

**KINESIOLOGY/BIOLOGY 3010**  
**Physiology of Exercise I**  
**Fall 2021**



**Lakehead**  
UNIVERSITY

School of  
Kinesiology

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**TIMES:**

Lecture Times:  
Monday/Wednesday 11:30AM – 1:00PM RB-3044 & ZOOM

Lab (Tuesdays alternating weeks):

F1	Week 1: 2:30 PM – 4:30 PM	SB-1025
F3	Week 1: 5:30 PM – 7:30 PM	SB-1025
F4	Week 2: 2:30 PM – 4:30 PM	SB-1025
F6	Week 2: 5:30 PM – 7:30 PM	SB-1025
FDE	Week 2: Asynchronous	D2L for more info

**CALENDAR DESCRIPTION:**

A study of principles of physiology as they apply to human movement. Topics discussed include: training principles, energy metabolism, characteristics of skeletal muscle, neurological aspects of human movement, muscle contraction and fatigue, respiration and circulation. Laboratory sessions expose students to the techniques used in measuring the energy systems.

Prerequisites: [Chemistry 1210](#), [Biology 2011](#), [2012](#) and [2030](#)

**COURSE FORMAT:**

Lecture and lab. Students will attend hybrid classes (in-person and remote options, Zoom link will be provided on D2L for remote students) at designated lecture times. Lab sessions will occur on alternating weeks (starting September 14<sup>th</sup> with sections F1 & F3, then September 21<sup>st</sup> is F4 & F6). All students registered in FDE will conduct asynchronous lab sessions and their activities will be posted following F4 & F6 sessions.

**LEARNER OUTCOMES:**

At the conclusion of this course students will be able to:

- Explain the biochemical and physiological adaptations which occur in the human body to meet the acute and chronic demands of different types of exercise and work. Specifically they will be able to:
  - Apply the principles of training to a sport or rehabilitation setting
  - Explain, with various examples, how the body maintains homeostasis during both acute and chronic exercise

- Discuss the biochemical pathways involved in aerobic and anaerobic energy production
- Explain how exercise intensity and duration affect fuel selection
- Identify the site of release, stimulus for release and predominant action of various hormones, particularly in the context of exercise and training
- Discuss the general organization of the nervous system and how we control movement
- List the chain of events that occur during muscular contraction
- Provide an overview of the design and function of the respiratory and circulatory systems
- Integrate most of the physiological concepts discussed in this course
  - A) into a one page performance model for a sporting event of your choice
  - B) into an essay to explain where ATP comes from.

## **EVALUATION:**

<u>Item</u>	<u>Weighting</u>	<u>Due Date</u>
1. Lab write ups for labs 2-5	4X8%	Start of your next lab on D2L
2. Mid-term exam	25%	October 20
3. Reflection assignment	5%	November 1
4. Performance model	5%	November 22
5. Final exam	33%	TBA

## **REFLECTION ASSIGNMENT**

Some background reading on this is provided under “reflective learning” on our D2L site. For this assignment, I would like you to critically reflect on how you did on the midterm in this course. My hope is that in doing this you will appreciate that critical inquiry into why you perform the way you do on an exam mirrors the way I would like you to critically inquire throughout the physiology course (i.e. always be asking why something causes something to happen). This will be similar to the performance model (see below) except it is applied to your midterm exam. Other objectives of the assignment are that it may improve your metacognitive abilities (i.e. your ability to analyze how you learn) which may lead to lessons learned on how best to prepare for subsequent exams. A final objective of this assignment is that it will allow me to find out what is working and what isn't.

As this is just a 5% assignment, my expectations are for a one page, single spaced, typed submission. Remember, as noted in the posted article, that a good critical reflection includes "(1) linking past, present, and future experience; (2) integrating cognitive and emotional experience; (3) considering the experience from multiple perspectives; (4) reframing; (5) stating the lessons learned; and (6) planning for future learning or behaviour." You should note that I will be the only one marking these assignments and information will be kept confidential. A marking rubric I will use is also in the D2L site.

## **PERFORMANCE MODELS**

This will become clearer as I will present a couple models in class. What I would like you to do is think of your own sport and try to depict on one piece of paper the numerous factors that contribute to a good performance (or conversely to a poor performance). You are free to pick just one skill within that sport (eg. doing a drive in golf), or assess the whole performance (eg.

running a 10 mile road race). While all variables (psychological, environmental, tactical, equipment etc) can be noted, emphasis for our purposes will be on physiological variables. While complicated, your model should also make an attempt at showing how some of these variables inter-relate.

## **EXAMS**

Both the midterm and final will be open book exams at a designated time. An open book format was chosen as I am skeptical of maintaining the academic integrity of online exams even with some of the virtual proctoring tools. Expect questions that test a higher order of learning than recalling facts and basic concepts.

**Late penalty:** For all assignments and labs there is a standard late penalty of 1% (of final grade) for each day late.

## **REQUIRED TEXT AND RESOURCES:**

Powers, S. K., Howley, E. T. & Quindry J. (2021). *Exercise physiology: Theory and application to fitness and performance* (11<sup>th</sup> ed.). New York, NY: McGraw-Hill Education.

Lab manual documents and other readings will be available on the D2L site

## **LABORATORIES:**

Refer to the D2L site for detailed information.

**Participation** - Attendance at all scheduled labs is mandatory. Each unexcused absence (that is, without a medical or family emergency, will result in a 5% grade reduction for each absence). More than two unexcused absences will result in a grade of “incomplete” and the student will be required to retake this course.

