

Trinity International University
School of Human Performance and Wellness
HPW 201X – Physiology of Exercise
Spring 2008

Instructor: Josh Thomas, M.S. (x7114)

HPW Office Coordinator: Carol Larson (x6925)

Office Hours: TBD

Time & Place Class Meets: 12:15-1:05 MWF, Lab (01) M 1:15-2:05, Lab (02) 2:15-3:05
Johnson Hall (J122)

Course Description: A systematic approach to the study of the function of the human body during physical activity and recovery. Emphasis is placed on how the physiology of the sedentary body responds and adapts to both acute and chronic workloads. The course includes application of these principles to exercise prescription for the achievement of optimal fitness and athletic performance. Laboratory is included. Prerequisite: BIO 140 or BIO 340-341 and current Community First Aid and CPR certification (or acceptable equivalent) or consent of instructor. Laboratory fee. *Three hours.*

Text: Wilmore, Costill & Kenney, Physiology of Sport and Exercise. 4th Ed. Human Kinetics, Champaign, IL.

Course Objectives: Upon completion of this course, the student will be able to:

Primary Focus:

1. Understand major principles, concepts, assumptions and misconceptions of health-related physical fitness and training. (IL-CAS 1A) **Assessment/Evidence: Quizzes, exams**
2. Explain principles and applications of the components of health-related fitness. (IL-CAS 1B) **Assessment/Evidence: Quizzes, exams, bibliography**
3. Identify concepts of health-related fitness and how to incorporate them into various physical activities. (IL-CAS 1C) **Assessment/Evidence: Labs, bibliography**
4. Name and describe organic, skeletal, and neuromuscular structures of the human body, how these systems adapt to physical activity, and how they contribute to health-related fitness. (IL-CAS 1D) **Assessment/Evidence: Quizzes, exams**
5. Describe and apply health-related fitness concepts and principles to physical activity. (IL-CAS 1E) **Assessment/Evidence: Quizzes, exams**
6. Evaluate the effects of conditioning and training on body systems. (KL-CAS 1G) **Assessment/Evidence: Quizzes, exams**
7. Analyze the relationship between health-related fitness and personal well-being. (IL-CAS 1H) **Assessment/Evidence: Quizzes, exams**

Secondary Focus:

1. Recognizes typical developmental progressions, ranges of individual variation, and levels of readiness for health-related fitness. (IL-CAS 2A)
2. Assesses learner progress in health-related fitness development. (IL-CAS 2E)

Academic Dishonesty: Mastery of copy and paste is not academic learning. Plagiarism or cheating of any kind, on any assignment, paper, quiz, or exam will not be tolerated. Any such action will be dealt with following the guidelines in the student handbook and will result in a score of ZERO for that particular grade.

Assignments: Assignments should be turned in when due. Late assignments may be accepted at discretion of instructor, but with penalty.

Attention Athletic Training Education Program Students: the National Athletic Trainers' Association Educational Competencies that are covered in this course can be viewed at the ATEP home page by following the link to:

https://portal.tiu.edu/uportal/tcathletictraining/course_competencies

Please select the course you are currently enrolled in to view the specific competencies and proficiencies associated with this course.

Grade Calculation:

Quizzes (3-4)	10 points each
Lab Summaries	20-50 points
Annotated Bibliography	100 points
Exams (4)	100 points each
	550-600 points total

Final Grade (percent):

98-100 A+	83-87 B	70-72 C-	<60 F
93-97 A	80-82 B-	68-69 D+	
90-92 A-	78-79 C+	63-67 D	
88-89 B+	73-77 C	60-62 D-	

Course Schedule/Important Dates (Tentative):

NOTE: Quizzes may not be announced!

Martin Luther King Jr Day	1/21
Exam #1	2/8
Annotated Bibliography Topic Due	2/22
Spring Break	2/28-3/9
Exam #2	3/14
AB Rough Draft Due	3/17
Easter Break	3/20-3/25
Day of Prayer	4/2
Exam #3	4/7
Final AB Due	4/11
Exam #4 (Final)	Finals Week

Camp Fair - 1/22/08 - 10am to 3pm, McLennan Lobby (free)

*** Great opportunities for all majors, especially Ed, CM, Bib Studies, HPW, Psych, and Music.

CareerFest - 2/1/08 - 9am to 3pm, Drury Lane, Oakbrook Terrace (\$10)

*** All majors *except Education*. Internships & Full-time positions. Approx 110-125 employers.

*** Please consider making this a requirement for all Jr/Sr. Nothing but excellent reviews from the years of students/alums who have attended.

TeacherFest - 2/21/08 - 12:30 - 5:00pm, Drury Lane, Oakbrook Terrace (\$10)

*** Education majors only. Seniors only. Approximately 75+ school districts (IL mostly). New location!