“I want to die at a hundred years old with an American flag on my back and the star of Texas on my helmet, after screaming down an Alpine descent on a bicycle at 75 miles per hour.” – Lance Armstrong

KINE 150W – Freshman Seminar
“The Physiology of Lance Armstrong”

Fall 2006, TR 3:30-4:50 PM Wren Building 204

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Course Description
This course will introduce students to the basic principles of exercise physiology and human performance as well as the interaction of cancer and exercise. A case study of the 7-time Tour de France champion and cancer survivor, Lance Armstrong, will serve as a starting point for these discussions. The course will also consider the ethical concerns with regards to performance enhancing drugs and techniques. Current research papers in exercise physiology and cancer research will be reviewed and critiqued both orally and in writing.

In addition, the format of this course contains fundamental components as a freshman seminar which satisfies the lower division writing requirement. In order to satisfy these components and requirements, the course will cover the above the material through intensive class discussion, reading and writing. Various informal and formal assignments with instructor and peer review will be used to help students develop and improve their skills in these areas.

Objectives
Upon successful completion of this course, the student will be able to:

1. Demonstrate an understanding of basic principles of physiologic function and human performance and the terminology/vocabulary used in these fields of study
2. Demonstrate a basic understanding of the pathophysiology of cancer
3. Describe the relationship between exercise and cancer
4. Describe current performance enhancement techniques
5. Review and critique scientific research papers both orally and in writing
6. Write a formal review of scientific research
7. Understand the writing process and evaluate their own strengths and weaknesses as a writer
8. Develop and effectively deliver an oral presentation
9. Appreciate the accomplishments and unique abilities of Lance Armstrong as well as the nuances of professional cycling

Course Evaluation
The student’s final grade will be determined as follows:
Participation = 10%
Quizzes = 20%
Two 2-3 page reviews of scientific papers and oral presentation = 30%
One 8-10 page formal research paper = 40%
**Required Texts**


* Lance Armstrong's War: One Man's Battle Against Fate, Fame, Love, Death, Scandal, and a Few Other Rivals on the Road to the Tour de France by Daniel Coyle (352 pages, ISBN 0-0607-3498-1)

Additional readings and information will come from on-line sources as well as articles and papers handed out in class or posted on-line on Blackboard.

**Additional Requirements**

Since various readings and in-class exercises will be done on-line, you will need a laptop with internet access. In addition, in order to enhance your understanding and appreciation of the physiological responses to exercise you will participate in various exercise tests and group bicycle rides. Therefore, you will need exercise clothing, access to a bicycle (preferably a road bike) and a properly fitting, U.S. CPSC approved bicycle helmet. Dates for exercise testing and bike rides will be announced ahead of time to ensure that you bring the proper attire and/or equipment to class.

**Course Policies**

Due to the discussion intensive seminar format of the course, attendance is mandatory. You will be allowed two unexcused absences. Each unexcused absence beyond those two will result in a lowering of your overall grade by 1/3 (for example, B to B-). Excused absences include those arranged with me beforehand and those accompanied by appropriate documentation (such as a note from the Health Center or Dean of Students).

Late papers and assignments will be marked down 1/3 of a grade for each day late.

**Class Climate**

This course is a freshman seminar, designed to give you a chance to explore an academic area of interest through intensive reading, writing, and discussion. Most class periods will be filled by discussion of the assigned readings and activities with frequent opportunities to write. All students need to feel comfortable participating, so we will create and maintain an atmosphere of mutual respect in which everyone’s ideas can be heard.

In addition, the topic of the course has been chosen to be fun and inspirational while introducing students to the scientific and academic discipline of Kinesiology. Be open to the many possible ways in which to explore the study of human movement and the mind body connection!

Finally, please contact me if you have any disabilities that might affect your performance in this class, if you need to arrange for an excused absence, or if there is anything else I might be able to assist you with or help you get assistance.