



Day and Time: Monday / Wednesday 11:00 am - 12:20 pm

Location: Room 223, D.L. Ligon Coliseum

Instructor: Brett Crossland, Ph.D.

Email: brett.crossland@msutexas.edu

Telephone: 940-397-4956

Office: 208 Ligon Coliseum

Office Hours: M/W/F: 9-10:00 am, 12:30-1:30 pm; T/TH 08:00 - 9:30 am, 11:00 am -12:30 pm

Important Dates:

First Day of Class – Monday, August 24

Labor Day – Monday, September 7 (No Class)

Last Day to Drop – Monday, November 23

Thanksgiving Holiday – November 25-29 (No Class)

Exam I - Monday, September 28

Exam II - Monday, November 2

Final Exam – Wednesday, December 10 (8:00 pm – 10:00 pm)

Textbook: No textbook is required for this course. All required reading materials will be provided via D2L by the instructor.

Course Objectives:

1. Explain the energy systems, energy transfer during exercise and how best to train these systems for maximum performance in the development of physical fitness and performance.
2. Describe the physiology of muscular contraction and the principles related to the development and maintenance of strength, muscular endurance and flexibility.
3. Describe the function of the respiratory and circulatory system during rest and during exercise.
4. Describe the function of the cardiovascular system including the associative factors and theories related to performance and preventative wellness.
5. Describe the physiological responses and adaptations to environmental changes at rest and during exercise.
6. Develop an understanding of sport training methods for strength, power and endurance and the physiological effects.
7. Describe hormonal regulation of exercise as it relates to metabolism and energy transfer.

Course Evaluation: Evaluation of the course material will be broken down between ten (10) laboratory assignments throughout the semester, one (1) research paper, and three (3) exams.

Exams will be in person and worth 50% of your overall grade. MAKE UP EXAMS WILL NOT BE GIVEN AFTER THE SCHEDULED DATE.

A. Research Paper (1 @ 100 pts)	100 pts	17%
B. Labs (10 @ 10pts each)	100 pts	17%
C. Participation (100 pts)	100 pts	16%
D. Exams (3 @ 100pts each)	<u>300 pts</u>	<u>50%</u>
Total: 600 pts		100%

GRADING SCALE:

Grades will be assigned on the following points needed:

A: $\geq 90.00\%$	≥ 540
B: 80.00-89.99%	480-539
C: 70.00-79.99%	420-479
D: 60.00-69.99%	360-419
F: $\leq 59.99\%$	359 pts and below

Attendance

Attendance at class is **compulsory** if you intend on performing well in this course. Attendance will be taken for each class period. If you are not feeling well, I encourage you to stay away from the classroom. Lectures will not be recorded so it is your responsibility to get notes from fellow classmates.

Beginning with your 3rd unexcused absence from class your final grade will be dropped one letter grade for each subsequent absence.

Classroom Policies: It is assumed that everyone enrolled in this course is here to pursue further knowledge in the area of human movement. The following list provides what will be expected by the instructor and should also be expected by the students:

1. Attendance in class is expected. If you will not be able to participate in a class session please notify the instructor PRIOR to your absence in a timely manner. Only those with excuses that are related to University events (academic, athletic, etc.) or religious purposes may make-up work. If you have an excused absence and will not be available for an exam (EXCLUDING the FINAL EXAM) you must take the exam PRIOR to your absence (NO EXCUSES!!).
2. Turn off all cell phones, pagers, and any other electronic devices before class begins. It is disrupting to other students, and disturbing to the instructor if these electronic devices are active during the class period.
3. If you have a question that was not answered during the class period please feel free to stop by my office or email me your question (see front page).
4. Neither academic dishonesty nor plagiarism will be tolerated and as such, disciplinary action will be issued in accordance with university guidelines.

Recording Class

****Recording classes is generally prohibited without the professor's explicit permission.*** Such recordings, when permitted, are for personal use only and may not be uploaded to the internet or

otherwise shared, transmitted, or published without the professor's prior consent. Some faculty may not permit recordings of their classes. When it is feasible and appropriate, students may record classes to accommodate disabilities under the Americans With Disabilities Act, with prior approval of Disability Support Services. Such recordings may not be uploaded to the internet or otherwise shared, transmitted, or published.

