

SAMPLE COURSE OUTLINE

Course Code, Number, and Title:

KINS 2235: Exercise Physiology

Course Format:

[Course format may vary by instructor. The typical course format would be:]

Lecture 2 h + Seminar 0 h + Lab 2 h

Credits: 3

Transfer credit: For information, visit bctransferguide.ca

Course Description, Prerequisites, Corequisites:

This course provides an investigation of the acute and chronic effects of exercise on body systems. Through experiential laboratory- and field-based activities, students explore the cardiovascular, respiratory, and muscular responses to physical activity.

Prerequisites: KINS 1131 and KINS 1132

Corequisites: None

Learning Outcomes:

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

- Describe the microscopic structure of skeletal muscle and explain the molecular, cellular, and neuromechanical mechanisms by which skeletal muscle produces force;
- Describe the cardiac cycle, autonomic control of heart rate, and metrics of cardiovascular performance;
- Describe the process of oxygen and carbon dioxide transport and the measurement of static and dynamic lung volumes;
- Explain the acute and adaptive physiological responses of the muscular, cardiovascular, respiratory, and metabolic systems to exercise;
- Explain the effects of environmental factors on the physiological responses to exercise;
- Collect, process, and interpret physiological data using relevant laboratory and field techniques to investigate human responses to exercise.

Instructor(s): TBA

Office: TBA **Phone:** 604 323 XXXX **Email:** TBA

Office Hours: TBA

snəwəyət̚ leləm̚ Langara College acknowledges that we are located on the unceded territory of the Musqueam people.

Textbook and Course Materials:

[Textbook selection may vary by instructor. An example of texts and course materials for this course might be:]

Plowman, SA and Smith, D L. "Exercise Physiology for Health, Fitness, and Performance". Baltimore. 2017.

Note: This course may use an electronic (online) instructional resource that is located outside of Canada for mandatory graded class work. You may be required to enter personal information, such as your name and email address, to log in to this resource. This means that your personal information could be stored on servers located outside of Canada and may be accessed by U.S. authorities, subject to federal laws. Where possible, you may log in with an email pseudonym as long as you provide the pseudonym to me so I can identify you when reviewing your class work.

Assessments and Weighting:

Final Exam %

Other Assessments %

(An example of other assessments might be:) %

Midterm Exam: 20%

Quizzes/Tests: 20%

Assignments: 15%

Lab work: 20%

Proportion of individual and group work:

Individual: 90%

Group: 10%

Grading System: Letter grade

Specific grading schemes will be detailed in each course section outline.

Passing grade: D

Topics Covered:

[Topics covered may vary by instructor. An example of topics covered might be:]

Introduction to Exercise Physiology Laboratory Activities

Anaerobic and Aerobic Metabolism

Skeletal Muscle Physiology

Skeletal Muscle Adaption to Use and Response to Injury

Fatigue

Cardiovascular and Respiratory Responses and Adaptations to Exercise

Nutrition and Exercise Performance

This generic outline is for planning purposes only.

As a student at Langara, you are responsible for familiarizing yourself and complying with the following policies:

College Policies:

[E1003 - Student Code of Conduct](#)

[F1004 - Code of Academic Conduct](#)

[E2008 - Academic Standing - Academic Probation and Academic Suspension](#)

[E2006 - Appeal of Final Grade](#)

[F1002 - Concerns about Instruction](#)

[E2011 - Withdrawal from Courses](#)

Departmental/Course Policies:

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