

Physical Education 433

Spring 2010

Instructor: Will Stern

Office Hours: Posted—B315

Extension: 1512

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Course Description

Characteristics of muscular exercise; the responses of body systems to physical activity; review of modern training and testing and measurement methods; review of current research in muscle physiology and physical fitness.
Prerequisite: BIO 220. Three units.

Objectives

The student will

- A examine the structure of muscle tissue and understand the mechanisms of muscle contraction
- B show mastery of the material with multiple learning experiences
- C understand the functions/adaptations of the cardiovascular system at rest & during exercise and the mechanics of respiration and gas exchange
- D understand the different energy systems, their functions at rest and during exercise and be aware of the effects of ergogenic aids on performance/risks associated with their use
- E understand the effects of hormones on energy systems and the body

Learning Methods

Active participation by the student in class activities, lectures and class discussions is expected.

Texts

Exercise Physiology (7th Edition), Powers and Howley, 2009

Class Times

Section 1—MWF 8:00—8:50 pm Final Time.....**8:00 am** (Wednesday, May 5)

Students Responsibilities

The student will demonstrate his/her knowledge of the materials covered by completing lab assignments, completing the workout plans, and taking five learning experiences.

The student is expected to attend all classes while displaying punctuality and responsibility by being in class at the designated time

The student is expected to be prepared for each day's class by having completed any assignments and/or dressed to participate.

It is entirely the student's responsibility to communicate to the instructor of any problems. It is the student's responsibility to make sure the instructor receives the message and also follow up so the student knows that without any doubt the instructor has actually received the intended communication. The student should be sure to provide clear and specific means for the instructor to return the message.

Evaluation

Attendance and Activities Objectives A—D	320 points	32%
Chapter Five Paper Objective E.....	60 points	6%
Four Written Learning Experiences out of Five (125 each) Objectives A—E	500 points	50%
Chapter Questions Answered Objectives A, C, D.....	120 points	12%
(5 questions at the end of the assigned chapter (computer generated) to be turned in before the material is covered in class—12 chapters)		

Make-up Learning Experiences

Make-up dates must be arranged with the instructor. Notify the instructor **ahead of time** if you will be unable to attend a Learning Experience.

Health Problems

Students with any physical problems, which may affect their ability to perform in class, should notify the instructor before **January 18** (put in writing). **ADA Statement—Please Note:** If you have a disability which may require assistance or accommodations, or you have questions related to any accommodations for testing, note takers, readers, etc., please speak with me as soon as possible.

Class Attendance/Participation

The student is expected to attend and participate in all classes. Each student gets three (3) free class absences without penalty. Late work will be assessed a 25% penalty for each class day it is late.

Grading Scale							
A+	N/A	B+	870	C+	770	D+	670
A	930	B	830	C	730	D	630
A-	900	B-	800	C-	700	D-	600

Extended Time for Testing

Students who have on file in the office of records a current psychological evaluation that recommends extended time for testing shall be granted that accommodation on a case-by-case basis at the recommendation of the dean of records. Typically, extended time will entail 1.5 times the normal test period. The Dean of Records can make recommendation for additional accommodations on a case-by-case basis. Despite the accommodation regarding the administration of tests, all other assignments will be due according to the announced dates.

Tentative Schedule*

Chapters 2–4

LE 1

Chapter 5 (out of class paper)

Chapters 6, 7–8

LE 2

Chapters 9–10

LE 3

Chapters, 16, 18

LE 4

Chapters 19, 21, 23, 25

LE 5

* **Please note: other selected material from outside sources will be included**