Emergency Aid Resources for Basic Needs

Unexpected life circumstances can affect anyone. If you are experiencing challenges meeting basic needs—such as housing, utilities, food, transportation, healthcare, technology, textbooks or other life necessities, resources may be available to help. Visit the Student Emergency Support and Resources webpage to learn more, and explore emergency support opportunities through MSU and how to access them. For additional information, please contact the Office of Student Affairs: Clark Student Center #108, (940) 397-7500, student.affairs@mstuexas.edu.

Service for Students with Disabilities

In accordance with Section 504 of the Federal Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, Midwestern State University endeavors to make reasonable accommodations to ensure equal opportunity for qualified persons with disabilities to participate in all educational, social, and recreational programs and activities. After notification of acceptance, students requiring accommodations should make application for such assistance through Disability Support Services, located in the Clark Student Center, Room 168, (940) 397-4140. Current documentation of a disability will be required in order to provide appropriate services, and each request will be individually reviewed. For more details, please see: <http://www.mwsu.edu/studentlife/disability>.

Tentative Course Schedule

Week	Date	Topic	Assignments
1	8/24	Class Intro / Muscle Physiology	
1	8/26	Muscle Physiology	Lab #1 - Due 8/30
2	8/31	Bioenergetics	
2	9/2	Bioenergetics	Lab #2 - Due 9/6
3	9/9	Bioenergetics	
3	9/14	Lactate	
4	9/16	Lactate	
4	9/21	What Limits $VO_{2\text{ max}}$?	Lab # 3 - Due 9/20
5	9/23	What Limits $VO_{2\text{ max}}$?	
5	9/28	EXAM #1	Lab # 4 - Due 9/27
6	9/30	Muscle Damage & Inflammation	
6	10/5	Muscle Damage & Inflammation	Lab # 5 – Due 10/4
7	10/7	Muscle Damage & Inflammation	
7	10/12	Anaerobic Training Methods	Lab # 6 – Due 10/11

8	10/14	Anaerobic Training Methods	
8	10/19	Anaerobic Training Methods	Lab # 7 – Due 10/18
9	10/21	Aerobic Training Methods	
9	10/26	Aerobic Training Methods	Lab # 8 – Due 10/25
10	10/28	Aerobic Training Methods	
10	11/2	EXAM #2	
11	11/4	Thermoregulation & Exercise	
11	11/9	Autonomic Control of Heart Rate	Lab # 9 – Due 11/8
12	11/11	Autonomic Control of Heart Rate	
12	11/16	Ventilation & Exercise	Lab # 10 – Due 11/15
13	11/18	Acid-Base Balance During Exercise	
13	11/23	Ergogenic Aids in Exercise	
14	11/25	NO CLASS THANKSGIVING	
14	11/30	Body Composition	Research Paper Due 11/29
15	12/2	Body Composition	
15	12/9	FINAL EXAM	

College Policies

Campus Carry Rules/Policies

Refer to: Campus Carry Rules and Policies

Smoking/Tobacco Policy

College policy strictly prohibits the use of tobacco products in any building owned or operated by WATC. Adult students may smoke only in the outside designated-smoking areas at each location.

Alcohol and Drug Policy

To comply with the Drug Free Schools and Communities Act of 1989 and subsequent amendments, students and employees of Midwestern State are informed that strictly enforced policies are in place which prohibits the unlawful possession, use or distribution of any illicit drugs, including alcohol, on university property or as part of any university-sponsored activity. Students and employees are also subject to all applicable legal sanctions under local, state and federal law for any offenses involving illicit drugs on University property or at University-sponsored activities.

Campus Carry

Effective August 1, 2016, the Campus Carry law (Senate Bill 11) allows those licensed individuals to carry a concealed handgun in buildings on public university campuses, except in locations the University establishes has prohibited. The new Constitutional Carry law does not change this process. Concealed carry still requires a License to Carry permit, and openly carrying handguns is not allowed on college campuses. For more information, visit Campus Carry.

Active Shooter

The safety and security of our campus is the responsibility of everyone in our community. Each of us has an obligation to be prepared to appropriately respond to threats to our campus, such as an active aggressor. Please review the information provided by MSU Police Department regarding the options and strategies we can all use to stay safe during difficult situations. For more information, visit MSUReady – Active Shooter. Students are encouraged to watch the video entitled “Run. Hide. Fight.” which may be electronically accessed via the University police department’s webpage: "Run. Hide. Fight."

Grade Appeal Process

Update as needed. Students who wish to appeal a grade should consult the Midwestern State University MSU Catalog

*Notice: Changes in the course syllabus, procedure, assignments, and schedule may be made at the discretion of the instructor.