

School of Kinesiology  
Faculty of Health Sciences  
Western University

**KIN 4432A - Physiology of Exercise  
Fall 2018**

**Instructor:** Dr. Baraa Al-Khazraji

**Lectures:** Tu 9:30AM-10:30AM



## Course Evaluation Summary

1. Assignment 1: Critical  
Date: **September 28**  
Description: Working  
a question related to  
required to draw on literature to defend your  
answer.
2. Midterm Examination  
Date: **October 18<sup>th</sup>, 2018 (in-class)**  
Description: Maximum 5 multiple choice, with

2.

**5. Sympatholysis: Balancing the field between vasodilation and vasoconstriction during exercise. (Nov. 15 – 22)**

This lecture will attempt to tie many aspects of this course together by addressing the following question: How does one reconcile the considerable vasodilation to satisfy blood flow needs of exercising muscle with the competitive need to defend blood pressure in the face of limited cardiac output? Is muscle blood flow or blood pressure the regulated variable during exercise?

**6. Regulation of Heart Rate and Methods Related to Research into Exercise-Induced Bradycardia. (Nov. 27 – 29)**

How does the brain control heart rate? What is the specific role of the autonomic nervous system in heart rate control during exercise? What are some research methods used to characterize the role of the autonomic nervous system in heart rate control?

**7. Cerebral Blood Flow Control (Nov. 29 – Dec. 4)**

The control of blood flow to the brain differs markedly from skeletal muscle. Yet, some believe that failure to meet adequate perfusion of the brain is the fundamental determinant of exercise fatigue.

**Disclaimer Note:** Time may not permit complete coverage of all topics outlined above. The timing and content of lectures might change depending on classroom discussions.

**Course/University Policies**

1. **Lateness/Absences:** Assignments are due at the times indicated at the time of announcement and will not be accepted late, except under medical or other compassionate circumstances. Submitting a late assignment without appropriate documentation will result in a





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2. *Student Health & Wellness* -- <http://www.health.uwo.ca/>
3. -- <http://www.registrar.uwo.ca/>
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