

THE UNIVERSITY OF BRITISH COLUMBIA
SCHOOL OF HUMAN KINETICS, TERM 2 January-April
Exercise Physiology I – HKIN 275 (2010)

Instructor	Dr. Maria Gallo
Email	maria.gallo@ubc.ca Tel: 604/822-5084
Lecture	Tuesday and Thursday: 5:00-7:00pm; Memorial Gymnasium 206/208
Labs	One introductory lab and 4 laboratory sessions; Osborne Centre – Health and Fitness Lab G2
Office Hrs	Osborne Centre Unit II, room 206 - Tues, Thurs 2-3pm - By appointment/pre or post class times
TA	TBD

Course Description:

The key question addressed in this course is: *how does the human body respond to the high physiological demands of physical activity?* Through lecture and laboratory experiences the acute and chronic effects of exercise on body systems will be studied. The basic concepts of cardiovascular, respiratory and muscular responses to physical activity will be examined.

Required Text:

1. Wilmore JH, Costill DL and Kenney WL. Physiology of Sport and Exercise, Fourth Edition. Human Kinetics Publishers, 2008.
2. HKIN 275 laboratory notes/manual. This is available on the web.

Evaluation:

Labs	20% (4 labs; 5% each)
Quiz	5%
Midterm examination	25%
Final examination	50%
	100%

Dates:

Classes begin	January 4
Withdrawal without and with a W standing	January 18 and February 12
Quiz	January 26 – in class
Midterm examination	February 11– in class
Break (UBC closed)	February 15-26
Last day of classes	April 15
Final examination period	April 19 to May 1 inclusive. Saturdays are included in the exam schedule. Do not schedule holiday travel during this period.

NO classes – April 2 and 5th, 2010 (Easter Weekend – UBC closed)

Course content:

INTRODUCTION	Chapter 0
PART I EXERCISING MUSCLE	Chapters 1, 2, 3 and 4
PART II CARDIOVASCULAR AND RESPIRATORY FUNCTION	Chapters 5, 6, 7
PART III EXERCISE TRAINING	Chapters 8, 9, 10
PART IV ENVIRONMENTAL INFLUENCES ON PERFORMANCE	Chapter 11, 12
PART V OPTIMIZING PERFORMANCE IN SPORT	Chapters 13, 14, 15
PART VI AGE AND SEX CONSIDERATIONS IN SPORT AND EXERCISE	Chapters 16, 18

LABORATORY CONTENT

Each lab will require a formal written report. Students are required to attend (please see Lab Manual for further details). Legitimate excuses for missing labs included illness (physician note required), compassionate circumstances, etc. Extended vacations, extra work, etc. do not qualify. **There will be no “make-up” labs.** Appropriate dress (gym wear) is required during labs.

LAB NUMBER	TOPIC
	Introduction
1	Predictive maximal O ₂ consumption
2	Anaerobic fitness assessment
3	Ventilatory responses to dynamic exercise
4	Effects of muscle mass on cardiovascular responses to exercise

Important Information:

- Because this course emphasizes a number of concepts, terms and practical demonstrations, regular attendance is required. The student is responsible for all material covered in class and any information given whether in attendance or not.
- You are responsible for all announcements concerning changes in the course outline, readings, assignments, exams, and other matters made during class periods whether or not you are in attendance when announcements are made.
- Students who neglect their academic work and assignments may be excluded from the final examinations. Students who are unavoidably absent because of illness or disability should report to their instructors on return to classes
- Students absent from final examinations held in the official examination period must request academic concession from the office of the Director.
- Instructors are not required to make allowance for any missed test that is not satisfactorily accounted for.
- Lectures will be developed with the text as the primary source. Additional material will be commonly included, therefore attendance at lectures is recommended.
- We will attempt to cover the material indicated above. It is possible that we may not complete the material or additional material may be added.
- Academic Dishonesty: Please review the UBC Calendar “Academic regulations” for the university policy on cheating, plagiarism and other forms of academic dishonesty. Also visit www.arts.ubc.ca go to the students’ section for useful information on avoiding plagiarism and on correct documentation.
- Students should retain a copy of all submitted assignments (in case of loss) and should also retain all their marked assignments in case they wish to apply for a Review of Assigned Standing.
- Students have the right to view their marked examinations with their instructors, providing they apply to do so within a month of receiving their final grades. This review is for pedagogic purposes. The examination remains

the property of the university.

Note:

“Academic Concession for Volunteering during the 2010 Olympics”

- The 2010 Winter Olympic Games will be held in Vancouver and Whistler from February 12–28, 2010, and the Paralympic Games from March 12–21, 2010. Thus, the UBC Vancouver Senate has approved a one-time extension of the 2010 Reading Break. The extended Reading Break at UBC Vancouver will be from February 15–February 26, 2010.
- There are many opportunities to become involved in the games: as a spectator, a participant in the celebrations, or as a volunteer. For information on how you can get involved, visit the [UBC Career Services Vancouver 2010 webpage](#). Volunteerism is a rewarding and meaningful experience, however, volunteer commitments may potentially extend outside of Reading Break and conflict with class time.
- In the School of Human Kinetics, Academic Concessions will not be granted for volunteer opportunities that conflict with course schedules. In planning courses for the 2010, students in the School of Human Kinetics are encouraged to be mindful of volunteer commitments during class time.
- Questions or comments can be directed to [Undergraduate Advising Centre](#).
- For more information on UBC and the Olympics, visit the UBC 2010 website. For transportation, visit <http://www.webcommunications.ubc.ca/ubc2010/commuting/>