**UNIVERSITY OF MINNESOTA DULUTH – COURSE SYLLABUS**

**ESAT 3400 Exercise Physiology**

<table>
<thead>
<tr>
<th>Instructor Name:</th>
<th>John Keener, Ph.D., Associate Professor</th>
</tr>
</thead>
<tbody>
<tr>
<td>E-mail Address:</td>
<td><a href="mailto:jkeener@d.umn.edu">jkeener@d.umn.edu</a></td>
</tr>
<tr>
<td>Phone #:</td>
<td>218 726 8531</td>
</tr>
</tbody>
</table>

**Office Hours:** (all in 117 SPHC, which is inside 110SPHC, last on right)

- Monday, Tuesday, Wednesday 3:00pm- 4:00pm
- Thursday 3:30-4:30pm
- Friday 1:00-1:45pm
- Also available by advance appointment or random drop in. *(My other classes are at: MWF 2:00-2:50pm, Th 12-3:15pm, so I won’t be in my office those times!)*

**Class meeting times:**

- **Lecture:** Monday, Wednesday, Friday 2-2:50 (MWAH 191)
- **Laboratory:** Thursday 12-1:15pm or 2:00-3:15pm. You must attend the lab section for which you have registered) SPHC 201

**Course Objective:** study of the physiological responses and adaptations to acute and chronic exercise.

**Course Prerequisites:** HLTH 2040*, athletic training or exercise science cand or #; =PEP 3040; A-F or Aud.

* command of material learned in HLTH 2040 Human Physiology is expected.

**Texts:** McArdle, Katch & Katch: Exercise Physiology: Energy, Nutrition, and Human Performance, 6th Edition

**Teaching Methodology:** Class sessions will include lectures, discussions, and small group activities focusing on readings and the related class assignments. Readings must be completed prior to class. You will be required to use e-mail, the World Wide Web, and specific software to complete some required activities in this course.

**Study Guide Questions:** You are required to produce and electronically submit by deadlines listed in the schedule your own MS Word document contain answers to all questions that it is possible to answer in text. You may also incorporate your own diagrams to answer questions, but this is not required. You will be allowed to use this electronic study guide as an aid on a portion of each test.

**Test Format:** Each test will consist of an electronic portion and an in class portion.

- The electronic portion will be completed out of class time using your prepared study guide. It will consist of objective items directly related to the study guide which is in turn related to assigned reading. This portion will count 60% of each exam grade.
- The in class portion will be closed note, closed book, and will cover material from class lecture and labs. It will consist of essay answer, problem completion, etc. It will count 40% of each exam grade. Material on these exams will focus on content specific to the weeks prior to the exam, but may also require you to draw on any material learned earlier in the semester.

**Expectations of students:**

1. It is your responsibility to check you email daily for announcements related to this class. They will be sent only to your UMD email address.
2. Be prepared for class, having read the assigned chapter material; write down and submit questions on any material in the assigned reading or previous class notes that needs clarification. Bring your book and a calculator to class everyday
3. Work outside of class in some type of study group; discuss class material outside of class.
4. Spending a minimum of 2 minutes of quality study time per day for each class minute is absolutely required to receive C grade in this class. This means that if a class period is 50 minutes, your should spend expect to spend 100 minutes studying per class day either in preparation for the next class session or in review of old class notes.
Academic Honesty/Dishonesty Policy:
The University expects all students to maintain their own academic integrity and the reputation of the institution. Academic dishonesty is any intentional act of fraud in which a student seeks to claim credit for the work or efforts of another without authorization. These include cheating, plagiarism, forgery of academic documents, or other forms of academic dishonesty and will automatically result in an “0” for the assignment/activity and may result in an “F” for the course. Students are encouraged to review UMD’s “Student Academic Integrity Policy” online at http://www.d.umn.edu/assl/conduct/integrity Academic dishonesty is regarded as a serious offense by all members of the academic community. This policy sanctions students engaging in academic dishonesty with penalties up to and including expulsion from the university for repeat offenders.

Classroom Conduct:
Disruptive classroom behavior is prohibited by the University policy stated in the catalog [See: (http://www.d.umn.edu/assl/conduct/code/code_4_22_2004.htm#duluth)] and as such is taken very seriously. Disruptive classroom behavior "substantially or repeatedly interrupts either the instructor's ability to teach, or student learning". In this class, disruptive behaviors are defined as, but not limited to, sleeping, using inappropriate or unprofessional language, and use of cell phones, personal audio devices, and personal computers for other than class related activities. Examples include, but are not limited to, repeated bouts of "nodding off", cell phone ringing or communication, text-messaging, watching videos, playing computer games, doing email, or surfing the internet on a computer. Possible sanctions are listed in the referenced policy document. In accordance, and to avoid confrontation, please
(1) place cell phones in to their "silent" mode or turn them off
(2) make every attempt to stay awake; be prepared to be awakened if you cannot stay awake
(3) use computers only for class related activity;
(4) remove your personal audio device
(5) avoid use of colloquial expressions that would cause Mom, Dad or Grandma to wince or complain.
ONLY EXCEPTION IN USING YOUR CELL PHONE IS FOR CLASSROOM EMERGENCY/SAFETY ISSUES BY DIALING CAMPUS POLICE AT 726-7000 OR 911.

Disability Services Policy Statement:
Individuals who have any documented disability (physical, learning, mental, or emotional), either permanent or temporary, which may affect their ability to perform in this class are encouraged to inform the instructor. Adaptations of methods, materials, or testing may be made as required to provide for equitable participation. Students must contact the Disability Services and Resources office located at Kirby Student Center 254 or by calling 726-8217 to assure protection of their rights under this policy. Spurious or undocumented requests for adaptations without support of the Disability Services and Resources Office are granted only at the prerogative of the instructor and are not guaranteed.

Attendance:
Class attendance is expected. Laboratory attendance in the section for which you are registered is mandatory. Absences negatively affect your overall grade. If you are excused in accordance with university policy, available online at http://www.d.umn.edu/catalogs/current/pdfs/3-Policies.pdf, missed assignment points can still be earned. Prior notification for potential absence due to university sponsored/approved activities is required in the first week of class. Requests for excused absence for personal business, illness, etc., which fall outside of stated university policy are not automatic and are granted at the prerogative of the instructor. Except for in dire or unusual circumstance, requests must occur prior to the intended absence. If an excused absence is granted, you have 1 class day for each excused day to turn in assignments. Class days are any days in which a university class meets (MTWThF) and are not limited to only the day that this class meets.

Grading:
Grade for the class is primarily determined by score on 4 written exams (21.25% each) and on laboratory report and performance (15%). Once points for assignments and grade are finalized you earn a letter grade according to the following % of point possible scale.
A> 92%  C+ 78-79%  F: less than 60%
A’ 90-91 %  C  72-77%
B+ 88-89%  C-  70-71%
B 82-87%  D+  68-69 %
B’80-81%  D  60-67%

In class quizzes and assignments may be given at anytime. Points earned on these are bonus and are in addition to points earned on formal tests. You must be present to participate in these bonus activities. You will be given an opportunity to make up quizzes only if you have an excused absence.

CLASS SCHEDULE, ASSIGNMENT DUE DATES AND ASSIGNMENT POINT VALUES ARE DISTRIBUTED SEPARATELY FROM THE SYLLABUS.