

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

**KIN 4433B - Physiology of Exercise Training  
Winter 2020**

<p><b>Instructor:</b> Dr. Jamie Melling <b>Office:</b> Medical Sciences Bldg Rm 227 <b>Email:</b> <a href="mailto:jmelling@uwo.ca">jmelling@uwo.ca</a> <b>Phone:</b> 519/661-2111 x85374 <b>Office Hrs:</b> By appointment</p> <p><b><u>LABS</u></b> <b>Instructor:</b> Michael Herbert <b>Office:</b> Arts &amp; Humanities Bldg Rm 3G04 <b>Email:</b> <a href="mailto:mherber5@uwo.ca">mherber5@uwo.ca</a> <b>Phone:</b> 519/661-2111 x88675 <b>Office Hrs:</b> By appointment</p> <p><b>TAs:</b> TBD</p>	<p><b>Lectures:</b> Th 9:30am - 10:30am <b>Room:</b> Somerville Houser Rm 2355</p> <p><b>Lab</b> 002 Mo 2:30pm - 4:30pm ~AHB 1R43 003 Mo 4:30pm - 6:30pm ~AHB 1R43 004 We 4:30pm - 6:30pm ~AHB 1R43 005 Fr 8:30pm - 10:30am ~AHB 1R43</p>
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**NOTE:** All course information including grades, assignment outlines, deadlines, etc. are available

**Learning Outcomes/Schedule:**

To provide understanding of the application of scientific study to the development of training programs for fitness and enhanced health. To enable students to critically evaluate existing programs and to develop training programs for fitness and health based upon existing scientific knowledge.

Course Content: Material will include study of the methods and effects of cardiorespiratory (aerobic) training, anaerobic training and strength development. Evaluating aerobic and anaerobic energy systems and strength will be reviewed in lecture and lab. Physiological effects of training will focus upon cardiovascular and endocrine organ function, as well as skeletal muscle and liver metabolism. Emphasis will be given to the development of training programs for normal healthy and diseased individuals.

Upon completion of this course, students will be able to:

**Required Course Material/Text:**

All required readings will be posted on OWL.

**Course Evaluation:**

Midterm Exam: 35% - February 27, 2020 9:30am-10:20am (in class)

Final Exam: 35% - Final Examination Period TBA, April 2020

Lab Assignments: 10%

Personal Health Analysis and Training Program: 20%

Assignments are due as stated in the course syllabus or on OWL and will not be accepted late, except under medical or other compassionate circumstances. Submitting a late assignment 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.

**Course/University Policies**

1.

If Personal Response System

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

how

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 passht0 0 1 139.22 374.TJET(s,)5( )5ETBTBTi(o )4( )5(ef)4(f)-5 1 72.024 700.66 TmJET EMc34 1





disturbance to the class. Please keep all electronic devices on silent and avoid distracting classmates.

9. **Student Code of Conduct**

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed and set out