

 <b>FLORIDA ATLANTIC UNIVERSITY</b>	<b>COURSE CHANGE REQUEST</b> <b>Undergraduate Programs</b>	UUPC Approval <u>3-29-21</u> UFS Approval _____ SCNS Submittal _____ Confirmed _____ Banner Posted _____ Catalog _____
	Department <b>Exercise Science and Health Promotion</b> College <b>Science</b>	
<b>Current Course Prefix and Number</b> <b>APK 4110</b>	<b>Current Course Title</b> Exercise Physiology	
<i>Syllabus must be attached for ANY changes to current course details. See Checklist. Please consult and list departments that may be affected by the changes; attach documentation.</i>		
<b>Change title to:</b> Exercise Physiology 1 <b>Change prefix</b> From: No Change    To: <b>Change course number</b> From: No Change    To: <b>Change credits*</b> From: No Change    To: <b>Change grading</b> From: No Change    To: <b>Change WAC/Gordon Rule status**</b> Add <input type="checkbox"/> Remove <input type="checkbox"/> <b>Change General Education Requirements***</b> Add <input type="checkbox"/> Remove <input type="checkbox"/>	<b>Change description to:</b> No Change  <b>Change prerequisites/minimum grades to:</b> No Change  <b>Change corequisites to:</b> No Change  <b>Change registration controls to:</b> No Change	
*Review <u>Provost Memorandum</u> **WAC/Gordon Rule criteria must be indicated in syllabus and approval attached to this form. See <u>WAC Guidelines</u> . ***General Education criteria must be indicated in syllabus and approval attached to this form. See <u>GE Guidelines</u> .	Please list existing and new pre/corequisites, specify AND or OR and include minimum passing grade (default is D-).	
<b>Effective Term/Year for Changes:</b> <b>Fall 2021</b>	<b>Terminate course? Effective Term/Year for Termination:</b>	
<b>Faculty Contact/Email/Phone</b> Michael Zourdos / mzourdos@fau.edu / 301-580-7536		
<b>Approved by</b> Department Chair <u>M. Whitehead</u> College Curriculum Chair <u>Jerry Haky</u> College Dean <u>ERJ</u> UUPC Chair <u>Jerry Haky</u> Undergraduate Studies Dean <u>Edward Pratt</u> UFS President _____ Provost _____	<b>Date</b> 3/2/21 3-18-21 3/24/2021 3-29-21 3-29-21 _____ _____	

Email this form and syllabus to [mjenning@fau.edu](mailto:mjenning@fau.edu) seven business days before the UUPC meeting.

## (12064) APK4110-001 Exercise Physiology 1

Exercise Science and Health Promotion  
Spring 2021  
3 Credit Hours

---

**Class:** Online/Live Lectures (**attendance required**): Tuesdays and Thursdays 4:00 – 5:20pm  
**Virtual lectures will be recorded and links to those recordings will be posted on Canvas**

**Instructor:** Michelle Papania, M.S., C.P.A.

**Office Location:** Education 473

**Office Hours:** **Tuesdays/Thursdays 1:00–4:00pm; Wednesdays 3:30–5:30pm**  
**(Virtual by appointment via Canvas Cisco Webex)**

**Phone Number:** (561) 297-1023

**Email:** mpapania@fau.edu

**Webex:** By appointment

**Course GA:** Deborah Fortino (dfortino2020@fau.edu)

### 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, the muscular system, body composition, and aging.

### COURSE OBJECTIVES

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

1. To discuss the acute and chronic effects of exercise on human physiological systems.
2. To describe the adaptations that take place in the human body with chronic exercise and the impact this has on individual health and wellbeing.
3. To understand the anatomical, physiological, and neuromuscular mechanisms underlying exercise physiology.
4. To understand, and gain practical experience in utilizing, the basic testing procedures in exercise physiology.
5. To discuss additional topics pertaining to human anatomy and physiology, including physical inactivity, exercise, and sport.

