

**Applied Exercise Physiology – EXRS 3700**  
**Spring Semester 2003**  
**COURSE SYLLABUS**

Lecture: Monday, Wednesday, 8:00-8:50

Location: Ramsey Rm 203

Credits: 2

Prerequisites: CBIO 2200-2200L; CBIO 2210-2210L

**Primary Objective:** – EXRS 3700. Applied Exercise Physiology. 2 hours.

Oasis Title: APPL EXERC PHYS.

Not open to students with credit in EXRS 4630/6630-4630L/6630L.

Prerequisite: CBIO 2200-2200L and CBIO 2210-2210L.

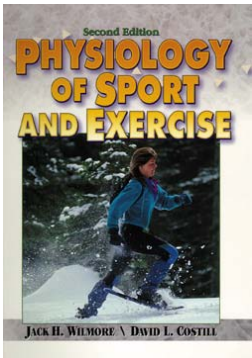
Physiological responses to exercise and adaptations to training.

In this course you will understand:

- 1) The physiological basis for the influence of exercise on health and fitness
- 2) To design conditioning programs for selected populations or environmental conditions

**Required Reading:**

Wilmore JH and DL Costill Physiology of Sport and Exercise (2<sup>nd</sup> Ed), Champaign IL: Human Kinetics, 1999



**Additional Resources:** A.D.A.M. interactive Physiology CD-ROM on the Muscular System, Cardiovascular system, Respiratory system, and Nervous system will be on reserve in the computer lab (Ramsey 2<sup>nd</sup> floor) .

**Attendance and absences:**

Attendance in class is very important for grasping the overall concepts as well as the nuances needed to grasp and understanding the principles of exercise physiology. Attendance is required and will be taken on selected days (see course calendar). Records of attendance count toward the higher grade in borderline situations. Exams are to taken on their scheduled date as shown on the course calendar. In the event a make-up exam is required, it will be given at the time of the final. It will be a unique exam worth a maximum of 90% of the original exam.

**Class Participation:**



You are encouraged ask questions during the class presentations. Strive to clarify points that are unclear for you at the time it is presented.

You may participate in a variety of ways including class discussion and handing in short summaries on applying topics to your career field, summarizing topics in terms that your clients can understand, or relating the material to current events.

Grades will be based on lecture exams, participation, a comprehensive final.

1. 90% of your final grade will be determined by your average grade on the 3 examinations. Each exam, worth 100 points, will be composed of 50 multiple-choice or matching questions. See the course calendar to determine the content of each examination
2. 10% of your final grade will be determined by your performance on a comprehensive final exam of 200 multiple choice or matching questions.

The final course grade will be awarded based upon the following grade-point range: A = 90 to 100; B = 80-89; C= 70-79; D = 60-69; F < 60.

**WebCT:** In this course I will use the WebCT learning environment to dispense material such as course lecture notes and course information. The bulletin board and WebCT email can be used as a means of communicating with your peers and with me.

1. All your courses in the WebCT environment can accessed though one login and password. To access your WebCT accounts you must have an 'UGA MyID'

**New 'UGA MyID' for electronic services**

Having a single username and password with which to access electronic services at UGA can make life easier, so University Computing and Networking Services has implemented a single sign-on called "UGA MyID." The electronic services available with "UGA MyID" include WebCT, Arches e-mail and WebMail, Arches Web space and MyUGA (when available). Other electronic services will be available as they are added to the system. Users can make use of "UGA MyID" for any or all of the services available. For those who already have an Arches account, nothing additional need be done. The Arches ID is now "MyID," to be used as it always was for e-mail and Web space, and now also for additional services. Those who do not have an Arches account can create a "UGA MyID" at <http://www.uga.edu/myid>. For additional information, contact the UCNS Helpdesk ([helpdesk@uga.edu](mailto:helpdesk@uga.edu), 542-3106).

2. If you are not familiar with Web CT, go to the section entitled "Student Resources" at the web page:

<https://webct.uga.edu/hostsys/student/>

**Withdrawing from class:** To withdraw from class after the Drop/Add period undergraduates go to Arts and Sciences go to the Dean's office Room 106 New College. Withdrawing prior to the midpoint of the semester (October 9, 2001) is an option for 'withdrawal pass'.

**Disabilities:**



If you have a documented disability as described by the Rehabilitation Act of 1973 (P.L. 933-112 Section 504) or the Americans with Disabilities Act (ADA) that may require you to need assistance attaining accessibility to instructional content to meet course requirements, you may contact the Disability Services, Office of Disability Services 114 Clark Howell Hall (706) 542-8719, as soon as possible then contact and meet with the instructor. The Office of Disability Services can assist you and the instructor in developing appropriate accommodations for your disability. Course requirements will not be waived but accommodations may be made to assist you to meet the requirements. Technical support may also be available to meet your specific need.

**Cell phone and pagers:**

Please do not use cell phones or pagers in class. If you are depended upon for emergency services please put pagers on vibration.

**Ways to Reach the Instructor:**

Instructor: M. Elaine Cress, PhD, FACSM

Office: Rm. 115G Ramsey Center

Phone: 542-2202 E-mail address: [mecress@coe.uga.edu](mailto:mecress@coe.uga.edu)

Office Hours: 9:00 to 10:00 AM Monday and Wednesday or by appointment

**Legal mumbo-jumbo:**

The course calendar is tentative, and I reserve the right to make changes in it to accommodate class needs

or as may otherwise be didactically advisable. If a suspected violation of the academic honesty policies of this University occurs by any student in this class such that continued adherence to the grading criteria listed in this syllabus is prejudicial to other students enrolled in this course, I reserve the right to discuss the situation with the class as a whole (without disclosing the identity of the alleged violator), and to make an equitable adjustment for the benefit of overall class.

EXRS 3700  
Course Calendar  
Spring 2003

The course calendar is a guideline for timetable we will use to cover the material. The schedule may be adjusted to meet the teaching and learning needs of the class.

<b>Date</b>	<b>Chapter</b>
1/13	Introduction
1/15	C-base education test
1/20	Martin Luther King Holiday
1/22-1/27	Chapter 1 Muscular control of movement
1/29-2/3	Chapter 2 Neurological control of movement
2/5-2/10	Chapter 3 Neuromuscular Adaptations to resistance training
2/17	Response Opportunity 1
2/19-2/24	Review Response Opportunity 1; Chapter 4 Metabolism and basic energy systems
2/26	Chapter 5 Hormonal regulation of exercise
3/3	Chapter 6 Metabolic Adaptations to Training
3/5	Midterm Response Opportunity 2
3/10	Review Midterm RO2; Chapter 7 Cardiovascular control of training
3/12	Chapter 7 continued
3/24	Chapter 8 Respiratory regulation during exercise; Chap. 11 Altitude p344-358
3/26	Chapter 9 Cardiovascular adaptations to training
3/31	Chapter 19 Prescription of exercise for health and fitness
4/2	Chapter 20 Cardiovascular disease and physical activity
4/7	Chapter 18 Sex difference and the female athlete
4/9	Response Opportunity 3
4/14	Chapter 15 Optimal body weight
4/16-4/21	Chapter 21 Obesity, diabetes, and physical activity
4/23	Chapter 17 Aging and the Older Athlete
4/28	Chapter 17 Aging and physical activity programming
4/30	Review for Final Response Opportunity
5/6	Final Response Opportunity 3:30-6:30