Course Name: Physiological Aspects of Kinesiology  
Course Number: KINE 2325.001  
Location: IH 157  
Professor: Dr. Dan Newmire PhD CSCS, CISSN  
Meeting Time: M, W, F 1:00-1:50PM, 08/27/18 to 12/05/18  
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I. COURSE DESCRIPTION
Provide the student with an introduction to the fundamental principles of human physiology and their application to kinesiology

II. RATIONALE
Basic knowledge of the human physiological systems presented in this class is essential to understanding the content of many upper division kinesiology courses.

III. STATE ADPOTED PROFICIENCIES FOR TEACHERS AND/OR ADMINISTRATORS/COUNSELORS
A. LEARNER-CENTERED KNOWLEDGE: The teacher possesses and draws on a rich knowledge base of content, pedagogy, and technology to provide relevant and meaningful learning experiences for all students.
B. LEARNER-CENTERED INSTRUCTION: To create a learner-centered community, the teacher collaboratively identifies needs; and plans, implements, and assesses instruction using technology and other resources.
C. EQUITY IN EXCELLENCE FOR ALL LEARNERS: The teacher responds appropriately to diverse groups of learners.
D. LEARNER-CENTERED COMMUNICATION: While acting as an advocate for all students and the school, the teacher demonstrates effective professional and interpersonal communication skills.
E. LEARNER-CENTERED PROFESSIONAL DEVELOPMENT: The teacher, as a reflective practitioner dedicated to all students’ success, demonstrates a commitment to learn, to improve the profession, and to maintain ethics and personal integrity.

IV. TExES COMPETENCIES & CAATE COMPETENCIES & PROFICIENCIES
A. TExES COMPETENCIES
- Competency 002 - Physical education teacher applies principles and concepts of fitness and fitness development/maintenance to evaluate, select, and adapt activities that help learners achieve and maintain appropriate fitness levels.
- Competency 003 - The teacher appreciates human diversity, recognizes how diversity in the classroom and the community may affect learning and creating a classroom environment in which both the diversity of groups and the uniqueness of individuals are recognized and celebrated.
- Competency 011 - Legal, ethical, medical, and safety issues. The physical education teacher understands legal, ethical, medical, and safety issues relating to physical education programs and applies this understanding in a variety of contexts.

V. COURSE OBJECTIVES/LEARNING OUTCOMES
Given lectures, discussions, videos and/or field experiences, the student will be able to:
1. Understand the mechanical properties of cells and tissues and how cells are compartmentalized and form tissues within the body.
2. Discover how biological energy is acquired, transferred, and used to do biological work, how molecular interactions play a major role in protein function, and how compartmentalizing enzymes is essential to organizing and separating metabolic processes.
3. Explain how substances move across cellular membranes in response to gradients and molecular interactions.
4. Understand that functional control systems require efficient communication using a combination of chemical and electrical signals.
5. Know how the endocrine system plays a major role in communication and control of physiological processes via hormonal interactions and pathways.
6. Learn how the nervous system is responsible for maintaining homeostasis and how the divisions of the nervous systems, including the central nervous system, the sensory systems, and efferent division, correlate with the different steps in a reflex pathway.
7. Understand the structure-function relationships and mechanical properties of muscles.
8. Exemplify the importance of the cardiovascular system, blood flow, and the control of blood pressure.
9. Analyze the cellular and protein components of blood and their functions.
10. Understand the mechanics of the respiratory system and how these demonstrate mass flow, homeostatic balance, mass balance, and the law of mass action.
11. Learn that the urinary and renal systems play a vital role in human physiology in terms of absorption, excretion, and filtration.
12. Understand that energy balance and metabolism are dependent upon intake, output, and the glucose that powers the brain.
13. Discover how the digestive system maintains mass balance and homeostasis through the process of secretion, absorption, and movement of nutrients and molecules across membranes.

14. Develop a basic understanding of the endocrine system, its function on growth and metabolism, and how each hormone has stimuli that initiate its secretion and feedback signals that modulate its release.

15. Know that the function of the immune system is based on chemical communication and molecular interactions between receptors, antibodies, and antigens that work together to fight pathogens.

VI. COURSE TOPICS
The major topics to be considered are (not in sequence):
1. The Study of Body Function
2. Chemical Composition of the Body
3. Cell Structure and Genetic Control
4. Enzymes and Energy
5. Cell Respiration and Metabolism
6. Interactions Between Cells and Extracellular Environment
7. The Nervous System
8. Central Nervous System
9. The Autonomic Nervous System
10. Sensory Physiology
11. Endocrine Glands
12. The Skeletal Muscle System
13. The Cardiovascular System
14. The Respiratory System
15. The Physiology of the Kidneys
16. Regulation of Metabolism
17. The Reproductive System

VII. INSTRUCTIONAL METHODS AND ACTIVITIES
A. Traditional lecture via power point, classroom discussion, independent learning, and online instruction/reading.
B. Classroom participation activities