## COURSE SCHEDULE

Week #	Dates	Assignments
Week 1	01/12 01/12 01/14	Course Introduction and Syllabus Review Academic Integrity Workshop (required to unlock exams!) Chapter 02: Homeostasis
Week 2	01/19 01/21	Chapter 03: Bioenergetics Chapter 03: Bioenergetics
Week 3	01/26 01/28	Chapter 03: Bioenergetics Chapter 04: Exercise Metabolism
Week 4	02/02 02/04	Chapter 04: Exercise Metabolism Chapter 04: Exercise Metabolism
Week 5	02/09 02/11	Exam One Chapter 05: Endocrine System
Week 6	02/16 02/18	Chapter 05: Endocrine System Chapter 05: Endocrine System
Week 7	02/23 02/25	Chapter 05: Endocrine System Chapter 07: Nervous System
Week 8	03/02 03/04	Chapter 07: Nervous System Exam Two
Week 9	03/09 03/11	Chapter 08: Skeletal Muscle Chapter 08: Skeletal Muscle
Week 10	03/16 03/18	Chapter 08: Skeletal Muscle Chapter 09: Cardiovascular System
Week 11	03/23 03/25	Chapter 09: Cardiovascular System Chapter 09: Cardiovascular System
Week 12	03/30 04/01	Exam Three Chapter 10: Respiratory System
Week 13	04/06 04/08	Chapter 10: Respiratory System Chapter 10: Respiratory System
Week 14	04/13 04/15	Chapter 11: Acid-Base Balance Exam Four
Reading Days	04/20-04/21	Final Exam Preparation
Final Exam	04/27	4:00 – 6:30pm

## REQUIRED TEXTS AND MATERIALS

In this course, ***you will need the following text:***

- Powers, S., Howley, E., & Quindry, J. (2021). *Exercise physiology: Theory and application to fitness and performance* (11<sup>th</sup> ed.). McGraw Hill LLC. **ISBN: 978-1260237764**
  - This text is offered **at a substantial discount** as a Redshelf eBook accessible for five (5) years via the Follett Access Program. Instructions for acquiring the text are located in the “Textbook Info” folder within “Files” on Canvas.

### Other Materials:

- Additional readings and instructional materials (e.g., Power Point lectures, handouts, videos, etc.) will be posted to the Files folder on Canvas.

## COURSE PREREQUISITES AND COREQUISITES

### Course Prerequisites

- Anatomy & Physiology 1 Lecture and Lab (BSC2085 and BSC2085L)
- Anatomy & Physiology 2 Lecture and Lab (BSC2086 and BSC2086L)
- General Chemistry 1 Lecture and Lab (CHM2045 and CHM2045L)
- **Unless approved for registration by the instructor, if you have NOT yet passed ALL of these prerequisite courses with a grade of C or better, you MUST withdraw from this course, or you WILL receive a failing grade at the end of the semester.**

### Course Corequisite

- Exercise Lab Techniques (APK4110L)
- If you have already taken/passed the lab, or if your major does not require you to take the lab, you may request to “unlink” the lab from the lecture by completing this google form: <https://cescos.wufoo.com/forms/r1jggy9m1jbcqdk/>

## COURSE DELIVERY MODE

This is a **fully** online course accessible via Canvas, FAU’s learning management system, as well as via live/recorded Zoom lecture sessions. You must log into Canvas with your FAU ID and password to access course material, assignments, and links to live/recorded Zoom lectures. If you do not know your FAU ID or password, [contact OIT for help](#).

## TIME COMMITMENT PER CREDIT HOUR AND ONLINE LEARNING

This is a (3) credit-hour course. It is expected that the average student in this course will need to spend 2-3 hours per credit hour in out-of-class assignments each week. Thus, it is assumed that the average student will spend 6-9 hours each week on out-of-class assignments, plus 3 hours of online class time, for a total of 9-12 hours spent on coursework each week.

Online learning is NOT for everyone; some individuals may not be able to manage a course that does not meet face to face. Online learning requires A LOT of planning as well as self-pacing for success. As late assignments are NOT accepted, you MUST “keep up” with the course material by consistently participating each week to ensure timely completion of all coursework. Free e-learning assistance is available to students enrolled in either partially or fully online courses, and can be accessed via the eLearning Success website at <http://www.fau.edu/class/esuccess/>

## COURSE ASSESSMENTS, ASSIGNMENTS, AND GRADING POLICY

**GRADING CRITERIA: THERE ARE A TOTAL OF 450 POINTS AVAILABLE FOR THE COURSE**

**Course Examinations (400 points; 5 Exams worth 80 points each)** Exams are based on textbook chapters, lecture Power Points, lecture discussions, and additional readings posted on Canvas. Exams are taken online via Canvas, are comprised of 40 questions worth 2 point apiece, and have a time limit of 90 minutes. Question types may include: Multiple choice, multiple answer, true/false, short response, fill-in-the-blank, matching, and ordering. **NOTE: Exams are available ONLY, and MUST be taken during, the posted course lecture time (4:00 – 5:20pm)!** Exams will open 10 minutes early (3:50pm) to allow students time to setup Respondus LockDown Browser and Respondus Monitor (see **Requirements** below).

