

KIN 740 – Advanced Exercise Physiology

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Office Hours: By appointment

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Description: Lecture and discussion dealing with impact of acute and chronic exercise on several systems. Selected topics such as nutrition and exercise, weight control, physical working capacity, and body composition. **Prerequisite:** KIN 739.

Learning Objectives (competencies):

By the end of the course, students will be able to demonstrate their understanding of the following:

- Review of Exercise Physiology (KIN 491)
- Adaptations to Aerobic and Anaerobic Training
- Exercise at Altitude
- Training for Sport
- Ergogenic Aids and Sport
- Children and Adolescents in Sport and Exercise
- Aging in Sport and Exercise
- Sex Differences in Sport and Exercise
- Obesity, Diabetes, and Physical Activity
- Other topics as warranted

Required text: Kenney, W.L., Wilmore, J.H. and Costill, D.L. (2012). Physiology of Sport and Exercise (5th ed.) Champaign, IL: Human Kinetics.

Evaluation:

Review Exam I	10%
Review Exam II	10%
Exam III	20%
Exam IV	20%
Text articles	5%
Current articles	5%
Literature Review	15%
Presentation	5%
Final Exam	10%
Total	100%

Grading: Grades will not be released by telephone or Email. Any e-mail requests for grades will not be responded to. Visit Web Campus for grades. Please note that Web Campus may introduce rounding errors and therefore the grade listed may be higher or lower and not reflective of your “true” performance.

A 93-100	B- 80-82	D+ 67-69
A- 90-92	C+ 77-79	D 63-66
B+ 87-89	C 73-76	D- 60-62
B 83-86	C- 70-72	F 0-59

There will be no make-up work or extra credit assignments. All exams and assignments must be completed in order to receive a passing grade in the class.

Incomplete Grades: The grade of I (Incomplete) can be granted when a student has satisfactorily completed all course work up to the withdrawal date of that semester/session but for reason(s) beyond the student’s control, and acceptable to the instructor, cannot complete the last part of the course, and the instructor believes that the student can finish the course without repeating it. A student who receives an I is responsible for making up whatever work was lacking at the end of the semester. If course requirements are not completed within the time indicated, a grade of F will be recorded and the GPA will be adjusted accordingly. Students who are fulfilling an Incomplete do not register for the course but make individual arrangements with the instructor who assigned the I grade.

Academic Misconduct: Academic integrity is a legitimate concern for every member of the campus community; all share in upholding the fundamental values of honesty, trust, respect, fairness, responsibility and professionalism. By choosing to join the UNLV community, students accept the expectations of the Academic Misconduct Policy and are encouraged when faced with choices to always take the ethical path. Students enrolling in UNLV assume the obligation to conduct themselves in a manner compatible with UNLV's function as an educational institution. An example of academic misconduct is plagiarism. Plagiarism is using the words or ideas of another, from the Internet or any source, without proper citation of the sources. See the *Student Academic Misconduct Policy* (approved December 9, 2005) located at: <http://studentconduct.unlv.edu/misconduct/policy.html>.

Attendance policy: In accordance with the Attendance Policies published within the *UNLV General Catalog*, students are expected to attend all classes and assigned experiences in order to receive a passing grade in this course.

Religious Holidays Policy: Any student missing class quizzes, examinations, or any other class or lab work because of observance of religious holidays will be given an opportunity during that semester to make up missed work. The make-up will apply to religious holiday absence only. It is the responsibility of the student to notify the instructor no later than the end of the first two weeks of classes, of his or her intention to participate in religious holidays which do not fall on state holidays or periods of class recess. This policy shall not apply in the event that administering the test or examination at an alternate time would impose an undue hardship on the instructor or the university which could have been avoided. For additional information, please visit: <http://catalog.unlv.edu/content.php?catoid=4&navoid=164>.

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Tutoring: The Academic Success Center (ASC) provides tutoring and academic assistance for all UNLV students taking UNLV courses. Students are encouraged to stop by the ASC to learn more about subjects offered, tutoring times and other academic resources. The ASC is located across from the Student Services Complex, #22 on the current UNLV map. Students may learn more about tutoring services by calling (702) 895-3177 or visiting the tutoring web site at: <http://academicsuccess.unlv.edu/tutoring/>

UNLV Writing Center: One-on-one or small group assistance with writing is available free of charge to UNLV students at the Writing Center, located in CDC-3-301. Although walk-in consultations are sometimes available, students with appointments will receive priority assistance. Appointments may be made in person or by calling 895-3908. The student's Rebel ID Card, a copy of the assignment (if possible), and two copies of any writing to be reviewed are requested for the consultation. More information can be found at: <http://writingcenter.unlv.edu/>

Rebelmail – By policy, faculty and staff should e-mail students' Rebelmail accounts only. Rebelmail is UNLV's official e-mail system for students. It is one of the primary ways students receive official university communication such as information about deadlines, major campus events, and announcements. All UNLV students receive a Rebelmail account after they have been admitted to the university. Students' e-mail prefixes are listed on class rosters. The suffix is always @unlv.nevada.edu.

Library Resources –Students may consult with a librarian (www.library.unlv.edu/consultation) about research needs. For this class, the subject librarian is Xan Goodman. UNLV Libraries provides resources to support students' access to information. Discovery, access, and use of information are vital skills for academic work and for successful post-college life. Access library resources and ask questions at www.library.unlv.edu/