

<p>Course Name: KNPE 227/3.0</p> <p>Exercise Physiology</p>	<p>Course Instructors: Dr. Brendon Gurd</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 or PHED 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>Throughout the course you will be working with a series of journal articles. These articles will be posted on OnQ.</p>												
<p>Intended Student Learning Outcomes:</p> <p>The overarching goals of this course are:</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 in 1 and 2 above to include an ability to describe responses to exercise and to solve physiological problems within the context of exercise. <p>Specific goals for each Unit will be provided in lecture</p>		<p>Course Evaluation:</p> <table> <tr> <td>Online Quizzes (8 Total)</td> <td>10%</td> </tr> <tr> <td>Tests</td> <td></td> </tr> <tr> <td>Unit 1</td> <td>10%</td> </tr> <tr> <td>Unit 2</td> <td>20%</td> </tr> <tr> <td>Unit 3</td> <td>20%</td> </tr> <tr> <td>Final Exam</td> <td>40%</td> </tr> </table>	Online Quizzes (8 Total)	10%	Tests		Unit 1	10%	Unit 2	20%	Unit 3	20%	Final Exam	40%
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<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														