School of Kinesiology
Faculty of Health Sciences

Anti-requisite(s)/Pre-requisite(s)/Co-requisite(s) if applicable:
Kin 2230a/b (formerly Kin 230a/b); Kin 3337a/b (formerly Kin 337a/b);
Priority is given to students enrolled in the BSc Honours Specialization in Kinesiology

You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course (if applicable). Lack of a pre-requisite or the completion of an anti-requisite cannot be used as a basis for appeal. If you are found ineligible for a course, you may be removed from it at any time and you will receive no adjustment to your fees. This decision cannot be appealed.

Course Format:
The lecture is held on Monday from 8:30 a.m. - 9:30 a.m. in FIMS & Nursing Bldg, Room 1270; the laboratory sessions are held on Monday 2:30 p.m. – 4:30 p.m., Wednesday @ 4:30 p.m. – 6:30 p.m., and Friday @ 8:30 a.m. - 10:30 p.m. in TH 2108 in each of 12 weeks during the term (unless notified by the course instructor). The schedule of topics covered is listed below.

The lecture will serve as an introduction to each of the laboratory protocols and will provide an overview of the laboratory topic with a discussion of the physiology and theory pertaining to the laboratory, and to answer any questions that arise. All students are expected to attend and participate in the lecture discussions, and to have read relevant material in handouts (posted on the course OWL website), textbooks and suggested readings.

The laboratory protocols are intended to reinforce information covered in previous exercise physiology classes and to introduce new material important to the exercise physiology field and that possibly will be discussed in more detail in advanced courses. A brief overview describing the laboratory protocol will be presented at the beginning of each laboratory session and will emphasize set-up, use and care of equipment. As a result, it is essential that students come to the laboratory having read the relevant material (posted on the course OWL website), textbooks, and suggested readings. A short summary session will be held at the end of each lab if time permits.
It is anticipated that there will be approximately 75 students enrolled in this course every year, with each laboratory section accommodating only 20-25 students. Students will work together in groups of 4-6, with approximately 5 groups per laboratory section. All students are expected to participate in all aspects of the laboratory, including participating in actual exercise protocols, and in data collection and analysis. All students must arrive in each laboratory session dressed appropriately for exercise. ALL students must actively participate in all components of the daily laboratory activity. Because of student numbers it will not be possible to attend any of the other laboratory sections.

In order to enhance the learning experience students will be responsible for collecting and analysing their own data as well as data collected on other students. On occasion, individual student data will be collected and used for laboratory report. For this to happen it will be necessary that each student provide the instructor with all required data as rapidly as possible (usually within 1 week of the laboratory session). The instructor will be responsible for summarizing and posting the class data. It is important that students check the course OWL on a regular basis for information pertaining to the lecture and laboratory sessions and

assignments.

Course Recommended, Required and Supplementary Textbooks:
Course Laboratory Manual – individual laboratory protocols will be posted on the Kin 3330 course OWL

Textbook assigned in Kin 2230 (or any other suitable textbook in Exercise Physiology)

Learning Objectives:
Upon completion of this course students will be able to:
1. have a better understanding of the physiological

on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student's overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A UWO Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with

Course grade expectations:

A+	90-100	One could scarcely expect better from a student at this
A	80-89	Superior work that is clearly above average
B	70-79	Good work, meeting all requirements and eminently
C	60-69	Competent work, meeting requirements
D	50-59	Fair work, minimally acceptable.
F	below 50	Fail

4. Attendance and Performance in Laboratory: Students are required to work in groups of 4-6. All students are expected to contribute equally to all aspects of each of the laboratory assignments. Failure to exercise and to participate fully in all laboratory (and tutorial) work will impact on the learning experience and performance not only the student but all other students within the group, and also will impact on the grading of student/group assignments. As a consequence it is important that students attend and participate in each of the laboratory classes (and related lecture). Therefore, attendance will be taken and if no good reason in presented for missing a class, a 2% deduction from the final grade will be assessed for each laboratory class (in whole or in part) missed. Also, student participation will be monitored by the laboratory leader and GTAs and if, throughout the term, you fail to actively participate in laboratory activities, a 5% deduction from the final grade will be assessed.

5. Scholastic offences:

7. Classroom Behaviour: Class will begin promptly

ENGLISH PROFICENCY FOR THE ASSIGNMENT OF GRADES
Visit the website - http://www.uwo.ca/univsec/handbook/exam/english.pdf

SUPPORT SERVICES
There are various support services around campus and these include, but are not limited to:

Student Development Centre -- http://www.sdc.uwo.ca/ssd/

TENTATIVE Laboratory Schedule (2018-2019)

(tentative schedule only – topics and dates subject to change)

Weeks:	Lab #	Topic
Sept 10 - Sept 14	1	Introduction to the PowerLab Data Acquisition System and Measuring Pulmonary Gas Exchange
Sept 17 - Sept 21 Sept 24 - Sept 28 Oct 1 – Oct 5	2	Project Lab #1: Physiological Responses to Incremental Exercise: assessing the Lactate Threshold, Respiratory Compensation Threshold and Maximal O_2 Uptake using different protocols (Lab report due - TBA)
Oct 8 – Oct 12		No classes scheduled – Week off for Thanksgiving & Fall Break
Oct 15 - Oct 19	3	Mechanical and Exercise Efficiency #1
Oct 22 - Oct 26	4	Anaerobic Energy Systems
Oct 29 - Nov 2 Nov 5 - Nov 9 Nov 12 - Nov 16	5	Project Lab #2: Critical Power (CP) & "Anaerobic Work Capacity" (W'): assessing CP and W' using different protocols (Lab report due - TBA)
Nov 19 - Nov 23 Nov 26 - Nov 30	6	Understanding Physiological Responses to Constant-Load Exercise and Exercise Intensity Domains: Why Should We Care?
Dec 3 - Dec 7		Review classes (final day of class for the fall term - Dec 7)

Because of time constraints imposed by the academic term, it will not be possible for all students to "exercise" in every Laboratory protocol – especially in Project Lab Protocols. However, all students are required to attend and participate in the laboratory during each week of the academic term. Also all students will be required to submit a written report (for Project Lab Protocols) for marking. Students are expected to "volunteer" to participate as subjects and exercise in the various protocols even though they may not be tested. Volunteering to participate in Project Lab Protocols is especially important as data from these protocols will be collected and used for the major reports that will be handed in for marking.