



**FLORIDA
ATLANTIC
UNIVERSITY**

COURSE CHANGE REQUEST Undergraduate Programs

Department Exercise Science & Health Promotion
College Science

UUPC Approval 2-23-26
UFS Approval _____
SCNS Submittal _____
Confirmed _____
Banner Posted _____
Catalog _____

Current Course Prefix and Number APK 4110

Current Course Title Exercise Physiology 1

Syllabus must be attached for ANY changes to current course details. See [Template](#). Please consult and list departments that may be affected by the changes; attach documentation.

Change title to:

Change description to:

Change prefix

From: **To:**

Change course number

From: **To:**

Change credits*

From: **To:**

Change grading

From: **To:**

Change WAC/Gordon Rule status**

Add **Remove**

Change General Education Requirements***

Add **Remove**

*See [Definition of a Credit Hour](#).
**WAC/Gordon Rule criteria must be indicated in syllabus and approval attached to this form. See [WAC Guidelines](#).
***GE criteria must be indicated in syllabus and approval attached to this form. See [Intellectual Foundations Guidelines](#).

Change prerequisites/minimum grades to:
(CHM 2045, CHM 2045L) and either (BSC 2085, BSC 2085L, BSC 2086, BSC 2086L) or (BSC 1010, BSC 1010L, BSC 1011, BSC 1011L), all grades wit a "C" or better.

Change corequisites to:

Change registration controls to:

Please list existing and new pre/corequisites, specify AND or OR and include minimum passing grade (default is D-).

Effective Term/Year for Changes: Fall 2026

Terminate course? Effective Term/Year for Termination:

Faculty Contact/Email/Phone Chris Boerum, cboerum@fau.edu, 954-892-8001

Approved by

Date

Department Chair _____ *[Signature]*

2-6-2026

College Curriculum Chair _____ *[Signature]*

2 / 12 / 26

College Dean _____ *[Signature]*

2/13/26

UUPC Chair _____ *[Signature]*

2-23-26

Undergraduate Studies Dean _____ *[Signature]*

2-23-26

UFS President _____

Provost _____

Email this form and syllabus to mjenning@fau.edu seven business days before the UUPC meeting.



FLORIDA ATLANTIC UNIVERSITY

APK 4110-002 15641

Exercise Physiology 1

Date: Tuesday, Thursday 11:00 AM - 12:20 PM

Building: Sanson Life Sciences Bldg Boca **Room:** 178

3 Credit(s)

Spring 2026 - 1 Full Term

Instructor Information

Email:

Office:

Office Hours:

Course Description

Exercise Physiology 1

Prerequisites: CHM 2045, CHM 2045L) and either (BSC 2085, BSC 2085L, BSC 2086, BSC 2086L) or (BSC 1010, BSC 1010L, BSC 1011, BSC 1011L, all with grades of "C" or better.

Corequisite: APK 4110L

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.

Prerequisites/Corequisites

Prerequisite(s): CHM 2045, CHM 2045L) and either (BSC 2085, BSC 2085L, BSC 2086, BSC 2086L) or (BSC 1010, BSC 1010L, BSC 1011, BSC 1011L, all with grades of "C" or better.

Corequisite(s):

Subject	Course Number
APK	4110L

Instructional Method

In-Person

Traditional concept of in person. Mandatory attendance is at the discretion of the instructor.

Required Texts/Materials

Exercise Physiology: Theory & Application to Fitness (RRMCG)

ISBN: 9781264529810

Publisher: McGraw-Hill

Edition: 12th

Exercise Physiology: Theory and Application to Fitness and Performance

ISBN: 9781264818099

Publisher: McGraw-Hill

Edition: 12th

Course Objectives/Student Learning Outcomes

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

1. Discuss the acute and chronic effects of exercise on human physiological systems.
2. Describe adaptations that occur in the human body with chronic exercise and the impact this has on individual health and well being.

3. Understand the anatomical and physiological mechanisms underlying exercise physiology.
4. Understand basic testing procedures utilized in exercise physiology.
5. Discuss additional topics pertaining to human anatomy and physiology, including aging, disease, physical inactivity, exercise, and sport.

Faculty Rights and Responsibilities

Florida Atlantic University respects the rights of instructors to teach and students to learn. Maintenance of these rights requires classroom conditions that do not impede their exercise. To ensure these rights, faculty members have the prerogative to:

- Establish and implement academic standards.
- Establish and enforce reasonable behavior standards in each class.
- Recommend disciplinary action for students whose behavior may be judged as disruptive under the Student Code of Conduct [University Regulation 4.007](#).

Disability Policy

In compliance with the Americans 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/.

