

University of Nevada, Las Vegas
Department of Kinesiology and Nutrition Sciences
KIN 457/657: Physiology of Endurance Performance

Instructor

John A. Mercer, Ph.D.

email: john.mercer@unlv.edu

Office hours: By appointment. Use link <https://calendly.com/john-merc>

Course Content

The primary objective of this course is to provide a study of endurance performance from an exercise physiology perspective. At the conclusion of the course, the student will be able to demonstrate an understanding of physiological factors that influence endurance swimming, biking, and running performance, for example.

Textbook

Required

- Tim Noakes “Lore of Running”, Human Kinetics.

Recommended:

- Scott Powers & Edward Howley, “Exercise Physiology”, McGraw-Hill.
- Taber’s Medical Dictionary
- Any Exercise Physiology textbook

In addition to the course Canvas page, here are links to additional content that pertain to the class:

- Youtube Channel:
 - <https://www.youtube.com/channel/UCRJY0vezImKPoKyAxnmFoMw/playlists>
- Evidence Based Triathlete:
 - <https://ebt.buzzsprout.com/>

Grading Elements

10%	Exam 1:	Chapter 1	September 10 th , 2025
10%	Exam 2:	Chapter 2	October 1 st , 2025
10%	Exam 3:	Chapter 3	October 22 nd , 2025
10%	Exam 4:	Chapter 4	November 19 th , 2025
25%	Final Exam:	The final exam will cover all course material December 8 th , 2025	
10%	Semester Project Assignments		
20%	Semester Project Video		
5%	Assignments		

KIN 657: There will be a Part 2 to each exam for KIN 657 students that is worth 50% of each exam grade.

Academic Policies

All academic policies can be found at this link: <https://www.unlv.edu/policies/students>

Semester Project

The semester project will be an individual project. The end product will be a YouTube video link that you produce (see Semester Project Description).

Assignments

Each week, there will be two assignments posted.

1. A log for you to keep track of videos that you have watched as well as any other assigned work.
2. Assignment specific to developing the semester project.

Assignments will be posted on Monday of each week and due Friday of the same week.

- Late assignments will be reduced by 10% each calendar day.

KIN 657

KIN 657 students will have additional exam questions and assignment tasks.

Week	Content
1	Introduction
2	Chapter 1
3	Semester Project focus & Chapter 1
	<i>Exam 1</i>
4	Chapter 2
5	Chapter 2
6	Chapter 3
	<i>Exam 2</i>
7	Chapter 3
8	Chapter 3
9	Chapter 4
	<i>Exam 3</i>
10	Chapter 4
11	Chapter 5
12	Chapter 13
13	
	<i>Exam 4</i>
14	Putting it all together
15	Study Week
	Final Exam Week