

 FLORIDA ATLANTIC UNIVERSITY	COURSE CHANGE REQUEST Graduate Programs		UGPC Approval _____ UFS Approval _____ SCNS Submittal _____ Confirmed _____ Banner _____ Catalog _____
	Department Exercise Science & Health Promotion College Science		
Current Course Prefix and Number APK 6111		Current Course Title Advanced Exercise Physiology	
Syllabus must be attached for ANY changes to current course details. See Guidelines . Please consult and list departments that may be affected by the changes; attach documentation.			
Change title to: Advanced Exercise Physiology 1 Change prefix From: No Change To: Change course number From: No Change To: Change credits* From: 4 To: 3 Change grading From: No Change To: Academic Service Learning (ASL) ** Add <input type="checkbox"/> Remove <input type="checkbox"/>		Change description to: No Change Change prerequisites/minimum grades to: No Change Change corequisites to: No Change Change registration controls to: No Change	
* Review Provost Memorandum ** Academic Service Learning statement must be indicated in syllabus and approval attached to this form.		Please list existing and new pre/corequisites, specify AND or OR and include minimum passing grade.	
Effective Term/Year for Changes: Fall 2022		Terminate course? Effective Term/Year for Termination:	
Faculty Contact/Email/Phone Christopher Boerum/cboerum@fau.edu/954-892-8001			
Approved by Department Chair _____ College Curriculum Chair _____ College Dean <u>William David Kellie</u> UGPC Chair _____ UGC Chair _____ Graduate College Dean _____ UFS President _____ Provost _____		Date _____ 2-28-2022 03-14-22 _____ _____ _____ _____ _____	

Email this form and syllabus to UGPC@fau.edu 10 days before the UGPC meeting.

APK6111 ADVANCED EXERCISE PHYSIOLOGY 1

DEPARTMENT OF EXERCISE SCIENCE & HEALTH PROMOTION

Spring 2022

3 Credit Hours

Instructor: Chu-Jung Huang, Ph.D., FACSM

Office Location: Field House 11A- Room 126B

Office Hours: By appointment (virtual meeting via Webex)

Phone Number: 561-297-1271

Email: chuang5@fau.edu

Video Conferencing Tool: WebEx

COVID-19 STATEMENT

Due to the surge in COVID-19 cases and the omicron variant, all students regardless of vaccination status are expected to wear masks while indoors in any FAU facilities, including classrooms and laboratories. Students experiencing flu-like symptoms (fever, cough, shortness of breath) or students who have come in contact with confirmed positive cases of COVID-19 should immediately contact FAU Student Health Services (561-297-3512). Symptomatic students will be asked to leave the classroom to support the safety and protection of the university community. For additional information visit www.fau.edu/coronavirus.

In classes with face-to-face components, quarantined students should notify me immediately as you will not be able to attend class. I will not be able to offer an online version of the class but will make reasonable efforts to assist students in making up the work.

COURSE DESCRIPTION

This course is an advanced study of human physiology and its interactions with physical activity and training. Students should be able to discuss the acute and chronic effects of exercise on human physiological systems. Also, they 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.

COURSE PREREQUISITES

Undergraduate Exercise Physiology

COURSE OBJECTIVES

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

1. Explain the metabolic processes of nutrients and how they are utilized as energy sources in response to acute and chronic exercise (CO: 1)
2. Summarize the effects of hormones on macronutrients related to exercise. (CO: 2)
3. Explain the fundamental principles of the immune system related to exercise induced inflammation. (CO: 3)
4. Define the mechanism of muscle contraction and how exercise training mediates muscular adaptation. (CO: 4)
5. Explain the role of exercise on cardiovascular changes and responses. (CO: 5)

This is a fully online course accessible only through FAU's learning management system, Canvas. You must log into Canvas with your FAU ID and Password to access the materials and assignments in this course. If you do not know your FAU ID or Password, [contact OIT for help](#).

