altitudes)
- Lectures to Review:
  - Thermoregulation
  - Altitudes
- **QUIZ 3** (Thermoregulation only) – Available Thursday, May 6 – Sunday, May 9

## WEEK 8 – May 10-14

- **Presentation #5** (Environmental Stresses) – Due Tuesday, May 11
- **EXAM 3** (Thermoregulation and Altitudes) – Available Thursday, May 13 – Sunday, May 16

## Important University Dates

- March 29, 2021 – Deadline to Drop 2<sup>nd</sup> 8-week classes with no record
- April 30, 2021 – Deadline to Drop 2<sup>nd</sup> 8-week classes with a Quit (Q) or Withdraw (W)
- <https://www.tamuct.edu/registrar/academic-calendar.html>

## TECHNOLOGY REQUIREMENTS AND SUPPORT

### Technology Requirements

This course will use the A&M-Central Texas Instructure Canvas learning management system. **We strongly recommend the latest versions of Chrome or Firefox browsers. Canvas no longer supports any version of Internet Explorer.**

Logon to A&M-Central Texas Canvas [<https://tamuct.instructure.com/>] or access Canvas through the TAMUCT Online link in myCT [<https://tamuct.onecampus.com/>]. You will log in through our Microsoft portal.

Username: Your MyCT email address. Password: Your MyCT password

### Canvas Support

Use the Canvas Help link, located at the bottom of the left-hand menu, for issues with Canvas. You can select “Chat with Canvas Support,” submit a support request through “Report a Problem,” or call the Canvas support line: 1-844-757-0953.

For issues related to course content and requirements, contact your instructor.

### Online Proctored Testing

A&M-Central Texas uses Proctorio for online identity verification and proctored testing. This service is provided at no direct cost to students. If the course requires identity verification or proctored testing, the technology requirements are: Any computer meeting the minimum computing requirements, plus web camera, speaker, and microphone (or headset). Proctorio also requires the Chrome web browser with their custom plug in.

### Other Technology Support

For log-in problems, students should contact Help Desk Central

24 hours a day, 7 days a week

Email: [helpdesk@tamu.edu](mailto:helpdesk@tamu.edu)

Phone: (254) 519-5466

[Web Chat](http://hdc.tamu.edu): [<http://hdc.tamu.edu>]

*Please let the support technician know you are an A&M-Central Texas student.*

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## UNIVERSITY RESOURCES, PROCEDURES, AND GUIDELINES

### Drop Policy

If you discover that you need to drop this class, you must complete the [Drop Request](#) Dynamic Form through Warrior Web.

[<https://dynamicforms.ngwebsolutions.com/casAuthentication.ashx?InstID=eaed95b9-f2be-45f3-a37d-46928168bc10&targetUrl=https%3A%2F%2Fdynamicforms.ngwebsolutions.com%2Fsubmit%2FForm%2Fstart%2F53b8369e-0502-4f36-be43-f02a4202f612>].

Faculty cannot drop students; this is always the responsibility of the student. The Registrar's Office will provide a deadline on the Academic Calendar for which the form must be completed. Once you submit the completed form to the Registrar's Office, you must go into Warrior Web and confirm that you are no longer enrolled. If you still show as enrolled, FOLLOW-UP with the Registrar's Office immediately. You are to attend class until the procedure is complete to avoid penalty for absence. Should you miss the drop deadline or fail to follow the procedure, you will receive an F in the course, which may affect your financial aid and/or VA educational benefits.

### Academic Integrity

Texas A&M University -Central Texas values the integrity of the academic enterprise and strives for the highest standards of academic conduct. A&M-Central Texas expects its students, faculty, and staff to support the adherence to high standards of personal and scholarly conduct to preserve the honor and integrity of the creative community. Academic integrity is defined as a commitment to honesty, trust, fairness, respect, and responsibility. Any deviation by students from this expectation may result in a failing grade for the assignment and potentially a failing grade for the course. Academic misconduct is any act that improperly affects a true and honest evaluation of a student's academic performance and includes, but is not limited to, working with others in an unauthorized manner, cheating on an examination or other academic work, plagiarism and improper citation of sources, using another student's work, collusion, and the abuse of resource materials. All academic misconduct concerns will be referred to the university's Office of Student Conduct. Ignorance of the university's standards and expectations is never an excuse to act with a lack of integrity. When in doubt on collaboration, citation, or any issue, please contact your instructor before taking a course of action.

