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| <p>Course Name: KNPE 227/3.0</p> <p>Exercise Physiology</p> | <p>Course Instructors: Dr. Michael Tschakovsky</p> | <p>Contact Hours: Lectures: 2 x 1.5 hrs / 12 weeks</p> |
| | | <p>Prerequisite: KNPE 125/3.0, KNPE 225/3.0 Level 2 or above in a KINE plan</p> |
| | | <p>Exclusion:</p> |
| <p>Course Description:</p> <p>An introduction to the basic components of physiology as they apply to exercise, fitness and health.</p> | | <p>Course Texts:</p> <p>Course notes and so much more will be posted on the KNPE 227 OnQ page.</p> |
| <p>Learning Outcomes:</p> <ul style="list-style-type: none"> To continue to develop your physiological literacy by providing continued opportunities to identify and described what components of a physiological system do To continue to develop your ability to apply physiological models and key principles of physiological function to solve physiological problems To extend the goals detailed above to include an ability to describe responses to exercise and to solve physiological problems within the context of exercise. | | <p>Course Evaluation:</p> <p>Quiz 1.....1% Quiz 3.....1% Quiz 4.....1% Quiz 5.....1% Quiz 6.....1% Quiz 7.....1% Quiz 8.....1% Unit 1 Test.....15% Unit 2 Test.....20% Unit 3 Test.....20% Final Exam.....37% TOTAL 100%</p> |
| <p>Course Outline</p> | | |
| Introduction and Assessing Exercise Intensity | Cardiovascular System – Response to Exercise | |
| Exercise Metabolism – Fuel Selection and Hormonal Control | Cardiovascular System – Response to Training | |
| Exercise Metabolism – Diet and Performance; Impact of Training | Respiratory System – Response to Exercise | |
| Muscle – Characteristics and Control of Force | Respiratory System – Adaptations to Training | |
| Muscle – Training Adaptations | | |