



**Attendance:** \*Consistent with the policies published in the University of Dayton Bulletin (<http://bulletin.udayton.edu/content.ud?v=31&p=3588&c=3606>) and the HSS Student Handbook, attendance will be **MANDATORY** in this course. Students wishing to be eligible for an A in the course must not be absent more than 4 classes, for a B  $\leq$  6, for a C  $\leq$  8, for a D  $\leq$  10, and those missing more than 10 classes will not receive a passing grade. *Further, attendance is defined as the student being present in the class prepared to contribute no later than 9:00 or 2:00, respectively.*

**Student Conduct:** Instructor strictly adheres to University policies regarding student behavior and Academic Honesty as published in the Student Handbook and University of Dayton Bulletin (<http://bulletin.udayton.edu/content.ud?v=31&p=3588&c=3600>). See HONOR CODE below.

**Required Materials:** **Physiology of Sport & Exercise, 3<sup>rd</sup> or 4<sup>th</sup> Edition**, Wilmore & Costill, Human Kinetics 2004, ISBN# 0-7360-4489-2. Please note: Instructor has a conversion table for use of either 3<sup>rd</sup> or 4<sup>th</sup> Editions.

**Recommended Materials:** **ADAM Interactive Physiology Series**

**Special Considerations:** To request academic accommodations due to a disability, please contact the office of Professional Support Services in the Department of Learning Enhancement and Academic Development (LEAD) (937) 229-3684. If you have a self-identification form from the Professional Support Services indicating that you have a disability, which requires accommodation, please present it to me so we can discuss the accommodations you might need in the class.

## Description of Assignments

- ~~1. **Leading Article (25%).** A review article, consistent with the format provided by the instructor will stress integration and focus of research relevant to exercise or work capacity. The article may be no more than 6 pages single spaced, in the format provided and may include up to 25 published scientific articles. The paper **MUST** contain an informative summary table of no less than 12 peer reviewed original articles. Reviews and book chapters may be used but will not be considered original research. 25 points will be given for the submission of an *approved* topic. The initial and second drafts of the summary tables will each be worth 25 points. A final draft of the Abstract will be worth 50 points, and the final paper will be worth 100 points, graded for format (25), connection of dependent and independent variables in narrative (15), use of table in narrative (25), and introduction/scientific writing style/content (35). TBA~~
- Quizzes & Problem Sets (20%).** Quizzes designed to ascertain reading comprehension may be given at anytime without notice. Problem sets will be assigned and graded for accuracy, presentation, and punctuality.
- Exams (50%).** Four non-cumulative exams (~100 points each) will stress interpretation of chapter readings, data, tables, and figures, and *may* include essay, computations, and creating figures. In addition, a cumulative final exam (100 points) will be given covering the most important concepts on the 4 previous exams.
- Attendance (5%).** \*
- All exam and quiz scores will count toward the final grade. Exams and quizzes must be taken during the prescribed time.
- Late work** will receive no more than 50% credit, and acceptance is subject to the discretion of the instructor.

## Lecture Topic and Reading Schedule:

**Note:** As we progress through the semester slight revisions may be made to the lecture topic schedule. If revisions are made, they will be announced as appropriate. Classes are scheduled in accordance with UD Academic Calendar ([https://registrar.udayton.edu/academiccalendar\\_2012\\_13.asp](https://registrar.udayton.edu/academiccalendar_2012_13.asp))

<u>DATE</u>	<u>TOPIC</u>	<u>MATERIAL</u>
W 8/21	Introduction/House Keeping	Syllabus
F 8/23	Discussion of Paper Assignment	Syllabus; supplements
M 8/26	Introduction Material	
W 8/28	Muscle & Muscular Adaptations	Chapters 1,9
F 8/30	PBL-Work	
M 9/3	<b>LABOR DAY (NO CLASS)</b>	
W 9/5	Muscle & Muscular Adaptations	Chapters 1,9
F 9/7	Muscle & Muscular Adaptations	Chapters 1,9
M 9/10	Muscle & Muscular Adaptations	Chapters 1,9
W 9/12	Metabolism	Chapters 2,10; supplements
F 9/14	Metabolism	Chapters 2,10; supplements
M 9/17	Metabolism	Chapters 2,10; supplements
W 9/19	<b>EXAM #1</b>	
F 9/21	CV & CV Adaptations	Chapters 5, 7,10
M 9/24	CV & CV Adaptations	Chapters 5,7,10
W 9/26	CV & CV Adaptations	Chapters 5,7,10
F 9/28	PBL Work & VO <sub>2</sub>	
M 10/1	Pulmonary	Chapter 6
W 10/3	Pulmonary	Chapter 6
F 10/5	<b>MIDTERM BREAK (NO CLASS)</b>	
M 10/8	<b>EXAM #2</b>	
W 10/10	Exercise & Thermoregulation	Chapter 11
F 10/12	Exercise & Thermoregulation	Chapter 11
M 10/15	Exercise & Thermoregulation/Hypobaric Hypoxia	Chapter 12
W 10/17	Exercise & Hypobaric Hypoxia (Altitude)	Chapter 12
F 10/19	Exercise & Hypobaric Hypoxia (Altitude)	Chapter 12
M 10/22	Gender	Chapter 18 & supplement
W 10/24	Gender	Chapter 18 & supplement
F 10/26	Gender	Chapter 18 & supplement
M 10/29	<b>EXAM #3</b>	
W 10/31	Bodyweight, body composition & Sport	Chapter 14
F 11/2	Bodyweight, body composition & Sport	Chapter 14
M 11/5	PBL – BODYCOMP -1	
W 11/7	Obesity, Diabetes, CVD, & PA	Chapters 20-21
F 11/9	Obesity, Diabetes, CVD, & PA	Chapters 20-21
M 11/12	Obesity, Diabetes, CVD, & PA	Chapters 20-21
W 11/14	Obesity, Diabetes, CVD, & PA	Chapters 20-21
F 11/16	PBL – BODYCOMP -2	

M	11/19	PBL – BODYCOMP -3	
W	11/21	<b>THANKSGIVING (NO CLASS)</b>	
F	11/23	<b>THANKSGIVING (NO CLASS)</b>	
M	11/26	Erogenic Aids	Chapter 15
W	11/28	Erogenic Aids	Chapter 15
F	11/30	Erogenic Aids	Chapter 15
M	12/3		
W	12/5	<b><u>EXAM #4</u></b>	

**FINAL EXAMS** (per Registrar: [https://registrar.udayton.edu/otherkeylinks\\_examinationschedule2013fall.asp](https://registrar.udayton.edu/otherkeylinks_examinationschedule2013fall.asp))

408-01 (9:00 AM class)	W	12/12 (12:20-2:10)
408-02 (2:00 PM class)	Th	12/13 (10:20-12:00)

### **The Honor Pledge**

I understand that as a student of the University of Dayton, I am a member of our academic and social community. I recognize the importance of my education and the value of experiencing life in such an integrated community. I believe that the value of my education and degree is critically dependent upon the academic integrity of the university community, and so in order to maintain our academic integrity, I pledge to:

- Complete all assignments and examinations by the guidelines given to me by my instructors;
- Avoid plagiarism and any other form of misrepresenting someone else's work as my own;
- Adhere to the Standards of Conduct as outlined in the Academic Honor Code.

In doing this, I hold myself and my community to a higher standard of excellence, and set an example for my peers to follow. (<http://bulletin.udayton.edu/content.ud?v=31&p=3588&c=3600>)