For more [information regarding the Student Conduct process](#),

[<https://www.tamuct.edu/student-affairs/student-conduct.html>].

If you know of potential honor violations by other students, you may [submit a report](#),

[[https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout\\_id=0](https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=0)].

## **Academic Accommodations**

At Texas A&M University-Central Texas, we value an inclusive learning environment where every student has an equal chance to succeed and has the right to a barrier-free education. The Office of Access and Inclusion is responsible for ensuring that students with a disability receive equal access to the university's programs, services and activities. If you believe you have a disability requiring reasonable accommodations please contact the Office of Access and Inclusion, WH-212; or call (254) 501-5836. Any information you provide is private and confidential and will be treated as such.

For more information please visit our [Access & Inclusion](https://tamuct.instructure.com/courses/717) Canvas page (log-in required) [https://tamuct.instructure.com/courses/717]

## **Important information for Pregnant and/or Parenting Students**

Texas A&M University-Central Texas supports students who are pregnant and/or parenting. In accordance with requirements of Title IX and related guidance from US Department of Education's Office of Civil Rights, the Dean of Student Affairs' Office can assist students who are pregnant and/or parenting in seeking accommodations related to pregnancy and/or parenting. Students should seek out assistance as early in the pregnancy as possible. For more information, please visit [Student Affairs](https://www.tamuct.edu/student-affairs/index.html) [https://www.tamuct.edu/student-affairs/index.html]. Students may also contact the institution's Title IX Coordinator. If you would like to read more about these [requirements and guidelines](http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf) online, please visit the website [http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf].

Title IX of the Education Amendments Act of 1972 prohibits discrimination on the basis of sex and gender—including pregnancy, parenting, and all related conditions. A&M-Central Texas is able to provide flexible and individualized reasonable accommodation to pregnant and parenting students. All pregnant and parenting students should contact the Associate Dean in the Division of Student Affairs at (254) 501-5909 to seek out assistance. Students may also contact the University's Title IX Coordinator.

## **Tutoring**

Tutoring is available to all A&M-Central Texas students, on a remote online basis. Visit the Academic Support Community in Canvas to view schedules and contact information. Subjects tutored on campus include Accounting, Advanced Math, Biology, Finance, Statistics, Mathematics, and Study Skills. Tutors will return at the Tutoring Center in Warrior Hall, Suite 111 in the Fall 2020. Student success coaching is available online upon request.

If you have a question regarding tutor schedules, need to schedule a tutoring session, are interested in becoming a tutor, success coaching, or have any other question, contact Academic Support Programs at (254) 501-5836, visit the Office of Student Success at 212F Warrior Hall, or by emailing [studentsuccess@tamuct.edu](mailto:studentsuccess@tamuct.edu) .

Chat live with a tutor 24/7 for almost any subject from on your computer! Tutor.com is an online tutoring platform that enables A&M-Central Texas students to log in and receive online tutoring support at no additional cost. This tool provides tutoring in over 40 subject areas except writing support. Access Tutor.com through Canvas.

### **University Writing Center**

The University Writing Center (UWC) at Texas A&M University–Central Texas (TAMUCT) is a free service open to all TAMUCT students. For the Fall 2020 semester, all services will be online as a result of the COVID-19 pandemic. The hours of operation are from 10:00 a.m.-5:00 p.m. Monday thru Thursday with satellite hours online Monday thru Thursday from 6:00-9:00 p.m. The UWC is also offering hours from 12:00-3:00 p.m. on Saturdays. Tutors are prepared to help writers of all levels and abilities at any stage of the writing process. By providing a practice audience for students' ideas and writing, our tutors highlight the ways in which they read and interpret students' texts, offering guidance and support throughout the various stages of the writing process. While tutors will not write, edit, or grade papers, they will assist students in developing more effective composing practices. Whether you need help brainstorming ideas, organizing an essay, proofreading, understanding proper citation practices, or just want a quiet place to work, the UWC is here to help!

