



Department of Exercise Science and Health Promotion  
**APK 4110, 001 (12541) - Exercise Physiology**  
**Fall 2019 – 3 credits**

Professor: Chun-Jung Huang, Ph.D., FACSM  
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Class: Tuesdays & Thursdays 12:30PM – 1:50PM; Room: PA101  
Office Hours: Tuesdays & Thursdays 10:30AM – 12:30PM

**Course Prerequisite:** Anatomy and Physiology 1 Lecture and Lab (BSC 2085 and BSC 2085L) & Anatomy and Physiology 2 lecture and lab 2 (BSC 2086 and BSC 2086L); General Chemistry 1 Lecture and Lab (CHM 2045 and 2045L)  
**\*\*\*\*\* If you have NOT completed and passed any prerequisites, you must withdraw from this class. Otherwise, you WILL receive a failure grade at the end of the semester.**

**Textbook:** Exercise Physiology (APK 4110) edited by Chun-Jung Huang.  
ISBN: 978-1-308-64250-5

**Course Description:** A lecture course dealing with the physiological responses and adaptations to acute and chronic forms of exercise. Areas of emphasis include: energy metabolism, cardiovascular, physiology, pulmonary function, muscular system, body composition, and aging.

**Course Objectives:** Students should be able to discuss the acute and chronic effects of exercise on human physiological systems. Also, the student should be able to describe the adaptations that take place in the Human body with chronic exercise and the impact this has on health and well being.

1. To understand the anatomical, physiological, and neuro-muscular mechanisms underlying exercise physiology.
2. To gain practical experience in utilizing the basic testing procedures in exercise physiology.
3. Topics include physical inactivity, exercise and sport.

**Testing:** 4 Tests (100 points each) 400 pts  
4 Quizzes (20 points each) 80 pts  
**Comprehensive** Final Exam 100 pts

**Grading:** 93-100%= A 90-92.99%= A- 87-89.99%= B+  
83-86.99%= B 80-82.99%= B- 77-79.99%= C+  
73-76.99%= C 70-72.99%= C- 67-69.99%= D+  
63-66.99%= D 60-62.99%= D- <60%= F

**Tests** will be multiple choices and fill-in-the-blanks. You will be required to "**understand**" the material and **be able to answer "how" and "why"** from that information, not just memorize facts. **There will be NO make-up tests or early exams – NO EXCEPTION!**

**Quizzes:** These will be distributed throughout the semester.

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**Attendance:** You are expected to attend class lectures. **Lectures will start promptly on time.** You will be responsible for any and all material covered either in classroom lectures or assigned special readings. **Sudden extreme illness requires a telephone call to the instructor PRIOR to the exam in addition to a written official doctor's excuse. Otherwise, no show = zero points for that exam.**

**Studying recommendations:** Attend class, take good notes, and read your book. Pay particular attention to any concept printed in bold or italicized. Diagrams and formulas are also important. Review the objectives in each chapter and the summaries and questions at the end of each chapter.

**Students with Disabilities:** In compliance with Disabilities Act Amendments Act (ADAAA), students who require reasonable accommodations due to a disability to properly execute coursework must register with Student Accessibility Services (SAS) and follow all SAS procedures. SAS has offices across three of FAU's campuses – Boca Raton, Davie and Jupiter – however disability services are available for students on all campuses. For more information, please visit the SAS website at [www.fau.edu/sas/](http://www.fau.edu/sas/)

**Counseling and Psychological Services (CAPS) Center:** Life as a university student can be challenging physically, mentally and emotionally. Students who find stress negatively affecting their ability to achieve academic or personal goals may wish to consider utilizing FAU's Counseling and Psychological Services (CAPS) Center. CAPS provides FAU students a range of services – individual counseling, support meetings, and psychiatric services, to name a few – offered to help improve and maintain emotional well-being. For more information, go to <http://www.fau.edu/counseling/>

**Code of Academic Integrity:** Students at Florida Atlantic University are expected to maintain the highest ethical standards. Dishonesty is considered a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Dishonesty is also destructive of the University community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. For more information, see: [http://wise.fau.edu/regulations/chapter4/4.001 Code of Academic Integrity.pdf](http://wise.fau.edu/regulations/chapter4/4.001_Code_of_Academic_Integrity.pdf)

**Should you be caught cheating, the department of ESHP will place a letter in your electronic file and submit your name to the Dean of Undergraduate studies. The department reserves the right to dismiss you from the department.**

**Supplemental Instruction and Tutoring:**

**To Be Announced.**

## LECTURES

Date	Topic	Reading
August 20	Introduction	1
August 22	Homeostasis	2
August 27	Bioenergetics-Pathways	3
August 29	Bioenergetics-Pathways	3
September 3	Bioenergetics-Pathways	3
September 5	Exercise Metabolism	4
September 10	Exercise Metabolism ( <b>Quiz 1 for chapters 1, 2 to 3</b> )	4
September 12	<b><u>Test 1: Chapters 1, 2, 3 and 4</u></b>	
September 17	Hormones	5
September 19	Hormones	5
September 24	Hormones	5
September 26	Hormones	5
October 1	Nervous system	7
October 3	Nervous system ( <b>Quiz 2 for chapters 5, 7</b> )	7
October 8	<b><u>Test 2: Chapters 5, 7</u></b>	
October 10	Skeletal muscle	8
October 15	Skeletal muscle	8
October 17	Cardiovascular system	9
October 22	Cardiovascular system	9
October 24	Cardiovascular system	9
October 29	Cardiovascular system ( <b>Quiz 3 for chapters 8, 9</b> )	9
October 31	<b><u>Test 3: Chapters 8, 9</u></b>	
November 5	Acid-Base Balance	11
November 7	Acid-Base Balance / Respiratory system	10, 11
November 12	Respiratory system	10
November 14	Respiratory system	10
November 19	Factors affecting performance	10, 19
November 21	Factors affecting performance ( <b>Quiz 4 for chapters 10, 11</b> )	19
November 26	<b><u>Test 4: Chapters 10, 11, 19</u></b>	
November 28	<b>Thanksgiving Holiday</b>	
<b>December 5 (Thursday)</b>	<b><u>COMPREHENSIVE FINAL EXAM</u></b>	<b><u>10:30AM</u></b>