**Participation (50 points)** Participation points will be offered via Zoom polls given randomly during live/virtual lecture sessions. Students will ONLY be granted participation points if they are present and participating by answering the polls during the live/virtual lecture sessions. A total of 60 participation points will be offered throughout the semester; however, a student may only earn a maximum of 50 participation points, thus there are extra participation points “built in” to accommodate an occasional absence or late login. Following are instructions for correctly logging into the live lectures so your polling responses appear on the Zoom polling report. Please read and follow these instructions **CAREFULLY, as failure to precisely follow these instructions may negatively impact your Zoom Participation grade:**

1. If you have Zoom loaded on your computer or mobile device, open Zoom. Then either click the "Sign In" button or sign out of the currently logged in account.
2. After you've done that, click the "Sign In with SSO" button. It will ask for the domain which is "fau-edu" (include the dash, NOT the quotes).

3. Continue by signing in with your FAU credentials (FAU netid and password). This process will help Zoom identify your account & ensure that your data is included in the poll reports.
4. If you don't have the Zoom app on your device, then please sign in to <https://fau-edu.zoom.us> with your FAU credentials (FAU netid and password).
5. Finally, join the lecture! Login to Canvas (NOT Zoom), navigate to your course, and click the "join" button next to the appropriate meeting in the "Upcoming Meetings" tab in "Zoom."

Be advised that I WILL NOT accept emailed polling responses! If you do not see the polls, you MUST type your response to the question in the chat box **while the polling question is open (for ≈ 30 seconds) in order to receive credit; once the question closes, credit will no longer be awarded.** Keep in mind that while I do want you to do your best to choose correct response(s), the points are for participation only and NOT for correctness, so it's more important to answer than to be right!

**Extra Credit (25 points)** Extra credit worth up to 25 points will be available throughout the semester in the form of bonus quizzes. Bonus quizzes will be based on textbook chapters, lecture Power Points, and lecture discussions. Bonus quizzes are timed and taken online via Canvas. Bonus quizzes are unscheduled; I will make an emailed announcement via Canvas when a quiz becomes available, and you will have 24 hours thereafter to complete that quiz.

**REQUIREMENTS:** Students are required to take exams and quizzes using Respondus LockDown Browser and Respondus Monitor, virtual proctoring applications integrated within the Canvas Learning Management System. The use of Respondus Monitor requires students have access to both a computer and a webcam; cell phones, iPads, and tablets are NOT allowed. If you do not have a webcam, you can use your cell phone as a webcam; "how-to" instructions for using your cellphone (iPhone or Android) as a webcam as well as for downloading and setting up LockDown Browser are available on Canvas.

## GRADE SCALE

Grade	Percentage		Grade	Percentage		Grade	Percentage
A	100.0 – 93%		B-	82.99 – 80%		D+	69.99 – 67%
A-	92.99 – 90%		C+	79.99 – 77%		D	66.99 – 63%
B+	89.99 – 87%		C	76.99 – 73%		D-	62.99 – 60%
B	86.99 – 83%		C-	72.99 – 70%		F	59.99 – 00%

## LATE ASSIGNMENTS POLICY:

**LATE ASSIGNMENTS WILL NOT BE ACCEPTED AND WILL NOT RECEIVE CREDIT.**

## MAKE-UP POLICY FOR ASSIGNMENTS

Students are expected to take and submit all assignments as scheduled. Prior approval by the instructor is required in order to make up any assignment. Students will only be allowed to make up an assignment for legitimate class absences as specified in the University's Academic Policies and Regulations. Students must contact the instructor a minimum of 48 hours prior to missing a scheduled assignment (or as soon as possible in extreme circumstances) in order to reschedule a date to make up a missed assignment, AND appropriate documentation must be submitted to the instructor prior to the make-up. Make-ups must be completed within one week of the missed assignment. Failure to comply with this policy will result in a grade of "zero" being recorded for the missed assignment. The University's Academic Policies and Regulations are specified on FAU's website: [FAU Registrar](#).

### **INCOMPLETE GRADE POLICY**

The University policy states that a student who is passing a course but has not completed all work due to exceptional circumstances, may, with consent of the instructor, temporarily receive a grade of incomplete ("I"). The assignment of the "I" grade is at the discretion of the instructor but is allowed only if the student is passing the course.

## **TECHNOLOGY & COMPUTER REQUIREMENTS**

### **HARDWARE & SOFTWARE REQUIREMENTS**

- Students that do not have or are unable to obtain the required technologies described below are expected to access the course materials using a University computer located in any of FAU's libraries or computer labs.