Students may arrange a one-to-one session with a trained and experienced writing tutor by making an appointment via [WOnline](https://tamuct.mywconline.com/) [https://tamuct.mywconline.com/]. In addition, you can email Dr. Bruce Bowles Jr. at [bruce.bowles@tamuct.edu](mailto:bruce.bowles@tamuct.edu) if you have any questions about the UWC and/or need any assistance with scheduling.

### **University Library**

The University Library provides many services in support of research across campus and at a distance. We offer over 200 electronic databases containing approximately 250,000 eBooks and 82,000 journals, in addition to the 85,000 items in our print collection, which can be mailed to students who live more than 50 miles from campus. Research guides for each subject taught at A&M-Central Texas are available through our website to help students navigate these resources. On campus, the library offers technology including cameras, laptops, microphones, webcams, and digital sound recorders.

Research assistance from a librarian is also available 24 hours a day through our online chat service, and at the reference desk when the library is open. Research sessions can be scheduled for more comprehensive assistance, and may take place on Skype or in-person at the library. Assistance may cover many topics, including how to find articles in peer-reviewed journals, how to cite resources, and how to piece together research for written assignments.

Our 27,000-square-foot facility on the A&M-Central Texas main campus includes student lounges, private study rooms, group work spaces, computer labs, family areas suitable for all

ages, and many other features. Services such as interlibrary loan, TexShare, binding, and laminating are available. The library frequently offers workshops, tours, readings, and other events. For more information, please visit our [Library website](http://tamuct.libguides.com/index) [http://tamuct.libguides.com/index].

**For Spring 2021, all reference service will be conducted virtually. Please go to our [Library website](http://tamuct.libguides.com/index) [http://tamuct.libguides.com/index] to access our virtual reference help and our current hours.**

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## **OPTIONAL POLICY STATEMENTS**

### **A Note about Sexual Violence at A&M-Central Texas**

Sexual violence is a serious safety, social justice, and public health issue. The university offers support for anyone struggling with these issues. University faculty are mandated reporters, so if someone discloses that they were sexually assaulted (or a victim of Domestic/Dating Violence or Stalking) while a student at TAMUCT, faculty members are required to inform the Title IX Office. If you want to discuss any of these issues confidentially, you can do so through Student Counseling (254-501-5955) located on the second floor of Warrior Hall (207L).

Sexual violence can occur on our campus because predators often feel emboldened, and victims often feel silenced or shamed. It is incumbent on ALL of us to find ways to actively create environments that tell predators we don't agree with their behaviors and tell survivors we will support them. Your actions matter. Don't be a bystander; be an agent of change. For additional information on campus policy and resources visit the [Title IX webpage](https://www.tamuct.edu/compliance/titleix.html) [https://www.tamuct.edu/compliance/titleix.html].

### **Behavioral Intervention**

Texas A&M University-Central Texas cares about the safety, health, and well-being of its students, faculty, staff, and community. If you are aware of individuals for whom you have a concern, please make a referral to the Behavioral Intervention Team. Referring your concern shows you care. You can complete the [referral](https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=2) online [https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout\_id=2].

Anonymous referrals are accepted. Please see the [Behavioral Intervention Team](https://www.tamuct.edu/student-affairs/bat.html) website for more information [https://www.tamuct.edu/student-affairs/bat.html]. If a person's behavior poses an imminent threat to you or another, contact 911 or A&M-Central Texas University Police at 254-501-5800.

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## **OTHER POLICIES**

### **Copyright Notice**

Students should assume that all course material is copyrighted by the respective author(s). Reproduction of course material is prohibited without consent by the author and/or course instructor. Violation of copyright is against the law and Texas A&M University-Central Texas' Code of Academic Honesty. All alleged violations will be reported to the Office of Student Conduct.

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