PRAIRIE VIEW A&M UNIVERSITY

SYLLABUS

HKIN 3366 (12010) P01 & HKIN 3366 (12476) P02

Spring 2023

Instructor: Dr. Destin'e Gibson, PT. DPT, CLT

Section # and CRN: HKIN 3366 (12010) P01 & HKIN 3366 (12476) P02

Office Location: Delco #242

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Office Hours: scheduled via Zoom M-F 9-5 pm

Mode of Instruction: Face to Face

Course Location: P01-Wilhelmina Delco Bldg3 29 & P02-Wilhelmina Delco Bldg 169

Class Days & Times: PO1-Tuesday and Thursday 11am-12:20 pm & PO-Tuesday and Thursday 9:30 am-1020 am

Catalog Description: A study of the physiological bases of exercise and physical conditioning through investigation of the body's response to exercise; measurement of the metabolic efficiency during exercise, neuromuscular efficiency, and body composition.

Prerequisites: KINE 3023 and MATH 1113 or equivalent

Co-requisites: NA

Required Texts: Physiology of Sport and Exercise 7th edition; Kenney, W.L., Wilmore, J.H., & Costill D.L. (2020) ISBN: 978-1-4925-72299

Recommended Texts: APA Manual 7th Edition ISBN: 978-1433832161

Student Learning Outcomes:

Upon successful completion of this course, students will be able to:	Program Learning Outcome # Alignment	Core Curriculum Outcome Alignment	SHAPE Standards
1 Identify the perturbations to homeostasis that occur in energy utilization, neuromuscular function, cardio-respiratory function, and other systems during acute exercise.	SLO 1,2,3	COMM, SR, CT	1-2
2 Explain the adaptations that occur in the various systems during exercise training.	SLO 1,2,3	COMM, SR, CT	1-2
3 Compare/Contrast the differences in acute and chronic responses to exercise in different populations including the elderly.	SLO 1-5	COMM, SR, CT	1-2
4 Describe the influences of different environmental factors in the exercise response.	SLO 1,2,3	COMM, SR, CT	1-2
5 Apply the physiological bases for the health benefits of exercise within various settings.	SLO 1,2,3,5	COMM, SR, CT	1-2

Governing Organizations	Alignment with Standards/Domains
SHAPE America (Society of Health and Physical Educators)	Standard 1: Content and Foundational Knowledge Standard 2: Skillfulness and Health-Related Fitness Standard 3: Planning and Implementation Standard 4: Instructional Delivery and Management Standard 5: Assessment of Student Learning Standard 6: Professional Responsibility
TExES (Texas Examinations of Educator Standards)	Domain I: Designing instruction & assessment to promote student learning – Promoting candidate's physical development Domain II: Creating a Positive Productive Classroom Environment – Promoting Candidate's affective, social, and cognitive development Domain III: Implementing Effective, Responsive Instruction and Assessment – Implementing adaptive physical education programs
KINE SLOs (Student Learning Objectives)	SLO 1 Graduates can communicate effectively in written, oral and verbal forms of expression. SLO 2 Graduates can apply the physiological bases of human movement. SLO 3 Graduates can demonstrate the ability of exercise testing and prescription to diverse populations at various developmental stages and under a range of health conditions. SLO 4 Graduates can evaluate the scientific literature in the discipline, and understand and synthesize relevant information. SLO 5 Graduates can demonstrate the ability of technologies to support inquiry and professional practice.
Core Curriculum	Communication (COMM) Critical Thinking (CT) Personal Responsibility (PR) Social Responsibility (SR) Teamwork (TW) Empirical and Quantitative Skills (EQS)

Major Course Requirements

Method of Determining Final Course Grade

Course Grade Requirement	Value	Total
1) Labs 4@5 pts each	20% of total grade	20 pts
2) Exams 3@13, 15, 22.5,pts each	50 % of total grade	50 pts
3) Supplemental Class Assignment(s)/quizzes	3% of total grade	3 pts
4) Final Project	27 % of total grade	27
Total:	100%	100 points

Grading Criteria and Conversion:

A = 88.50 – 100

B = 78.50 – 88.49

C = 68.50 – 78.49

D = 58.50 – 68.49

F = 58.49 and below

Detailed Description of Major Assignments:

Assignment Title or Grade Requirement

Laboratory Activities

Course objective – 3 & 5

SLO – 1-5

Description:

Students will conduct and evaluate assessments that are directly associated with course content: Cardiovascular Function, Respiratory Function, Exercise Training-Aerobic, Exercise Training-Anaerobic, and Body Composition and Nutrition.