#### **Hardware**

- Dependable computer with speakers
- Webcam and headset with microphone (recommended for on-line video conferencing)

#### **Software**

- [Microsoft 365 Suite](#)
- Reliable web browser (recommended [Chrome](#) or [Firefox](#))
- Canvas mobile app: Download instructions for [iOS device](#) or [Android device](#)
- [Adobe Reader](#)
- [Adobe Flash Player](#)

#### **Internet Connection**

- Recommended: Broadband Internet connection with a speed of 4 Mbps or higher.
- To function properly, Canvas requires a high-speed Internet connection (cable modem, DSL, satellite broadband, T1, etc.). The minimum Internet connection speed to access Canvas is a consistent 1.5 Mbps (megabits per second) or higher.
- [Check your Internet speed here.](#)

## COMPUTER REQUIREMENTS

Basic Computer Specifications for Canvas

- Operating system: Windows 10 or macOS Sierra (or higher); [Specifications](#)

### Peripherals

- A backup option should be available to minimize the loss of work. This can be an external hard drive, a USB drive, cloud storage, or your folder on the FAU servers.

### Software

- Once logged in to Canvas make sure your Internet browser is compatible.
- Other software may be required for specific learning modules. If so, the necessary links to download and install will be provided within the applicable module.

## MINIMUM TECHNICAL SKILLS REQUIREMENTS

The general and course-specific technical skills you must have to succeed in the course include but are not limited to:

- Accessing the Internet.
- Using Canvas (including taking tests, attaching documents, etc.).
- Using email with attachments.
- Creating and submitting files in commonly used formats (e.g., Microsoft Office).
- Copying and pasting.
- Downloading and installing software.
- Using presentation, graphics, and other programs.
- Posting and commenting in online discussions.
- Searching the FAU library and websites.

## TECHNICAL SUPPORT

In the online environment, technical issues are always possible (e.g., lost connection, hardware or software failure). Many of these can be resolved relatively quickly, but if you wait until the



last minute before due dates, the chances of these glitches affecting your success are greatly increased. Please plan appropriately. If a problem occurs, it is essential you take immediate action to document the issue so your instructor can verify and take appropriate action to resolve the problem. Most issues in Canvas can be resolved by clicking on the “Help” tab located on the menu bar.

When a problem occurs, click “Help” to:

- Report a Problem
- Live Chat with Canvas Support
- Search Canvas Guides

### **Additional Technical Support**

1. Take a screenshot of the display when the problem occurs. Save the screenshot as a .jpg, .png. or .jpeg file. **The screenshot MUST show the Canvas screen with the error displayed, as well as the date and time displayed on the computer; be advised that assignment resubmissions will NOT be considered unless the screenshot clearly contains the required information.** If you are unfamiliar with how to create a screenshot file, please see [Print Screen Instructions](#).
2. Complete a [Help Desk ticket](#). Make sure you complete the entire form and give a complete description of your problem so the Help Desk staff will have the pertinent information in order to assist you properly. Steps to follow include:
  - a. Select “Canvas (Student)” for the Ticket Type and input the Course ID.
  - b. In the Summary/Additional Details section, include your operating system, Internet browser, and Internet service provider (ISP).
  - c. If available, attach the screenshot file.
3. Inform the instructor about the problem via email or Canvas message. Be sure to include all pertinent information regarding the problem or incident.
4. If you do not hear back from the Help Desk or your instructor within 48 hours, it is your responsibility to follow up with the appropriate person until you obtain a resolution.

## **UNIVERSITY AND COURSE POLICIES**

### **UNIVERSITY ATTENDANCE POLICY**

Students are expected to attend all scheduled classes and to satisfy all academic objectives as outlined by the instructor. The effect of absences on grades is determined by the instructor and the University reserves the right to deal at any time with individual cases of non-attendance. Students are responsible for arranging make up work missed due to legitimate class absence, such as illness, family emergencies, military obligation, court-imposed legal obligations or participation in University-approved activities. University-approved reasons for absences

include participating on an athletic or scholastic team, musical and theatrical performances and debate activities. It is the student's responsibility to give the instructor notice prior to any anticipated absences and within a reasonable amount of time after an unanticipated absence, ordinarily by the next scheduled class meeting. Instructors must allow each student who is absent for a university-approved reason the opportunity to make up work missed without any reduction in the student's final course grade as a direct result of such absence.