The course is organized into modules with due dates. **The length of each module is three (3) weeks.** Unless otherwise specified, each module begins on Monday at 12:00am, EST, and ends on Sunday at 11:59pm, EST. The course begins with the Start Here module, which will familiarize you with the organization and navigation of the course. You will open a new learning module to access the assigned reading materials, videos, presentations, and other relevant materials for each subsequent module.

TIME COMMITMENT PER CREDIT HOUR

This course has 3 credit hours. For traditionally delivered courses, not less than one (1) hour of classroom or direct faculty instruction each week for fifteen (15) weeks per Fall or Spring semester, and a minimum of two (2) hours of out-of-class student work for each credit hour. Equivalent time and effort are required for Summer Semesters, which usually have a shortened timeframe. Fully Online courses, hybrid, shortened, intensive format courses, and other non-traditional modes of delivery will demonstrate equivalent time and effort.

REQUIRED TEXT & MATERIALS

Suggested text:

- Powers, S., Howley, E., and Quindry, J. (2021). Exercise Physiology: Theory and Application to Fitness and Performance (11th Edition) McGraw- Hill [ISBN 9781260237764]

HARDWARE & SOFTWARE REQUIREMENTS

Hardware

- Dependable computer
- Computer speakers
- Headset with microphone
- Webcam

Software

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

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 High Sierra (10.3) 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.

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

- Accessing Internet.
- Using Canvas (including taking tests, attaching documents, etc.).
- Using email with attachments.
- Creating and submitting files in commonly used word processing program formats such as Microsoft Office Tools.
- Copying and pasting functions.
- Downloading and installing software.
- Using presentation, graphics, and other programs.
- Posting and commenting in an online discussion.
- 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. Contact the eLearning Success Advisor for assistance: (561) 297-3590
2. If you can, make a Print Screen of the monitor when the problem occurs. Save the Print Screen as a .jpg file. If you are unfamiliar with creating a Print Screen file, see [Print Screen instructions](#).
3. Complete a [Help Desk ticket](#). Make sure you complete the form entirely and give a full description of your problem so the Help Desk staff will have the pertinent information to assist you properly. This includes:
 - a. Select “Canvas (Student)” for the Ticket Type.
 - b. Input the Course ID.
 - c. In the Summary/Additional Details section, include your operating system, Internet browser, and Internet service provider (ISP).
 - d. Attach the Print Screen file, if available.
4. Send a message within Canvas to your instructor to notify him/her of the problem. Include all pertinent information of the incident (2b-d above).
5. If you do not have access to Canvas, send an email to your instructor with all pertinent information of the incident (2b-d above).

6. If you do not have access to a computer, call your instructor with all pertinent information of the incident. If he/she is not available, make sure you leave a detailed message.
7. If you do not hear back from the Help Desk or your instructor within a timely manner (48 hours), it is your responsibility to follow up with the appropriate person until you obtain a resolution.

GRADING CRITERIA

Student Introduction and Syllabus & Course Agreement

You will post an introduction in the student introduction discussion board (and reply to at least two others' posts) and complete a syllabus and course agreement.

Exams

Exams will require the use of Lockdown Browser. Exams will be multiple choices, fill-in-the-blanks, short answer, and essay based. You will be required to "understand" the material and be able to answer "how" and "why" for all learning topics, not just rote memorization.

Discussion Boards

You will be required to participate in 5 online discussions on topics related to exercise physiology. You can access the discussion board on Canvas. Please review discussion guidelines and rubric in Canvas.

You must complete each discussion assignment during the dates listed below in the course schedule (absolutely no exceptions!). **Each discussion has a window of two weeks (open at 12:01 am on Tuesdays and close at 11:59 pm on Mondays). Your original post is due at the end of first week. As soon as your post is made, then you can start providing the comments to your peers' posts.**

Discussion board etiquette:

Unprofessional conduct and language will not be tolerated. While we encourage healthy debate and discussion, unprofessional conduct towards other students or the instructor is not acceptable. Your grade on the discussion and the course in general will be severely affected if you are guilty of such conduct. As educated adults, we should seek to increase our perspectives and knowledge, even if we disagree with someone else. After considering a statement that you disagree with, provide a professional response, stating your disagreement along with evidence to support your thought.