During days/times of lab activity, appropriate attire should be worn by all students as described below:

- **Shoes:** Sneakers must be secured to students' feet with laces. Sneakers should have good traction and support without any part of students' feet visible. Not permitted: Slip on sneakers, sneakers without backs, shoes

without tongues, platforms, boots, crocs, slides, sandals/open toe shoes, dress shoes, shoes without rubber soles

- ***Clothing:*** Proper athletic attire is expected to be worn with proper fit.

Appropriate attire includes: elastic waist shorts, t-shirts, warm-up outfits,

sweatpants/sweatshirts for cool weather, and athletic socks. Not permitted:

Cut-off shorts, cargo shorts, dress clothes (e.g. button down or polo shirt),

non-athletic tights/leggings, narrow strapped tops, jeans, sheer clothing, low-

cut tops

- *The instructor reserves the right to determine if a student's footwear and clothing are safe and appropriate to wear during class activities. A student wearing inappropriate attire will not be able to participate and will lose credit/points for the assignment(s).*
- All lab activities are to be conducted during class time (or other designated time) under the supervision of the instructor.
- Assignment(s) should be completed according to the instructor's requirements (verbal and/or written). See further instructions in Canvas.

Examinations

Course Objectives – 1,2,4

SLO – 1,2,3

- Students will be assessed on skills, content, and applicable knowledge presented

throughout the course. None of the exams will cumulative, but will focus on

information covered. However, some information from previous exams may still

apply.

- Exam 1: Intro, Ch 2-9
- Exam 2: Ch 10-14
- Exam 3: Ch 15-20

Assignment/Quiz(s) should be completed according to the instructor's requirements (verbal and/or written). See further instructions in Canvas.

Course Procedures or Additional Instructor Policies

Taskstream

Taskstream is a tool that Prairie View A&M University uses for assessment purposes. At least one of your

assignments is **REQUIRED** to be submitted as an "artifact," an item of coursework that serves as evidence that

course objectives are met. More information will be provided during the semester, but for general information, you

can visit Taskstream via the link in Canvas.

Semester Calendar (Tentative)

Date	Topics & Readings	Assignments	Date
Wk 1	Syllabus/Course Overview Introduction to Exercise Science & Measurement		

Module 2:Exercising Muscle

Wk 2	Ch 1: Structure & Function of Ex. Muscle Ch 2: Fuel for Exercise	Lecture	
Wk 3	Ch 3: Neural Control Ch 4: Hormonal Control	Lecture	

Module 3:Cardiovascular & Respiratory Function

Wk 4	Ch 5: Energy Expenditure Ch 6: Cardiovascular System	Lecture	
Wk 5	Ch 8: Cardiovascular Response to Exercise Ch 21: Cardiovascular Disease	Lecture	Lab 1 (Gym)- Wk of 9/17
Wk 6	Ch 7: Respiratory System Ch 8: Respiratory Response to Exercise Ch 9:	Lecture	Exam 1 wk of 9/24

Module 4: Principles of Exercise Training

Wk 7	Ch 9: Principles of Exercise Training	Lecture	Lab 2 Gym-Muscle Testing Wk of 10/8
Wk 8	Ch 10: Adaptations to Resistance Training Lecture		
Wk 9	Ch 11: Adaptations to Aerobic Training		

Module 5: Influences on Performing

Wk 10	Ch 12: Exercise in Environments Ch 13: Exercise at Altitude	Lecture	Exam 2 wk of 10/22
Wk 11	Ch 14: Training for Sport Ch 15: Body Composition	Lecture	Lab 3 Gym-Speed/agility Wk of 11/5
Wk 12	Ch 15: Nutrition for Sport Ch 16: Ergogenic Aids	Lecture	

Considerations for Sport, Exercise, and Physical Activity

Wk 13	Ch 17: Children & Adolescents Ch 18: Aging	Lecture	Lab 4- Body Composition wk of 12/3
Wk 14	Ch 19: Sex Differences Ch 20: Exercise Prescription	Lecture	
Wk 15	Ch 22: Obesity & Diabetes L	Lecture	
Wk 16	Final project		Exam 3 wk of 12/10 Project wk of 12/10