## **CODE OF ACADEMIC INTEGRITY**

Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty is considered a serious breach of these ethical standards, because it interferes with the university mission to provide high quality education in which no student enjoys an unfair advantage over any other. Academic 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. Harsh penalties are associated with academic dishonesty. For more information, see University Regulation 4.001 - [https://www.fau.edu/ctl/4.001 Code of Academic Integrity.pdf](https://www.fau.edu/ctl/4.001_Code_of_Academic_Integrity.pdf)

## **PLAGIARISM**

[Plagiarism](#) is unacceptable in the University community. Academic work must be an original work of your own thought, research, or self-expression. When students borrow ideas, wording, or organization from another source, they must acknowledge that fact in an appropriate manner. Plagiarism is the deliberate use and appropriation of another's work without properly identifying the source and trying to pass off such work as one's own. Students who present ideas/material (in ANY form) and fail to give full credit for such ideas/material taken from another have plagiarized. If in doubt, cite your source.

## **CLASSROOM ETIQUETTE POLICY**

In order to enhance and maintain an atmosphere conducive to education, unauthorized use of electronic devices during class is prohibited. Your attention and participation in class is expected; accordingly, only electronic devices used for class-related activities (such as note-taking and/or Top Hat usage) are allowed. Failure to comply with this policy may result in your being asked to leave the class and/or a deduction of points against your final grade.

## **NETIQUETTE**

Due to the casual communication common in the online environment, students are sometimes tempted to relax their grammar, spelling, and/or professionalism. Please remember that you

are adult students and professionals—your communication should be appropriate. For more in-depth information, please see the [FAU statement on netiquette](#).

## COMMUNICATIONS POLICY

### SYLLABUS, ANNOUNCEMENTS, AND EMAIL

You are required to read and follow the syllabus. Any changes to the syllabus will be made by the instructor via an in-class or Canvas announcement. You are required to regularly check and read your FAU emails and Canvas announcements for this course.

### COURSE-RELATED QUESTIONS AND ASSIGNMENTS FEEDBACK POLICY

Except for weekends and holidays, the instructor will typically respond to email (Canvas inbox or FAU email) and answer questions within 48 hours. The instructor will provide feedback on submitted assignments within one week of the submission date. Some assignments may require a longer review period, which the instructor will communicate to you.

### ELECTRONIC COMMUNICATION POLICY

In addition to the University's policy, please consider the following:

- Privacy, confidentiality, and security in all electronic communications.
- All electronic communication resources must be used for the course and in alignment with the University's mission.
- Prohibited use of false identity, false identity pseudonyms, or anonymous (sender's name or electronic identification is hidden).
- Access without consent.
- Disruption of services including introducing computer contaminants (viruses).
- Harassment of any kind.

Please see the Office of Information Technology's policies on [Cyber Security Awareness](#).

## SUPPORT SERVICES & ONLINE RESOURCES

- [Center for eLearning and Student Success](#)
- [FAU Libraries](#)
- [Freshmen Academic Advising Services](#)
- [Office of Information Technology Helpdesk](#)

- [Office of International Programs and Study Abroad](#)
- [Office of Undergraduate Research and Inquiry](#)
- [University Center for Excellence in Writing](#)

## **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 provide FAU students a range of services – individual counselling, support meetings, and psychiatric services, to name a few – offered to help improve and maintain emotional well-being. For more information, go to [www.fau.edu/counseling/](http://www.fau.edu/counseling/)

## **SELECTED UNIVERSITY & COLLEGE POLICIES**

### **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, visit the SAS website at [www.fau.edu/sas/](http://www.fau.edu/sas/)

### **GRADE APPEAL PROCESS**

You may request a review of the final course grade if you believe one of the following applies:

- There was a computational or recording error in the grading.
- The grading process used non-academic criteria.
- There was a gross violation of the instructor's own grading system.

[Chapter 4 of the University Regulations](#) contains information on the grade appeals process.

### **RELIGIOUS ACCOMMODATION POLICY STATEMENT**

In accordance with rules of the Florida Board of Education and Florida law, students have the right to reasonable accommodations from the University in order to observe religious practices and beliefs with regard to admissions, registration, class attendance, and the scheduling of examinations and work assignments. For further information, please see [Academic Policies and Regulations](#).

## **DROPS/WITHDRAWALS**

You are responsible for completing the process of dropping or withdrawing from a course. Please click on the following link for more information on dropping and/or withdrawing from a course. Please consult the [FAU Registrar Office](#) for more information.

- Last day to drop / add course without consequences 01/15/2021
- Last day to drop / withdraw without receiving an "F" 03/19/2021

\* \* \*

**The instructor reserves the right to adjust this syllabus as necessary.**