Course Evaluation Method

Grading Criteria: There are a total of 460 points available for the course.

Your grade in this course will be based on a total of **460 possible points**, with an opportunity to earn up to 25 additional extra credit points. Below is a summary of each graded component:

- **Syllabus Quiz (5 points):** To ensure all students are familiar with course expectations, policies, and structure, a short syllabus quiz must be completed at the beginning of the term. The syllabus quiz must be completed (along with the other introduction assignments) to unlock the remaining course content.

- **Student Introduction Discussion (5 points):** To ensure students are familiar with the discussion board platform, students are required to submit a short, informal 'introduction' and reply to one other student. The student introduction discussion must be completed (along with the other introduction assignments) to unlock the remaining course content.
- **5 Course Exams (80 points each, 400 points total):** Exams are based on in-class and assigned video lectures, PowerPoints, textbook readings, lecture discussions, and other material posted on Canvas. **Exams are taken in-class/in-person** and are comprised of 40 questions worth two points each and question types may include multiple choice, multiple answer, fill-in-the-blank, true/false, matching, and ordering.
- **5 Online Pre-Exam Discussions (4 points each, 20 points total):** Prior to each course exam, you will complete an online graded discussion board assignment. You'll reflect on the material, apply key concepts, and engage with your peers' responses.
- **In-Class Assignments (30 points total):** In-class assignments will be presented randomly and may include short quizzes, discussions, writing prompts, and/or other assignment types. Assignments may be presented at any day/time and must be completed in-class to receive credit. **NOTE:** While 40 in-class participation points will be offered throughout the semester, students may only earn a maximum of 30 in-class participation points for the course; thus, there are ten additional participation points "built in" to accommodate an occasional class absence.
- **Extra Credit (25 points):** Extra credit will be available throughout the semester in the form of online bonus quizzes. **NOTE:** While 35 extra credit points will be offered throughout the semester, students may only earn a maximum of 25 extra credit points for the course; thus, there are ten additional extra credit points "built in" to help students maximize their extra credit grade. Thus, at the end of the semester, the extra credit grades will be evaluated, and all extra credit grades exceeding the 25-point maximum will be adjusted down to the 25-point maximum.

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 a 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](#).

Attendance Policy Statement

Students are expected to attend all their scheduled University classes and to satisfy all academic objectives as outlined by the instructor. The effect of absences upon 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 to make up work missed because of legitimate class absence, such as illness, family emergencies, military obligation, court-imposed legal obligations, or participation in University-approved activities. Examples of 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.

Religious Accommodation Policy Statement

In accordance with the 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. University Regulation 2.007, Religious Observances, sets forth this policy for FAU and may be accessed on the FAU website at www.fau.edu/regulations.

Any student who feels aggrieved regarding religious accommodations may present a grievance to the executive director of The Office of Civil Rights and Title IX. Any such grievances will follow Florida Atlantic University's established grievance procedure regarding alleged discrimination.

Time Commitment Per Credit Hour

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.

Course Grading Scale

Letter Grade	Letter Grade
A	93 - 100%
A-	90 - 92.9%
B+	87 - 89.9%
B	83 - 86.9%
B-	80 - 82.9%
C+	77 - 79.9%
C	73 - 76.9%
C-	70 - 72.9%
D+	67 - 69.9%
D	63 - 66.9%.9
D-	60 - 62%
F	Below 60

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.

[University Regulation 4.002](#) of the University Regulations contains information on the grade appeals process

Policy on Make-up Tests, Late work, and Incompletes

Late Assignments Policy

All students within the course will be granted one "late pass" per semester that may be used for **discussion board assignments or bonus quizzes only** (may not be used for

exams and/or any in-class assignments). The late pass may be used for any reason and an explanation is not required. **If a student misses an assignment and wishes to use the “late pass”, they must contact the instructor within 48 hours of the missed deadline to make make-up arrangements for the missed assignment. If the student does not contact the instructor within 48 hours, a grade of ‘zero’ will be recorded for the missed assignment.** Arrangement details for making up the assignment will be determined on a case-by-case basis and are at the discretion of the instructor. For all subsequent late work after the “late pass” is used, the following policy applies:

Following the use of the “late pass”, any failure to submit assignments by the scheduled due date will not be graded and will result in a grade of zero. Emailed assignments are not accepted. Furthermore, it is the student’s responsibility to double check that the correct file is submitted. Submitting an incomplete, incorrect, unrelated, or corrupted file will not result in a deadline extension and you will receive a zero for the assignment.