Video Project Presentation

For this assignment, you will need to make a video presentation. The purpose of this presentation is to demonstrate your understanding of exercise physiology material by answering a real client question. Please review the guidelines and rubric in Canvas.

The instructor will calculate your grade based on the following number of points:

Assessment	Total Points
Course Orientation <ul style="list-style-type: none">• Student Introduction• Syllabus & Course Agreement Quiz	0
3 Exams <ul style="list-style-type: none">• Worth up to 50 points each	150
5 Discussion Boards <ul style="list-style-type: none">• Worth up to 50 points each.	250
Video Project Presentation	50
TOTAL:	450

GRADE SCALE

Grade	Percentage (%)
A	93 – 100%
A-	90 – 92%
B+	87 – 89%
B	83 – 86%
B-	80 – 82%
C+	77 – 79%
C	73 – 76%
C-	70 – 72%
D+	67 – 69%
D	63 – 66%
D-	60 – 62%
F	0 – 59%

LATE ASSIGNMENTS POLICY

No late assignment will be accepted for this class. However, students cannot be penalized for absences due to participation in University-approved activities, including athletic or scholastics teams, musical and theatrical performances, and debate activities. Instructors must allow these students to make up missed work without any reduction in the student's final course grade. Reasonable accommodation must also be made for students participating in a religious observance.

MAKE-UP POLICY FOR TESTS/EXAMS

There will be NO make-up tests.

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.

COURSE POLICIES

CODE OF ACADEMIC INTEGRITY POLICY STATEMENT

Students at Florida Atlantic University should endeavor to maintain the highest ethical standards. Academic dishonesty is 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. Academic dishonesty is also destructive to 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](#).

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 identifying the source and trying to pass off such work as one's own. Any student who fails to give full credit for ideas or materials taken from another has plagiarized. This includes all discussion board posts, journal entries, wikis, and other written and oral presentation assignments. If in doubt, cite your source.

ONLINE ATTENDANCE POLICY

Since the course is online, you should consistently access the course each week to ensure you do not miss pertinent postings, messages, or announcements. It is imperative that you meet course deadlines and stay active in discussion boards, group projects, etc. If you are experiencing major illness, absences due to University duties, or other large-scale issues, contact the instructor immediately to formulate a resolution.

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](#).

DISCUSSION BOARD ETIQUETTE:

Unprofessional conduct and language will not be tolerated. While we encourage healthy debate and discussion, unprofessional conduct towards other students or the instructor is not acceptable. Your grade on the discussion and the course in general will be severely affected if you are guilty of such conduct. As educated adults, we should seek to increase our perspectives and knowledge, even if we disagree with someone else. After considering a statement that you disagree with, provide a professional response, stating your disagreement along with evidence to support your thought.

DISRUPTIVE BEHAVIOR POLICY STATEMENT

Disruptive behavior is defined in the FAU Student Code of Conduct as “... activities which interfere with the educational mission within classroom.” Students who disrupt the educational experiences of other students and/or the instructor’s course objectives in a face-to-face or online course are subject to disciplinary action. Such behavior impedes students’ ability to learn or an instructor’s ability to teach. Disruptive behavior may include but is not limited to non-approved use of electronic devices (including cellular telephones); cursing or shouting at others in such a way as to be disruptive; or, other violations of an instructor’s expectations for classroom conduct.

For more information, please see the [FAU Office of Student Conduct](#).

COMMUNICATION POLICY

EXPECTATIONS FOR STUDENTS

Announcements

You are responsible for reading all announcements posted by the instructor. Check the course announcements each time you log in.

Email/Video Conferencing

You are responsible for reading all your course email and responding in a timely manner.

