KINE 442 - Exercise Physiology

Fall 2015    MWF 10:00-10:50 AM    Morton 20

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Course Description
An in-depth study of the physiological aspects of exercise, fatigue, coordination, training and growth; functional tests with normal and abnormal subjects; investigations and independent readings.

Objectives
Upon successful completion of this course, the student will be able to:
1. Demonstrate an understanding of the relationship between nutrition and human performance
2. Describe how energy is transferred within the body in order to perform muscular work.
3. Calculate energy expenditure.
4. Describe oxygen delivery, utilization, transport and consumption during exercise.
5. Demonstrate and understanding of how physical training improves health and human performance.
6. Describe how the environment affects the physiological response to exercise.
7. Demonstrate an understanding of body composition.
8. Demonstrate an understanding of how age and other conditions affect the physiological response to exercise.
9. Describe and perform current techniques used to evaluate the physiologic and metabolic responses to exercise.
10. Demonstrate and integrated understanding of the physiological response to exercise.

Course Evaluation
The student’s final grade will be determined as follows:
Exam #1  = 20%  Sept. 23rd
Exam #2  = 20%  Oct. 21st
Exam #3  = 20%  Nov. 13th
Lab     = 20%
Final Exam = 20%  December 9th, 9:00 AM-12:00 PM

Required Textbook