Course Title: Exercise Physiology
Course Prefix and Number: PE 311
Course Discipline: Physical Education
Instructor: Dr. Thad Crews
    Office: 1038 Smith Stadium
    Phone: 745-6040
    E-mail: thad.crews@wku.edu
    Office Hours: TR 10:00 – 11:00

Course Description: A study of the acute and chronic effects of exercise on the body’s physiological function.

Prerequisite: Biology 131 (Anatomy and Physiology)

Text: None Required

Supplemental Texts:

Course Objectives: By the end of the semester the student will:
A. Know the structure and function of skeletal muscle
B. Distinguish between aerobic and anaerobic work
C. Identify sports activities according to aerobic vs. anaerobic work
D. Identify and explain various factors that influence cardiovascular regulation
E. Identify and differentiate between the types of muscle contraction
F. Identify various methods of measuring body composition
G. Explain how exercise and diet are important in weight control
H. Identify risk factors for coronary disease
I. Explain how the risk factors for CHD can be modified to reduce the risk of heart attack and death
J. Identify the various forms of heart illness
K. Explain the precautions one should take to reduce the risk of complications when exercising in adverse environmental conditions

Course Topics: Through lecture, demonstrations and student participation, the following content will be covered:
Introduction to Exercise Physiology
Energy for Physical Activity
Enhancement of Energy Capacity
Body Composition, Energy Balance, and Weight Control
Exercise and Disease Prevention
Exercise Performance and Environmental Stress
Course Requirements and Assessment:
A. Grading/Evaluation: Each student will complete 3 examinations during the semester. Tests will include material covered in class. The type of questions will include: true/false, multiple choice, fill in the blanks, matching and discussion.

A= 87% +  
B= 76%-86%  
C= 65%-75%  
D= 50%-64%  
F= less than 50

B. Attendance Policy: Students are expected to attend class and to participate in class discussions. If a student misses 3 classes, he/she will meet with the instructor to discuss possible withdrawal from the class. Only absences due to University Travel, legal obligations, or those approved by the instructor will be approved. Documentation should be provided for absences to be excused. Students are responsible for material covered in class on days that they miss.

Instructional Methods and Activities:
The course will primarily be taught through classroom lecture/discussion. Some course content will be presented in class demonstrations.

Students with Disabilities:
In compliance with University policy, students with disabilities who require accommodations (academic adjustments and/or auxiliary aids or services) for this course must contact the Office for Student Disability Services in DUC A-200 of the Student Success Center in Downing University Center.

Please DO NOT request accommodations directly from the professor or instructor without a letter of accommodation from the Office of Student Disability Services.

Academic Dishonesty
Students committing any act of academic dishonesty will receive a failing grade for that portion of the course work in which the act is detected or a failing grade for the entire course without the possibility of withdrawal. Examples of academic dishonesty are: plagiarism, cheating, theft of tests, etc.