VIII. EVALUATION AND GRADE ASSIGNMENT
The method of evaluation and the criteria for grade assignment are:
A. Requirements and point values. The total number of quizzes and in-class point opportunities are tentative. Therefore, the point values listed may vary.
   1. Quizzes, approximately 5-10 at 10 pts each (50-100 points)
   2. Exams, 4 at 50-70 pts each (200-280 points) (50%)
   3. LearnSmart Assignments, 40-60 points (400-600 points)
      o Assignments are online study assignments (30-40 questions each) in which the student will answer to enhance learning and test preparation.
      o Points, test values, and numbers of assignments may be altered to best reflect the needs of the class, especially if many students are having grade issues.
B. Course Weighted Evaluation:
   1. LearnSmart and other assignments (30%): Throughout the semester, assignments will be given that correspond to topics discussed during lecture. These assignments will be turned in at the beginning of the class period or online on the dates assigned. Late assignments will not be accepted and will be assigned a grade of zero (0), unless the student can present proof of an excused absence. **NO EXCEPTIONS WILL BE MADE.**

   2. Quizzes (20%): Throughout the semester, quizzes will be given reviewing topics discussed within the lecture. All quizzes may be completed individually or with other students. They will be unannounced and given during the first 5-10 minutes of class. No make-up quizzes will be permitted for students who arrive late or who do not have an officially excused absence.

   3. Exams (50%): There will be 4 examinations given during the semester. The final WILL NOT BE COMPREHENSIVE. Please contact the professor if any additional needs are to be taken for exams.

C. Grading Scale:
   - 90-100% = A
   - 80-89% = B
   - 70-79% = C
   - 60-69% = D
   - 59% and below = F

**NOTE REGARDING YOUR GRADES:** I don’t normally round grades. At the end of the semester, however long, I will not even consider rounding up your grade or passing you on a close grade unless you have done the following: a) seen me (in person) for help on a regular basis, b) completed all point opportunities, and c) interacting regularly in class.

**NOTE REGARDING QUALITY OF YOUR WORK:** If any work completed on behalf of this class is not performed at a standard expected of a junior or senior in college, it may not be graded. I will not give partial credit for a partially completed assignment, an unprofessionally prepared or sloppy assignment, an assignment that was obviously completed in a big hurry to beat a deadline, or because you didn’t read the instructions. You will simply receive a zero. These assignments will not be allowed to be made up once the grade is assigned. You can avoid this problem by simply doing a quality job the first time and planning ahead. For class quizzes, which will be done first thing at the beginning of class, your writing must be legible. If I can’t read something, it is wrong (don’t make me guess). Lastly, I don’t allow you to leave short answer questions blank on a test. Writing a note to me on your test saying you don’t know the answer is the same as not attempting an answer. If you do that, I will give you a zero on all available short answer points. I don’t allow educated people to fail to try.
NOTE REGARDING SUBMISSION OF YOUR ASSIGNMENTS: All work in this class is to be submitted as an attached word document unless otherwise specified. It is your job to save your documents in a format that can be opened by the instructor.

IX. COURSE POLICIES
A. Lack of attendance, for any reason (legit or not), will hurt your grade. There is no credit for coming to class. If you must be absent or do have a conflict, take responsibility for yourself for all missed class materials by obtaining notes and make arrangements as needed. Quizzes will regularly be given at the beginning of class and will not be given outside of class. This is NOT an online class. We meet in person and you will be glad we do so after you see the content. If you are one of those people who believe you can pass the class without ever showing up to class, you may want to rethink that plan. Exercise Physiology is one of your top tier classes. Regular class material requires clarification on many points. To that end, it will require your attendance.

B. If you have a conflict that will take you away from class for a significant period of time, you should contact Student Affairs. They will formally document your situation and request that instructors allow you the ability to finish if possible.

C. The highest level of personal and professional decorum is expected in the classroom. Please conduct yourself accordingly. If you are tired and feel like sleeping, please stand and take your notes to the side of the class or excuse yourself if you must.

D. Please put away your cell phones in class. If you are expecting an emergency call or text, notify the instructor and discretely excuse yourself and handle your business. Feel free to come back in if you can. Please wait until class is over to text (yes, you can make it). If you choose to text in class, I will kindly ask you not to. If that doesn’t work, I will ask you to leave the class. Further action will be taken if necessary.

E. You may not use a computer in class for anything other than taking notes. If you are not using the computers in the classroom for note-taking, please push the screen down into the desk. Use of computers for any other function during class will be considered disruptive. If you are one of those people who like taking notes on the computer during class and surfing elsewhere between notes (yah, it’s easy to see), please cease this practice and exercise some self-control.

F. During all tests; 1) you are only allowed to have a writing utensil and a blank sheet of paper in your possession (paper will generally be provided by instructor), 2) all bags and purses will be placed along either the front or back of the classroom, 3) your cell phone should either be in the bag, purse, or on the instructor’s desk. Putting the phone in your lap, under your leg, or between your legs on the chair is a bad idea. Please do the right thing. Anybody found using any outside electronic or more primitive resources designed to aid them in passing their tests will be automatically assigned a zero for that exam.

