

<p><b>Course Name:</b>  <b>KNPE 227/3.0</b></p> <p>Exercise Physiology</p>	<p><b>Course Instructors:</b>  Dr. Michael Tschakovsky</p>	<p><b>Contact Hours:</b>  Lectures: 2 x 1.5 hrs / 12 weeks</p>										
		<p><b>Prerequisite:</b></p> <p>KNPE 125/3.0, KNPE 225/3.0  Level 2 or above in a KINE plan</p>										
		<p><b>Exclusion:</b></p>										
<p><b>Course Description:</b></p> <p>An introduction to the basic components of physiology as they apply to exercise, fitness and health.</p>		<p><b>Course Texts:</b></p> <p>Course notes and so much more will be posted on the KNPE 227 OnQ page.</p> <p>Throughout the course you will be working with a series of journal articles. These articles will be posted on OnQ.</p>										
<p><b>Learning Outcomes:</b></p> <ul style="list-style-type: none"> <li>Identify and describe what components of physiological systems do in response to exercise</li> <li>Apply physiological models and key principles of physiological function to solve physiological problems in exercise</li> <li>Extract information from primary research articles to teach yourself about exercise physiology</li> </ul>		<p><b>Course Evaluation:</b></p> <table> <tr> <td>8 Quizzes x 1.5% each</td> <td>12%</td> </tr> <tr> <td>Unit 1 Test</td> <td>15%</td> </tr> <tr> <td>Unit 2 Test</td> <td>20%</td> </tr> <tr> <td>Unit 3 Test</td> <td>20%</td> </tr> <tr> <td>Final Exam</td> <td>33%</td> </tr> </table>	8 Quizzes x 1.5% each	12%	Unit 1 Test	15%	Unit 2 Test	20%	Unit 3 Test	20%	Final Exam	33%
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<p><b>Course Outline</b></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												