

1. Course Information

Exercise Physiology

Biology 6xx

3 Credit Hours

Prerequisites: Graduate standing or permission of instructor

Fall 2014

2. Professor:

Robert H. Coker, PhD, FACSM

Office: 226 Arctic Health Research Building

Office Hours: 10:00 AM-12:00 PM (MWF), and by appointment

3. Course Readings: Powers S, and Howley E, Exercise Physiology: Theory and Application to Fitness and Performance, Eighth Edition; Also supplementary readings as posted on Blackboard.

4. Course Description: Physiological responses and adaptation to exercise in humans, emphasizing

10/07/14	EXAM 2	
10/09/14	Chapter 9	Circulatory Adaptations to Exercise
10/14/14	Chapter 10	Respiration during Exercise
10/16/14	Chapter 11	Acid Base Balance during Exercise
10/21/14	Chapter 12	Temperature Regulation
10/23/14	Chapter 13	The Physiology of Training: Effect on VO ₂ max, performance, homeostasis and strength
10/28/14	EXAM 3	
10/30/14	Chapter 14	Patterns in Health and Disease: Epidemiology and Physiology
11/04/14	Chapter 15	Work Tests to Evaluate Cardiorespiratory Fitness
11/06/14	Chapter 16	Exercise Prescriptions for Health and Fitness
11/11/14	Chapter 17	Exercise for Special Populations
11/13/14	Chapter 18	Body Composition and Nutrition for Health
11/18/14	Chapter 19	Factors Affecting Performance
11/20/14	Chapter 20	Work Tests to Evaluate Performance
11/25/14	Chapter 21	Training for Performance
12/02/14	Chapter 22	Training for Female Athlete, Children, and Special Populations
12/04/14	Chapter 23	Nut(C)-2.97586.660 9.96 98.16 479.28 Tm ()Tj ET EMC /P <

Literature Review: Each of the literature reviews will be worth 20 points highlighting the importance of scientific interpretation in the field of exercise physiology. The review should include the following components: 1) General Statement of the Topic, 2) References to Previous Research, 3) Existing Gaps in Knowledge, and 4) References to Ongoing Studies related to the Topic. Generally speaking, 5 points will be assigned to each of these sections and evaluated accordingly.

11. Support Services: Tutoring is not specifically available but students are urged to contact Dr. Coker to get additional guidance on course material.

12. Disabilities Services: The Office of Disability Services implements the Americans with Disabilities Act (ADA), and insures that UAF students have equal access to the campus and course materials. I will work with the Office of Disabilities Services (203 WHIT, 474-7043) to provide reasonable accommodation to students with disabilities. ** If students require any assistance due to documented disability, please make the Professor aware of this important need by the 2nd week of semester, and they will make the necessary accommodatio