



# UT PERMIAN BASIN

KINE 6360 701

Advanced Exercise Physiology

Fall 2023 Session 001

Delivery Method: Online

## Instructor Information

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Office Location: Kirk 1330

Office Hours: Via Teams or by appointment

## Course Information

Class Location: Online

## Web Conference Hours

Web Conferencing can be done by appointment or during regular office hours.

## Course Description

Functioning of the human body and responses and adaptations of the different systems as a result of physical exercise. Topics include muscle physiology the cardiorespiratory system neural control of human movement nutrition athletic performance physiological applications of physical training and preventive health care. Laboratory experiences included.

This course provides a comprehensive survey of exercise physiology, examining muscular, metabolic, and cardiorespiratory adaptations to acute and chronic exercise. Emphasis is on the major concepts in terms of normal responses to exercise. The intention of this course is to be your first course in exercise physiology.

Two exercise physiology courses are currently included in the inventory of courses of the Online Master's Degree in Kinesiology, this course and a second course titled Training and Conditioning Methods. This course, Exercise Physiology, will emphasize theory (i.e., principles and concepts) but will include applications to exercise performance in real-world settings to enhance understanding of the theory. In contrast, the Training and Conditioning Methods course will emphasize application of exercise physiology, including essential theory required to enhance understanding of the application.

## Student Learning Outcomes

- The student will APPLY current knowledge and research in the area of exercise physiology, including information obtained from published research, to the competent practice of research and teaching within physical activity and sport.
- The student will ASSESS sport and physical activity programs from the physiological perspective that maximize learning and improve performance.
- The student will ASSESS sport and physical activity programs from the physiological perspective to protect and promote the health and safety of individuals.
- The student will EVALUATE common exercise strategies from the physiological perspective to meet the needs of a diverse population.

## Additional Materials

There are no mandatory materials for the course

## Important Academic Dates

UTPB [Academic Calendar](#)

## Graded Material

4 Exams X 10 points each = 40%; 10 questions each

4 Quizzes X 4 points each = 16%; 4 questions each

4 assignments X 6 points each = 24%

Final exam = 20 pts = 20%; 20 questions; Includes all materials taught in the entire course

Total = 100 points = 100%

## Grading Scale

The final course grade will be based on a total of 100 points achievable:

A = 90 - 100

B = 80.0 - 89.9

C = 70.0 - 79.9

D = 60.0 - 69.9

F = 0 - 59.9

## University Policies

### Accommodation for Students with Disabilities

**Students with Disabilities:** The University of Texas Permian Basin in compliance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act provides “reasonable accommodations” to students with disabilities. Only those students, who an Instructor has received an official Letter of Accommodation (LOA) sent by the Office of ADA for Students, will be provided ADA academic accommodations.

**ADA Officer for Students:** Mrs. Chermae Peel

**Address:** Mesa Building 4242/4901 E. University, Odessa, Texas 79762

**Voice Telephone:** 432-552-3395

**Email:** ada@utpb.edu

For the accessibility and privacy statements of external tools used within courses, go to [Accessibility and Privacy Statements](#).

## Sexual Harassment/Sexual Misconduct Policy

The University of Texas Permian Basin (the University) is committed to maintaining a learning and working environment that is free from discrimination based on sex in accordance with Title IX of the Higher Education Amendments of 1972 (Title IX), which prohibits discrimination on the basis of sex in educational programs or activities; Title VII of the Civil Rights Act of 1964 (Title VII), which prohibits sex discrimination in employment; and the Campus Sexual Violence Elimination Act (SaVE Act), Violence Against Women Act (VAWA), and Clery Act. Sexual Misconduct, Retaliation, and other conduct prohibited under this Policy will not be tolerated and will be subject to disciplinary action.

The University will promptly discipline any individuals or organizations within its control who violate this Policy. The University encourages you to promptly report incidents that could constitute violations of this Policy to the Title IX Coordinator. The complete Sexual Harassment/Sexual Misconduct Policy can be found [here](#).

You may report incidents of sexual misconduct to any University employee. They are obligated to report any incident to the Title IX Coordinator or Deputy Coordinator.

You may also contact:

- The UTPB Police Department at 432-552-2786
- The Title IX Coordinator at 432-552-2697 or [TitleIXCoordinator@UTPB.edu](mailto:TitleIXCoordinator@UTPB.edu).
- The Dean of Students at 432-552-2600
- Reports can also be made via the University Complaint Portal: [UTPB Complaint Management](#)

A **confidential reporting option is available**. Please contact UTPB's Counseling Center at 432-552-3365 or 432-552-2367 or stop by MB 1150.