G. All assignments submitted in this class are to be original productions. This means you created it 100% without any other student’s class materials from this semester or any
previous semester. If the assignment is not 100% your production, it will be subject to the University’s Academic Integrity policies. For more information see section XII below. ANY infraction will be reported.

H. Course Conflicts
1. While it is highly advised that you take the lecture and lab simultaneously, if you feel you must drop the lecture class (KINE 4312), be aware you DO NOT have to drop the lab (KINE 4112) as well. Likewise, if you must drop the lab, you DO NOT have to drop the lecture. Either way, you MUST officially drop the class with the University. You are not dropped from the class by not coming to class. Instructors cannot drop you from a class. Failure to officially drop the course will force the instructor to give you an F.

2. If for some reason, you are unable to attend any class due to life circumstances beyond your control, it is highly advisable that you contact Student Affairs to document your situation. They will be able to request that professors help you if possible. If not, they may be able to help you with refunds or other resources.

I. Tests, Quizzes, and Assignment Policy:
1. In order to get you to class and to keep you sharp, quizzes will be given regularly at the beginning of class. Yes, this is how I keep you coming to class and consistently preparing. If you miss class or are late on a regular basis you will soon find yourself in grade trouble. I don't allow make ups on these quizzes unless the University has issued an excused absence for you.

2. Tests will be taken on the designated or arranged test dates and times only, no last-minute reschedules. Late tests will not be allowed unless prior arrangements are made. Tests taken with testing services should be arranged well in advance of exams.

3. Any class assignments will be sent as documents over Blackboard and on-time. No assignment will be written or copied into the submission box on Blackboard, no matter what any other instructor in your past has done.

X. TEXTBOOK

This class will use an online version of LearnSmart for assignments that will be connected to Blackboard. For a cost, you do have an option of also acquiring a paperback version that will be complimentary to the ebook.

XI. BIBLIOGRAPHY

XII. GRADE APPEALS
As stated in University Rule 13.02.99.C2, Student Grade Appeals, a student who believes that he or she has not been held to appropriate academic standards as outlined in the class syllabus, equitable evaluation procedures, or appropriate grading, may appeal the final grade given in the course. The burden of proof is upon the student to demonstrate the appropriateness of the appeal. A student with a complaint about a grade is encouraged to first discuss the matter with the instructor. For complete details, including the responsibilities of the parties involved in the process and the number of days allowed for completing the steps in the process, see University Rule13.02.99.C2, Student Grade Appeals, and University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures. These documents are accessible through the University Rules Web site. For assistance and/or guidance in the grade appeal process, students may contact the Office of Student Affairs.

Academic Honesty
University students are expected to conduct themselves in accordance with the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating, such as illicit possession of examinations or examination materials, forgery, or plagiarism. (Plagiarism is the presentation of the work of another as one’s own work.) Disciplinary action for academic misconduct is the responsibility of the faculty member assigned to the course. The faculty member is charged with assessing the gravity of any case of academic dishonesty, and with giving sanction to any student involved. Penalties that may be applied to individual cases of academic dishonesty include one or more of the following:
A. Written reprimand;
B. Requirement to re-do work in question;
C. Requirement to submit additional work;
D. Lowering of grade on work in question;
E. Assigning grade of “F” to work in question;
F. Assigning grade of “F” for course;
G. Recommendation for more severe punishment.

If the faculty member determines that assigning a grade of “F” to the course is the appropriate penalty and this disciplinary action occurs prior to the deadline for dropping courses, the student forfeits his/her right to drop the course in question. The faculty member may file a record of cases of academic dishonesty, including a description of the disciplinary action taken, along with any materials involved, with his or her college dean and the Office of Student Affairs. The office
of the academic dean of the college in which the offense took place will maintain records of all cases of academic dishonesty reported for a period of not more than two years. Any student who has been penalized for academic dishonesty has the right to appeal the judgment or the penalty assessed (See XII above).

What is also considered dishonest with reference to this class?
A. using an assignment from a previous semester, no matter where it came from, to produce your own (my electronic checker will catch this)
B. file swapping with a partner to produce your work, loaning your work to another person to "model" as the borrower may take more than you think putting you both in trouble
C. changing a few words on someone else’s assignment and submitting it as your own
D. failure to properly cite resources in your lab report or assignments
E. using any form of outside help other than your mind on any test or quiz, calculators without Internet or note-taking capabilities might be allowed at the professor’s discretion.
F. unethically obtaining copies of exams etc.
G. photographing or copying ANY quiz or test materials for any purpose with ANY device
H. anything else that falls under the umbrella of dishonest conduct that common sense would dictate as unethical

XIII. DISABILITIES AND ACCOMMODATIONS
Americans with Disabilities Act (ADA) -The ADA is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disability. If you believe you have a disability requiring an accommodation, please call or visit Disability Services at (361) 825-5816 in Driftwood 101.
If you are a returning veteran and are experiencing cognitive and/or physical access issues in the classroom or on campus, please contact the Disability Services office for assistance at (361) 825-5816.

XIV. COURSE SCHEDULE
A. This schedule is tentative (next page) and may change due to the needs of the class or other uncontrolled reasons such as inclement weather.