

Western University  
Faculty of Health Sciences  
**School of Kinesiology**

**KIN 3337A - Physiology of Fitness Appraisal  
Fall 2019**

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**Office Hours:** by appointment

**Learning Outcomes/Schedule:**

**Lecture outline:**

**Physiology of Fitness Appraisal**

**Chapter 1**

**I. A. Measuring Gas Exchange to Evaluate Cardiovascular Function and Cellular Respiration.**

Maximal Oxygen Consumption ( $\text{VO}_2$  Max)

**B. Coupling**

Steady State:  $\text{VO}_2 = \text{CO}_2$



## Chapter 3

- I. **Body Composition: Energy Expenditure**
  - A. Metabolism: RQ



## Course Evaluation:

### Evaluation:

1. Mid-term: Thursday, October 24: 5:30pm (rm TBA) (20%)
2. Lab exam: Friday, November 29: 7:00 (20%)
3. Practical Exam: TBD (15%)
4. Lab assignments (5) (5%)
5. Lab tutorials (5) (5%)
6. Personal Health Analysis (5%)
6. Final exam: TBA during December exam period. (30%)

Assignments/tutorials/personal health analysis are due as stated in the course syllabus/OWL and will not be accepted late, except under medical or other compassionate circumstances. Submitting a late assignment/tutorials/personal health analysis without appropriate documentation will result in a zero (0) grade. A missed mid-term examination, without appropriate documentation will result in a zero (0) grade. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents, illness or death) or similar circumstances.

Lab attendance is MANDATORY. Missing a lab without appropriate documentation (through an academic counselor) will result in a mark of 0 on your assignment AND tutorial for the associated lab topic.

## Course/University Policies

1.

their use (Guidelines are shown below). Instructors are to communicate clearly to students

clickers may be used by the instructor for data gathering and for evaluating the students, and why they cannot be used by anyone but the student (since the students involved in misuse of a clicker may be charged with a scholastic offence).

2. **Academic offences:** They are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site: [https://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/scholastic\\_discipline\\_undergrad.pdf](https://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf)

A) Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar). All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com <http://www.turnitin.com>

B) Computer marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

3. **Electronic Device Usage:**

**During Exams** - Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any of the following electronic devices during ANY of the tests, quizzes, midterms, examinations, or other in-class evaluations: cellphones, smart phones, smart watches, smart glasses, audio players or recorders of any sort, video cameras,

video games, DVD players, televisions, laptop/notebook/netbook computers, flashlights or laser pointers.

**During Lectures and Tutorials:**