## Scholastic Dishonesty

"Scholastic Dishonesty" is any form of cheating or plagiarism that violates the Student Code of Conduct. Scholastic dishonesty or academic dishonesty includes, but is not limited to, cheating, plagiarism, collusion, falsifying academic records, and any act designed to give unfair advantage to the student (such as, but not limited to, submission of essentially the same written assignment for two [2] courses without the prior permission of the instructor, and providing false or misleading information in an effort to receive a postponement or an extension on a test, quiz, or other assignment), or the attempt to commit such an act. The Student Code of Conduct provides students fair notice of conduct considered unacceptable at The University of Texas

Permian Basin and which may be the basis for disciplinary action. This policy provides the procedures to be following when student disciplinary action may need to be implemented and outlines the appeals process. The Student Code of Conduct is available online at:

<https://www.utpb.edu/life-at-utpb/student-services/dean-of-students/student-code-of-conduct>

## Student Success at UTPB

UT Permian Basin offers numerous services to help you reach your academic goals. Available both in the Success Center on the 2nd Floor of the Mesa Building (<https://www.utpb.edu/academics/advising-and-support/student-success-center/index>), and online, UTPB Student Success offers the following services to all students:

- O.W .L. (Online Writing Lab) - Submit essays that need to be revised by one of our tutors to [owl@utpb.edu](mailto:owl@utpb.edu).
- Tutoring – For both online and in person tutoring, please use EAB to create an appointment. (Utpb.campus.eab.com) Sign in using UTPB credentials.
- SI/PLTL Sessions - If available for your class, will be communicated to you by the mentor assigned to your class section and students can communicate to their SI or PL through Canvas.
- Peer Mentoring - Incoming freshmen can be paired with a peer mentor who will help you navigate your first year on campus.
- SSC Computer Lab - Come take advantage of the state-of-the-art computers available at the Student Success Center.

Please email [success@utpb.edu](mailto:success@utpb.edu) for more information.

## Student Support Services

For more information on academic, technical, and support services for UTPB students, please see the [Online Student Services](#).

## Course Modalities

Both the Texas Higher Education Coordinating Board (THECB) and the Southern Association of Schools and Colleges Commission on Colleges (SACSCOC) provide standard definitions for basic course types/modalities that have informed the following adopted course definitions.

**Online Courses** are those in which more than 85 percent of the planned instruction occurs online/virtually (asynchronously) when students and faculty are not in the same place. A fully online course is one in which mandatory in-person meetings occur no more than 15% of the planned instructional time.

**Remote Courses** are ones in which students, while not required to physically come to campus to attend in-person classes, are required to “attend” virtually/remotely (synchronously) during scheduled days and times, with students expected to log in and participate in the lecture via video conferences.

**Hybrid Courses** are courses in which the majority (more than 50% but less than 85%) of the planned instruction occurs when students and instructor(s) are not in the same place. This form of instruction offers a mix of on-campus/in-person and remote/online/electronic learning.

**HyFlex Courses** are those which, like hybrid courses, offer a mix of on-campus/in-person and remote/online/electronic learning. These courses, however, do not require student authentication since at least 50% of the planned instruction occurs when students and instructor(s) are in the same place.

**Face-to-Face/In-Person Courses** are those in which more than 85 percent of the planned instruction occurs when students are in the same place with an instructor(s).

### **End-of-Course Evaluation & Instructor Evaluation**

Every student is encouraged to complete an end of course evaluation survey provided by UTPB. During the last two weeks of class, there will be an announcement in Canvas, an email, and a button in your course navigation that will take you to any available surveys.

The survey is anonymous and your responses are confidential. Your feedback is critical to us and to your instructor as we strive to improve our offerings, and our support of you, the students.

### **Disclaimer & Rights**

Information contained in this syllabus was to the best knowledge of the instructor considered correct and complete when distributed for use in the beginning of the semester. However, the instructor reserves the right, acting within the policies and procedures of UTPB to make changes in the course content or instructional techniques without notice or obligation. The students will be informed about the changes, if any.

## **Distance Education Policy**

### **Preparation for Emergencies**

#### **Computer Crash**

Not having a working computer or a crashed computer during the semester will NOT be considered an acceptable reason for not completing course activities at a scheduled time. NOTE: Identify a second computer before the semester begins, that you can use when or if your personal computer crashes. Limited Loaner Laptops are available through the J. Conrad Dunagan Library.

### **Complete Loss of Contact**

If you lose contact with course connectivity completely (i.e. you cannot contact me via Canvas or email), you need to call the instructor, and leave a message regarding connectivity loss and your contact information.

