

Western University
Faculty of Health Sciences
School of Kinesiology

**KIN 2230B - Introductory Exercise Physiology
Winter 2022**

Instructor	Daniel Keir	Lectures	Asynchronous (2/week)		
Office	AHB3G18	Classroom	N/A		
Email	dkeir@uwo.ca	Delivery Type	Online		
Phone	519-661-2111 (ext. 87962)				
Office Hours	by appointment				
Lab Instructor	Michael Herbert	Laboratory	1 every 2 weeks		
Office	AHB3G04	Delivery	TBA		
Email	mherber5@uwo.ca				
Phone	519-661-2111 (ext. 88675)	Section	Day	Time	Room
Office Hours	TBA	002 & 003	Mon	4:30 – 6:30 pm	
	N. Behboodpour (nbehboo@uwo.ca)	008 & 009	Wed		
			Wed	7:00 – 9:00 pm	TH3103
		014 & 015	Fri	2:30 – 4:30 pm	TH3103
		016 & 017	Fri	2:30 – 4:30 pm	TH3103

NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via OWL. Check the website regularly for course announcements.

Calendar Course Description (including prerequisites/anti-requisites):

The physiological basis of muscular exercise and training. The course will examine metabolic, cardiorespiratory and muscular adaptations to acute and chronic exercise.

Prerequisite(s): Grade 12U Biology or equivalent, and [Physiology 1021](#) or equivalent with a minimum grade of 60%.

Extra Information: 3 lecture hours, 3 laboratory hours biweekly.

You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course.

Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

NOTE: If you wish to enroll in this course without the stated pre-requisite(s), you must obtain written approval from the course instructor. The approval should then be forwarded to your academic counsellor.

9	The heart and circulation - peripheral
9	Diffusive oxygen transport in muscle
10	Venous return and pulmonary circulation
11	What limits VO_2 max?
11	Physiological adaptations to exercise training

5. Course Evaluation Plan:

Grades are a measure of the performance of a student in individual courses. Each student shall be judged on the basis of how well they have command of the course materials.

Component	Category	Value
I	Lab Tutorial Quizzes	2%
II	Lab Assignments	18%
III	Midterm Exam	31%
IV	3	

COVID-19 Related Policies and Guidelines

Masking Guidelines

- x Students will be expected to wear triple layer, non-medical, paper masks at all times in the classroom as per University policy and public health directives. Students who are unable to wear a mask must seek formal accommodation through Western Accessible Education, and present medical documentation.
- x Students are not permitted to eat or drink while in class to ensure masks stay in place. Students will be able to eat and drink outside of the classroom during scheduled breaks.
- x Students unwilling to wear a mask as stipulated by Western policy and public health directives will be referred to the Dean, and such actions will be considered a violation of the student Code of Conduct.

Course Absences due to Daily COVID Screening Questionnaire

- x Missed assessments (e.g., presentations, essays, quizzes, tests, midterms, etc.) require

Statement of Online Etiquette

Course/University Policies

1. Academic Offences:

They are taken seriously and students are directed to read the appropriate policy, specifically, the

- x Submitting a Self-Reported Absence (see below for conditions)
- x For medical absences exceeding 48 hours, submitting a Student Medical Certificate (SMC) signed by a licensed medical or mental health practitioner to their Academic Counselling in their Faculty of registration in order to be eligible for Academic Consideration; or
- x For non-medical absences exceeding 48 hours, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to Academic Counselling in their Faculty of registration in order to be eligible for academic consideration. Students are encouraged to contact their Academic Counselling unit to clarify what documentation is appropriate.

Students seeking academic consideration **must communicate with their instructors no later than 24 hours** after the end of the period covered by either the self-reported absence or SMC, or immediately upon their return following a documented absence.

The following conditions are in place for self-reporting of medical or extenuating circumstances:

- a. **a maximum of two self-reported absences** between September and April and one self-reported absence between May and August;
- b.

A+ 90-100