

Florida Atlantic University College of Education
PET 4351; Exercise Physiology Summer 2009
Syllabus and Course Outline

Professor: Dr. Joe O'Kroy
Office: TBA
Phone: (954)-236-1260
Office Hours: M & W 1:00 -3:00; or by appointment
Class: M & W 3:00-4:35 pm; Room ED 114

Course Prerequisite: **Anatomy and Physiology 1&2 with labs; Chemistry, w/lab.**
No exceptions

Attendance: Not required, but highly suggested to pass the course.
Lectures start promptly on time.

Textbook: Powers and Howley, Exercise Physiology-Theory and Application to
Fitness and Performance. 7th Ed. ISBN- 978-0073028637

Course Description: A lecture course dealing with the physiological responses and adaptations to acute and chronic forms of exercise. Areas of emphasis include: energy metabolism, cardiovascular, physiology, pulmonary function, muscular system, body composition, and aging.

Course Objective: Students should be able to discuss the acute and chronic effects of exercise on Human physiological systems. Also, they should be able to describe the adaptations that take place in the Human body with chronic exercise and the impact this has on health and well being.

Testing:	2 Tests	100 pts ea.
	Comprehensive Final Exam	100 pts

Tests will be T/F, multiple guess, short answer and essay. You will be required to "**understand**" the material and **be able to answer "how" and "why"** from that information, not just memorize facts. **There will be NO make-up tests.**

In compliance with the Americans with Disabilities Act (ADA), students who require special accommodations due to a disability to properly execute coursework must register with the Office for Students with Disabilities (OSD) located in Boca Raton - SU 133 (561-297-3880), in Davie - MOD I (954-236-1222), in Jupiter - SR 117 (561-799-8585), or at the Treasure Coast - CO 128 (772-873-3305), and follow all OSD procedures.

Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty, including cheating and plagiarism, is considered a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive of the University community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonesty. For more information, see http://www.fau.edu/regulations/chapter4/4.001_Honor_Code.pdf.

GRADING:

93-100%	= A	70-72.99%	= C-
90-92.99%	= A-	67-69.99%	= D+
87-89.99%	= B+	63-66.99%	= D
83-86.99%	= B	60-62.99%	= D-
80-82.99%	= B-	<60%	= F
77-79.99%	= C+		
73-76.99%	= C		

LECTURES

Date	Topic	Reading
May 11	Introduction; Homeostasis & energy forms	2,3
May 13	Bioenergetics-Pathways	2,3
May 18	Bioenergetics-Pathways	3,4
May 20	Bioenergetics-Pathways	4
May 25	HOLIDAY	
May 27	Hormones	5
June 1	Nervous system	7
June 3	<u>Test 1: Chapters 2, 3, 4, 5,7</u>	
June 8	Skeletal Muscle	8
June 10	Cardiovascular system	9
June 15	Cardiovascular system	9
June 17	Acid-Base Balance	11
June 22	Respiratory system	10
June 24	Respiratory system	10
June 29	Respiratory system	10
July 1	Thermoregulation	12
July 6	<u>Test 2: Chapters 8, 9, 10,11,12</u>	
July 8	Special environments, Physiology of training	24,13
July 13	Physiology of training	13
July 15	Factors affecting performance	19
July 20	Training for performance	21
July 22	Training for performance	21
July 27	Training for performance	21
July 29	Ergogenic aids	25
Aug 3	<u>COMPREHENSIVE FINAL EXAM</u> <u>(100 Pts).</u> 3:00pm-4:35 pm	