INSTRUCTOR’S PLAN FOR CLASSROOM RESPONSE TIME & FEEDBACK

Email/Video Conferencing Policy

Except for weekends and holidays, the instructor will typically respond to email (Canvas inbox or FAU

email) within 48 hours. You should ask course-related questions in the FAQ discussion board. If you have questions of a personal nature, you should email the instructor.

Assignment Feedback Policy

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.

Course-Related Questions Policy

Except weekends and holidays, the instructor will generally answer questions within 48 hours.

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 to the University 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](#)
- [Counseling and Psychological Service \(CAPS\)](#)
- [FAU Libraries](#)
- [Freshmen Academic Advising Services](#)
- [Math Learning Center](#)
- [Office of Information Technology Helpdesk](#)
- [Office of International Programs and Study Abroad](#)
- [Office of Undergraduate Research and Inquiry](#)
- [Student Accessibility Services](#)
- [University Center for Excellence in Writing](#)

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS) CENTER

Life as a university student can be challenging mentally, emotionally, and physically. 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 to help improve and maintain well-being. For CAPS services, students need to be currently enrolled, have paid the health fee, be physically located in Florida when services are provided, have phone or videoconferencing capabilities, and have access to a safe/private location for sessions. For those outside of Florida, CAPS will assist students in getting connected to services/providers in your area for ongoing support. For more information, go to <http://www.fau.edu/counseling/> or call 561-297-3540.

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/

Contact

- **Boca Raton:** (561) 297-3880 / Fax: (561) 297-2184, TTY: 711
- **Davie:** (954) 236-1222 / Fax: (954) 236-1123, TTY: 711
- **Jupiter:** (561) 799-8721 / Fax: (561) 799-8721, TTY: 711

GRADE APPEAL PROCESS

You may request a review of the final course grade when you believe that one of the following conditions apply:

- 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 regarding admissions, registration, class attendance, and the scheduling of examinations and work assignments. For further information, please see [Academic Policies and Regulations](#).

UNIVERSITY-APPROVED ABSENCE POLICY STATEMENT

In accordance with rules of the Florida Atlantic University, students have the right to reasonable accommodations to participate in University approved activities, including athletic or scholastics teams, musical and theatrical performances, and debate activities. It is your responsibility to notify the instructor at least one week prior to missing any course assignment.

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.

COURSE OUTLINE AND IMPORTANT DATES

❖ Syllabus & Course Agreement Quiz opens - 1/8 through 1/22
Module 1 – Metabolism
❖ Test #1 and Module 1 Discussion pertain to the course content of Module 1
❖ Test #1 opens - 1/30 (Sunday) through 2/1 (Tuesday)
❖ Module 1 discussion opens - 1/30 (Sunday) through 2/12 (Saturday) (original post due 2/5 and replies due 2/12)
Module 2 – Endocrine System and Module 3 – Immune System
❖ Test #2 pertains to the course content of Module 2 and Module 3
❖ Test #2 opens - 3/6 (Sunday) through 3/8 (Tuesday)
❖ Module 2 Discussion opens – 3/6 (Sunday) through 3/19 (Saturday) (original post due 3/12 and replies due 3/19)
❖ Module 3 Discussion opens – 3/13 (Sunday) through 3/26 (Saturday) (original post due 3/19 and replies due 3/26)
Module 4 – Neuromuscular System and Module 5 – Cardiovascular System
❖ Test #3 pertains to the course content of Module 4 and Module 5
❖ Test #3 opens - 4/3 (Sunday) through 4/5 (Tuesday)
❖ Module 4 Discussion opens – 4/3 (Sunday) through 4/16 (Saturday) (original post due 4/9 and replies due 4/16)
❖ Module 5 Discussion opens – 4/10 (Sunday) through 4/23 (Saturday) (original post due 4/16 and replies due 4/23)
Module 6 – Video Project Presentation
❖ Video project presentation due – 4/23 (Saturday)

❖ Each discussion opens at 12:01 AM and close at 11:59 PM during the dates listed above.

* * *

The instructor reserves the right to adjust this Syllabus at any time.