## **ADDITIONAL COURSE INFORMATION:**

The School of Kinesiology has adopted a series of policies that apply to all courses. Students are expected to be familiar with these policies and to abide by them. The course policy document may be found on the School of Kinesiology website at:

<https://www.lakeheadu.ca/academics/departments/kinesiology/regulations-and-policies>

## **Supports for Students**

There are many resources available to support students. These include but are not limited to:

- [Health and Wellness](#)
- [Student Success Centre](#)
- [Student Accessibility Centre](#)
- [Library](#)
- [Lakehead International](#)
- [Indigenous Initiatives](#)

As a university student, you may sometimes experience mental health concerns or stressful events that interfere with your academic performance and negatively impact your daily activities.

All of us can benefit from support during times of struggle. If you or anyone you know experiences academic stress, difficult life events or feelings of anxiety or depression, Student Health and Wellness is here to help. Their services are free for Lakehead Students and appointments are available. You can learn more about confidential mental health services available on and off campus at [lakeheadu.ca/shw](http://lakeheadu.ca/shw).

Remember that getting help is a smart and courageous thing to do- for yourself, for those you care about, and for those who care about you. Asking for support sooner rather than later is almost always helpful.

Lakehead University is committed to achieving full accessibility for persons with disabilities. Part of this commitment includes arranging academic accommodations for students with disabilities and/or medical conditions to ensure they have an equitable opportunity to participate in all of their academic activities. If you are a student with a disability and think you may need accommodations, you are strongly encouraged to contact Student Accessibility Services (SAS) and register as early as possible. For more information, please contact [Student Accessibility Services](mailto:sas@lakeheadu.ca) (SC0003, 343-8047 or [sas@lakeheadu.ca](mailto:sas@lakeheadu.ca))

Courses offered by the School of Kinesiology address a number of the College of Kinesiologists of Ontario's entry-to-practice competencies. For more information on the competencies and becoming a registered Kinesiologist, visit the CKO website at [https://coko.ca/CKO\\_Public/Public\\_Content\\_Records/Apply/\\_Subcontent3/Study\\_Resources.aspx](https://coko.ca/CKO_Public/Public_Content_Records/Apply/_Subcontent3/Study_Resources.aspx)

## DETAILED COURSE SCHEDULE:

### TENTATIVE LECTURE OUTLINE

Sept. 8 <sup>th</sup>	Introduction/Training Principles
Sept. 13 <sup>th</sup> -15 <sup>th</sup>	Control of the Internal Environment
Sept. 20 <sup>th</sup> – 22 <sup>nd</sup>	Bioenergetics
Sept. 27 <sup>th</sup> – 29 <sup>th</sup>	Exercise Metabolism
Oct. 4 <sup>th</sup> – 6 <sup>th</sup>	Hormonal Response to Exercise
	<b>READING WEEK</b>
Oct. 18 <sup>th</sup>	The Nervous System
Oct. 25 <sup>th</sup> – 27 <sup>th</sup>	Skeletal Muscle
Nov. 1 <sup>st</sup> – 3 <sup>rd</sup>	Circulatory Response to Exercise
Nov. 8 <sup>th</sup> – 10 <sup>th</sup>	Respiration During to Exercise
Nov. 15 <sup>th</sup> – 17 <sup>th</sup>	External Influences on Exercise
Nov. 22 <sup>nd</sup> – 24 <sup>th</sup>	Exercise in Special Populations
Nov. 29 <sup>th</sup> – Dec. 1 <sup>st</sup>	Factors Affecting Performance
Dec. 6 <sup>th</sup>	Review

### CHAPTERS IN TEXT

NA (on D2L)
2
3
4
5
7
8
9
10
12
17
19

## **SCHEDULE FOR THE LAB EXPERIENCES:**

### **September 14<sup>th</sup> & 21<sup>st</sup> Lab 1 - Baseline Measures**

Baseline measures in exercise physiology

- measuring blood pressure
- heart rate
- body mass index (BMI)
- waist to hip ratio
- body fat percentage (fat calipers, bioelectrical impedance)

*Note that there is not a required write-up for this first lab*

### **September 28<sup>th</sup> & October 5<sup>th</sup> Lab 2 – Strength and Predict $VO_{2max}$ Measures**

Strength measures in exercise physiology

- partial curl-ups
- right-angle push-ups
- sit and reach flexibility test
- handgrip strength test
- Canadian Aerobic Fitness Test (Step Test)

### **October 26<sup>th</sup> & Nov. 2<sup>nd</sup> Lab 3 – Measuring Anaerobic Power**

- A demonstration of a maximal anaerobic power test → Wingate bike test
- Two anaerobic field tests → the Margaria-Kalamen Power test
- Vertical Jump test.

### **November 9<sup>th</sup> & 16<sup>th</sup> Lab 4 – Measuring Maximal Oxygen Consumption ( $VO_{2Max}$ )**

- A demonstration of a  $VO_{2Max}$  test
  - Bruce treadmill protocol
  - cycle ergometer protocol

### **November 23<sup>rd</sup> & 30<sup>th</sup> Lab 5 – Measuring Exercise Stress**

Measuring exercise stress on the lower and upper body by completing two exercise tests

- Cycle Ergometer—Astrand Rhythmic Nomogram approach
- Arm Crank Ergometer—Modified Astrand Rhythmic approach for arm work

*\*\*Note that this final lab write up will be submitted to D2L two weeks after the lab.*