

Course Name: KNPE 227/3.0 Exercise Physiology	Course Instructors: Dr. Brendon Gurd	Contact Hours: Lectures: 2 x 1.5 hrs / 12 weeks
		Prerequisite: KNPE 125/3.0, KNPE 225/3.0 Level 2 or above in a KINE plan
		Exclusion:
Course Description: An introduction to the basic components of physiology as they apply to exercise, fitness and health.		Course Texts: Course notes and so much more will be posted on the KNPE 227 OnQ page. Throughout the course you will be working with a series of journal articles. These articles will be posted on OnQ.
Learning Outcomes: <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 doTo continue to develop your ability to apply physiological models and key principles of physiological function to solve physiological problemsTo extend the goals detailed above to include an ability to describe responses to exercise and to solve physiological problems within the context of exercise.		Course Evaluation: Introduction to the Language of Exercise Unit 1 Test – 18% Unit 1 Test Rewrite – 2% Determinants of Performance and Fatigue Unit 2 Test – 18% Unit 2 Test Rewrite – 2% Using Exercise Intensity to Understand Exercise Physiology Unit 3 Test – 18% Unit 3 Test Rewrite – 2% Final Exam 40%
Course Outline		
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		