

Exercise Physiology KINS4630/6630 Fall 2007

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Office hours Check with laboratory instructors

Meetings 109 Ramsey Center (unless otherwise indicated)
Tuesday 11:00 – 1:45 pm Leland Nielsen
Tuesday 2:00 – 4:45pm Tiffany Turner
Thursday 9:30 – 12:15pm Leland Nielsen
Thursday 12:30 – 3:15 pm Rebecca Larson
Thursday 3:30 – 6:15pm Rebecca Larson

Lab manual Lab manual for KINS 4630L will be available on WebCT as separate labs in pdf format.

Description This class will provide hands on experience with laboratory techniques in Exercise Physiology. It will also provide laboratory learning experiences on selected major principals in Exercise Physiology. The lab course must be taken in the same semester as lecture course (KINS4630/6630), unless permission of the department is obtained. Lab course must be signed up for separately and is graded separately.

Evaluation weekly quizzes and lab reports (a total of 14 sessions)

Grading policy 90-100 A
80-89 B
70-79 C
60-69 D

To comply with new pilot grading system, 100-93 A, 92-90 A-, 89-87 B+, 86-83 B, 82-80 B-, 79-77 C+, 76-73 C, 72-70 C-, etc.

Honors and Masters Credit

Honors credit and Masters degree credit is not available for this course.

Attendance Attendance of all laboratory sessions is required. No make up of lab quizzes will be given unless official UGA excuse is given (i.e., medical leave, etc.). Students are required to notify course or lab instructor prior to a quiz in order to obtain permission to reschedule a lab session.

Course outline lab manual will be posted on webCT.

Name	Title	Date	Location
LAB ASSIGNMENT	Graphing with excel	8/16/06	
LABORATORY 1	Laboratory Procedures & Environmental Measurements Ergometry	August 21,23	109
LABORATORY 2	Muscle Force Development and Endurance-training	August 28, 30	109
LABORATORY 3	Muscle soreness and injury	Sept 4, 6	109 Squash courts
LABORATORY 4	Blood pressure	Sept 11, 13	109
LABORATORY 5	Anaerobic Power - The Wingate Test	Sept 18, 20	109
LABORATORY 6	Muscle endurance after training	Sept 25,27	109
LABORATORY 7	Measurement of Maximal Oxygen Uptake	Oct 2, 4	109
LABORATORY 8	Estimation of Maximal Oxygen Uptake and Physical Work Capacity	Oct 19,11	109
LABORATORY 9	Measuring Physical Activity	Oct 6, 18	109
LABORATORY 10	Thermal Responses to Exercise in the Heat	Oct 30, Nov 1	109
LABORATORY 11	Ergogenic aids: caffeine and muscle endurance	Nov 6, 8	109
LABORATORY 12	Estimation of Body Composition from Body Density, Skinfold Measures and Bioelectrical Impedance	Nov 13,15	109 107 DXA room
LABORATORY 13	Cardiovascular response to training	Nov 27, 29	109

WebCT

Course information in addition to the lab manuals will be posted on WebCT

Learning objectives

- Obtain ability to prepare a publication quality figure of data using Microsoft Excel
- Obtain ability to collect standard subject data and testing condition data
- Obtain ability to use standard laboratory ergometers (cycle and treadmill)
- Obtain ability to measure muscle force development and endurance
- Gain experience with muscle endurance training
- Understand how muscle soreness and injury result from exercise and the time course of muscle soreness
- Understand how anaerobic power can be measured using the Wingate test
- Understand the key elements to the measurement of Maximal Oxygen Uptake
- Understand how tests that estimate maximal oxygen uptake are performed
- Gain experience with assessment of physical activity
- Gain experience with whole body aerobic exercise training
- Understand how exercise and stress alter blood pressure
- Understand how increased room temperature alters exercise capacity
- Gain practical experience with three methods of estimating of Body composition.
- Understand the strengths and weaknesses of the different methods of measuring body composition

University Honor Code and Academic Honesty Policy.

All academic work must meet the standards contained in “A Culture of Honesty.” Each student is responsible to inform themselves about those standards before performing any academic work.

Copies of the honor code can be obtained from the Office of the Vice President for Instruction or may be viewed at the following web site:
<http://www.uga.edu/ovpi/>