### **Lost/Corrupt/Missing Files**

You must keep/save a copy of every project/assignment on an external drive, UTPB Outlook 365 OneDrive, or personal computer. In the event of any kind of failure (e.g. virus infection, student's own computer crashes, loss of files in cyberspace, etc.) or any contradictions or problems, you may be required to resubmit the files.

## **Distance Education Courses and Student Identity Authentication Requirements and Policy**

SACSCOC defines a distance education course as one in which more than 50 percent of the planned instruction occurs when students and instructor(s) are not in the same physical place. Distance education courses, therefore, include online, remote, and hybrid courses as defined above. Per SACSCOC and University policy, all distance education courses are required to follow our Distance Education Student Authentication Policy procedures (please see below), and these requirements and policies must be stated in the course syllabus. Further, any projected additional student charges associated with verification of student identity must be indicated on the courses schedule and course syllabus.

The Distance Education Student Authentication Policy does not apply to Hyflex Courses--those in which at least 50% of the planned instruction occurs when students and instructor(s) are in the same place--and Face-to-Face/In-Person Courses--those in which more than 85 percent of the planned instruction occurs when students and instructor(s) are in the same place. Student authentication and identity verification in these courses may be accomplished by in-person attendance monitoring as well as through in-class instructor proctored examinations and other assessments. These same "in-class" authentication procedures also may be employed in hybrid courses, but in the case of these defined distance education courses, they must be documented on the course syllabus as described below.

## **Distance Education Student Authentication Policy and Syllabus Requirements**

UT Permian Basin's Distance Education Student Authentication Policy requires the University to employ processes (documented in each distance education syllabus) to verify that each student who registers for a distance education course is the same student who participates in, completes, and receives credit for the course.

The policy requires faculty members teaching distance education courses to employ at least two methods of verification to ensure student identities. The first method of verification is accomplished by the student logging into Canvas, our learning management system. To access all UTPB courses, students must login to Canvas uniqueness personal identifying username and secure password. This is the primary method of student identity verification. The Distance Education Student Authentication Policy requires at least one additional student identification method within the distance learning course that has been determined and approved by the faculty or academic program. The second method of authentication must be explicitly stated in the syllabus. The second method of student authentication maybe:

- Proctored exams using an approved photo ID\*.
- Presentation of approved photo ID through a webcam and optional levels of proctoring during assessment.
- Field or clinical experiences using an approved photo ID.
- Synchronous or asynchronous video activities using an approved photo ID.
- In hybrid distance education courses, which have an in-person meeting component, the secondary method of student authentication may be accomplished (as is it may be done in hyflex and face-to face-courses) by in-person attendance monitoring as well as through required in-class instructor proctored examinations and other assessments.
- Other Technologies or procedures, etc. (which must be detailed in the syllabus).

If faculty require secondary method of verification for which students are charged a fee(e.g. face-to-face proctoring at an off-campus site that charges a fee), this notification must be stated on the course schedule and in the course syllabus as well.

\*Approved photo identifications include passports, government issued identification, driver's licenses, military ID from DoD; dual credit and early college high school students use school district identifications.

Students will be required to upload a video to Canvas holding a government ID near their face and bending it slightly.

## Course Schedule



Tentative Topics:

Introduction

Quantifying Exercise

Oxygen Delivery, Extraction, and Utilization

Energy (metabolism)

The cardiovascular System

The Respiratory System

The Muscular system

Application to Training Methodology

Over-Training

Hostile Environments

The Genetic Basis of Physical Traits and Fitness

## Sessions and Graded Assignments

08-28: Course begins

09-04: labor day holiday

11-22 to 11/24: Thanksgiving

12-07: last day of the course

12-11 to 12-14: finals

12-18: final grades due

Assignments:

9-1: Authentication assignment; This is mandatory; Due by 11:59pm

9-22: assignment 1; Due by 11:59pm

10-13: assignment 1; Due by 11:59pm

11-03: assignment 1; Due by 11:59pm

12-01: assignment 1; Due by 11:59pm

Quizzes:

9-08: quiz 1; Due by 11:59pm

9-29: quiz 2; Due by 11:59pm

10-27: quiz 3; Due by 11:59pm

11-10: quiz 4; Due by 11:59pm

11-17: quiz 5; Due by 11:59pm

Exams:

9-15: exam 1; Due by 11:59pm

10-06: exam 2; Due by 11:59pm

11-03: exam 3; Due by 11:59pm

12-01: exam 4; Due by 11:59pm

Final exam - TBD