

Schools of Kinesiology and Health Studies
Faculty of Health Sciences
Western University

KIN 4433B
Physiology of Exercise Training
Winter 2019

Instructor: Dr. Jamie Melling
Location: 3M 3250
Email: jmelling@uwo.ca
Office: 3M Centre 2213
Office Hours: *Appointment only*

Lab coordinator: Michael Herbert MHK
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Course Format:

One lecture hour per week: 3M 3250

- Tuesday 9:30-10:30am

Two hours of lab each week: TBD.

- 002 Monday 2:30pm-4:30pm
- 003 Monday 4:30pm-6:30pm
- 004 Wednesday 4:30pm-6:30pm
- 005 Friday 8:30am-10:30am
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Prerequisite Checking:

You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course. Unless you have either the requisites for this course or written special permission from the course department to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites

Course Overview:

Investigation of the current knowledge of the physiological effects of training, with emphasis on aerobic/anaerobic energy systems and strength training. Training programs for both healthy and diseased adults are discussed. Students will analyze their own health and fitness using a variety of assessments and develop a training program based on personal and healthy goals.

Course Objectives:

To provide understanding of the application of scientific study to the development of training programs for fitness and enhanced health. To enable students to critically evaluate existing programs and to develop training programs for fitness and health based upon existing scientific knowledge.

Course Content: Material will include study of the methods and effects of cardiorespiratory (aerobic) training (both continuous and interval), anaerobic training and strength development. Evaluating aerobic and anaerobic energy systems and strength will be reviewed in lecture and lab. Physiological effects of training will focus upon cardiovascular and endocrine organ function, as well as skeletal muscle and liver metabolism. Emphasis will be given to the development of training programs for normal healthy and diseased individuals.

Required Course Material:

All class notes and required readings will be posted on OWL. There is no textbook required for this course

Tentative Course Evaluation Summary:

Midterm Exam: 20%

Final Exam: 30%

Lab Assignments: 20%

Personal Health Analysis and Training Program: 30%

Documentation for Accommodation (Illness, Medical or Non-Medical Absences)

https://www.uwo.ca/univsec/pdf/academic_policies/appeals/accommodation_illness.pdf

The University recognizes that a student's ability to meet his/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student's overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A UWO Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An SMC can be downloaded under the Medical Documentation heading of the following website: http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf

Documentation is required for non-medical absences where the course work missed is more than 10% of the overall grade. Students may contact their Faculty Academic Counselling Office for what documentation is needed.

Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. stating specific reasons and dates. Students must follow up with their professors and their Academic Counselling office in a timely manner.

Documentation for medical requests for accommodation must be submitted within two (2) business days after the end date on the documentation, to the appropriate Academic Counselling Office of the student's Faculty of registration. For KIN students, you may go to the School of Kinesiology in 3M Centre room 2225 **NOT** to the instructor. For BHSc students, you may go to the School of Health Studies Office in HSB room 222. It will be the Academic Counselling office that will determine if accommodation is warranted

Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for any medical requests for accommodation must be submitted within two (2) business days after the end date on the documentation. , as soon as possible, to the appropriate Academic Counselling Office of the student's Faculty of registration.

An "Accommodation Consideration Request Form" found online . https://www.uwo.ca/fhs/kin/undergrad/files/accommodation_request.pdf or in the Kinesiology Undergraduate Office" for ALL accommodation requests must be submitted into the appropriate Academic Counselling office of the student's Faculty/School of registration. These documents will be retained in the student's file, and will be held in confidence in accordance with the University's Official Student Record Information Privacy Policy

Grades

Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the assignment to approach the instructor or TA. In doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculations errors (which do occur!) should be brought to my attention immediately. 15% of course grades will be posted by the last day to drop a course.

A+	90-100	<i>One could scarcely expect better from a student at this level</i>
A	80-89	<i>Superior work that is clearly above average</i>
B	70-79	<i>Good work, meeting all requirements and eminently satisfactory</i>
C	60-69	<i>Competent work, meeting requirements</i>
D	50-59	<i>Fair work, minimally acceptable.</i>
F	below 50	<i>Fail</i>

Rounding of Grades (when 79 ≠ 80)

The practice will not occur in this course. The edges of this course are clear and sharp. The mark attained is the mark assigned; there is no rounding to the next grade level. Please don't ask us to do this for you degrade our experience as your professors and your experience as a student.

Scholastic Offences

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following website https://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf

A) Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major

academic offence (see Scholastic Offence Policy in the Western Academic Calendar). All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com <http://www.turnitin.com>

B) Computer marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

Electronic Device Usage

During Exams - Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any of the following electronic devices during ANY of the tests, quizzes, midterms, examinations, or other in-class evaluations: cellphones, smart phones, smart watches, smart glasses, audio players or recorders of any sort, video cameras, video games, DVD players, televisions, laptop/notebook/netbook computers, flashlights or laser pointers.

During Lectures and Tutorials: Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. Please be respectful to your fellow students and turn the sound off. If the professor receives complaints from other students regarding noise or other disruptive behavior (e.g. watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom privileges will be revoked. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. **Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**

Health and Wellness

As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. For example, to support physical activity, all students receive membership in Western's Campus Recreation Centre as part of their registration fees. Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (<http://www.music.uwo.ca/>), or the McIntosh Gallery (<http://www.mcintoshgallery.ca/>).

Further information regarding health and wellness-related services available to students may be found at <http://www.health.uwo.ca/>.

Students who are in emotional/mental distress should refer to Mental Health@Western (<http://www.health.uwo.ca/>) for a complete list of options about how to obtain help.

Student Code of Conduct

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at The University of Western Ontario, provide examples of behaviour that

constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit <https://www.uwo.ca/univsec/pdf/board/code.pdf>

English Proficiency for the Assignment of Grades

Visit the website http://www.uwo.ca/univsec/pdf/academic_policies/exam/english.pdf

SUPPORT SERVICES

There are various support services around campus and these include, but are not limited to:

1. *Student Development Centre* -- <http://www.sdc.uwo.ca/ssd/>
2. *Student Health & Wellness* -- <http://www.health.uwo.ca/>
3. *Registrar's Office* -- <http://www.registrar.uwo.ca/>
4. *Ombudsperson Office* -- <http://www.uwo.ca/ombuds/>