

**Physical Education, Athletics & Kinesiology
Grande Prairie Regional College**

**PE2000 - PHYSIOLOGY OF EXERCISE (3-0-2) UT
WINTER 2008**

Instructor: Ray Kardas
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Office Hours: TBA Labs: L2: 10:00-11:50 F (Studio B3)
Class Times: M/W: 10:00-11:20, D308 L3: 14:30-16:20 T (Studio B3)

Course Description:

The lecture, laboratory experience and supplementary readings are designed to promote an understanding of the physiological responses to acute and chronic exercise. Successful completion of the course requirements will enable one to understand the basic function of various physiological systems; describe the various physiological changes that occur during acute exercise and the various adaptations to different forms of exercise training and environmental influence; understand the basic ergometry and other laboratory instrumentation for evaluating physiological responses to exercise; and experience exercise stresses in a laboratory setting as a participant and tester. *Prerequisites: PE1020 or PE 1015*

Text:

Wilmore, J.H., Costill, D.L. and Kenney, W.L. (2008) *Physiology of Sport and Exercise*. 4th e.,

Champaign: Human Kinetics.

PEDS 200 Course Pack - *Physiology of Exercise Laboratory Manual*. University of Alberta.

Course Evaluation:

Students are responsible for all information presented in the lectures, laboratory experiences, assigned textbook and other readings. Course requirements will be evaluated and expressed in raw marks throughout the course. Grades (using the letter grading system) shall be assigned to the final distribution of marks for the course. Final grades shall be assigned based on a combination of **absolute** and **relative** performance in the class.

Lecture:	Mid-Term Exam	20%	(February 13, 2008)
	Final Exam	40%	
Laboratory:	(see details below)	<u>40%</u>	
		Total = 100%	

- The laboratory exam will be held during the last lecture class.
- Lab questions - You are required to complete the laboratory questions found at the end of each lab prior to the start of your lab. These are worth **5%** of your lab grade.
- Lab write-ups (2 in total) are due the following lab (1-week later, depending on the

schedule) at the **start** of the lab session. **No exceptions** (10% for first lab write-up and 10 % for second lab write-up). **No late labs will be accepted at all, unless you have a medical note. You will be given a grade of 0 for any late lab write-ups. Remember coming late to a lab that a write-up is due will be given a grade of 0.**

- Laboratory experiences will be provided on a demonstration-seminar format. Students will participate in data collection, reduction, and interpretation on a regular basis, and occasionally must participate as subjects. A significant portion of each lab period will be devoted to discussion of the current topic and students **must be prepared to assist, ask and answer questions.**

Grading System:

Letter Grade	Grade Point Value	Percentage Range
A+	4.0	94 – 100
A	4.0	89 – 93
A-	3.7	85 – 88
B+	3.3	81 – 84
B	3.0	77 – 80
B-	2.7	72 – 76
C+	2.3	69 – 71
C	2.0	64 – 68
C-	1.7	60 – 63
D+	1.3	55 – 59
D	1.0	50 – 54
F	0.0	Below 50

Student Responsibilities:

Reading the upcoming topic in the textbook BEFORE each lecture will help students understand and keep pace with the flow of lectures.

Questions always arise and it is important for the student to act on them. Ask your questions during class or bring them up at the end of class or send your question(s) via e-mail.

“Study-buddy” or study groups are highly recommended. Having someone to discuss the lecture with or review course material has been very helpful to many students.

Attendance will not be monitored during the lectures. Students are responsible for all material assigned or presented. Lab attendance is mandatory. If you miss a lab without medical reasons (Health Services Form with Doctor’s signature is required), there will be 5% deducted from your lab grade. If you miss a lab write-up, 10% will be deducted from your lab grade.

Schedule:

	Chapters	Lab Experience
I	Introduction, WHMIS	
II	Energy Expenditure/Ergometry	1, 2, 7, 8
III	Energy Transfer During Exercise	9, 10
IV	Fatigue during exercise & Recovery	
V	Neuromuscular System & Exercise	3, 4
VI	Cardiorespiratory System & Exercise	5, 6
VII	Environment & Exercise	11, 12
VIII	Body Composition	14
IX	Sport Nutrition	14, 15
X	Exercise Endocrinology	2

Students are encouraged to read chapters 13, 16, 17, 18, 19, 20 and 21 to gain an appreciation of physiological testing, training methodology, training adaptations and ergogenic aids that impact the acute and chronic adaptations to exercise. These topics will be incorporated to some extent in the lectures and labs but are primary topics of other courses in our Faculty.

Hepatitis B Inoculations. It is strongly encouraged that all students have a Hep B inoculation. These can be obtained for a nominal fee through the Mistahia Health Centre.