IMPORTANT: Please be aware that Canvas will occasionally display an assignment or quiz/exam as "locked" when trying to access the course material from your smartphone. If you experience this issue, please try again from a laptop and computer. E-mailed screenshots from a smartphone regarding this issue will not be accepted as a valid excuse for missing an assignment.

If a technical issue that is out of your control (i.e., Canvas error) causes you to miss a deadline, you MUST provide the following documentation as proof for consideration of late work submission:

- You **MUST** take a screenshot showing the **date & time** that the error occurred. This is proof that you were submitting the assignment/exam before the deadline. **If you attempt to upload an assignment at 11:59pm and the window closes, that is your error and not a computer error.**
- Immediately e-mail the instructor and provide the screenshot and an explanation.
- If applicable, submit a FAU help desk ticket (see ‘Technical Support’ section for guidance).

Please DO NOT wait until the last minute to submit your assignments/exams, as technical issues do happen!

Make-up Policy

Students are expected to complete 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 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.

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, unless otherwise specified. 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.

Special Course Requirements

Drops/Withdrawals

- The last day to drop this course without consequences is : **01/16/2026**
- The last day to drop this course and receive a "W" grade is: **03/27/2026**

Code of Academic Integrity Policy Statement

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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.

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. E-mails received without a proper greeting or professional etiquette will be ignored/deleted. When e-mailing your instructor, please also make sure to include the course name that you are e-mailing about. For more in-depth information, please see the [FAU Online Learning Etiquette Tips](#).

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](#).

Policy on the Recording of Lectures

Students enrolled in this course may record video or audio of class lectures for their own personal educational use. A class lecture is defined as a formal or methodical oral presentation as part of a university course intended to present information or teach students about a particular subject. Recording class activities other than class lectures, including but not limited to student presentations (whether individually or as part of a group), class discussion (except when incidental to and incorporated within a class lecture), labs, clinical presentations such as patient history, academic exercises involving student participation, test or examination administrations, field trips, and

private conversations between students in the class or between a student and the lecturer, is prohibited. Recordings may not be used as a substitute for class participation or class attendance and may not be published or shared without the written consent of the faculty member. Failure to adhere to these requirements may constitute a violation of the University's Student Code of Conduct and/or the Code of Academic Integrity.

AI Language Specific To This Course

- AI Prohibited: The use of AI to assist in any work assigned in this specific course is prohibited.

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 therapy, group therapy, and crisis services, to name a few - offered to help improve and maintain emotional well-being. For more information, go to <http://www.fau.edu/counseling/>

Student Support Services and Online Resources

- [Center for Learning and Student Success \(CLASS\)](#)
- [Counseling and Psychological Services \(CAPS\)](#)
- [FAU Libraries](#)
- [Math Learning Center](#)
- [Office of Information Technology Helpdesk](#)
- [Center for Global Engagement](#)
- [Office of Undergraduate Research and Inquiry \(OURI\)](#)
- [Science Learning Center](#)
- [Speaking Center](#)
- [Student Accessibility Services](#)
- [Student Athlete Success Center \(SASC\)](#)
- [Testing and Certification](#)
- [Test Preparation](#)

- [University Academic Advising Services](#)
- [University Center for Excellence in Writing \(UCEW\)](#)
- [Writing Across the Curriculum \(WAC\)](#)

Artificial Intelligence Preamble

FAU recognizes the value of generative AI in facilitating learning. However, output generated by artificial intelligence (AI), such as written words, computations, code, artwork, images, music, etc., for example, is drawn from previously published materials and is not your own original work.

FAU students are not permitted to use AI for any course work unless explicitly allowed to do so by the instructor of the class for a specific assignment. **[\[Policy 12.16 Artificial Intelligence\]](#)**

Class policies related to AI use are decided by the individual faculty. Some faculty may permit the use of AI in some assignments but not others, and some faculty may prohibit the use of AI in their course entirely. In the case that an instructor permits the use of AI for some assignments, the assignment instructions will indicate when and how the use of AI is permitted in that specific assignment. It is the student's responsibility to comply with the instructor's expectations for each assignment in each course. When AI is authorized, the student is also responsible and accountable for the content of the work. AI may generate inaccurate, false, or exaggerated information. Users should approach any generated content with skepticism and review any information generated by AI before using generated content as-is.

If you are unclear about whether or not the use of AI is permitted, ask your instructor before starting the assignment.

Failure to comply with the requirements related to the use of AI may constitute a violation of the **[Florida Atlantic Code of Academic Integrity, Regulation 4.001](#)**.

Proper Citation: If the use of AI is permitted for a specific assignment, then use of the AI tool must be properly documented and cited. For more information on how to properly cite the use of AI tools, visit <https://fau.edu/ai/citation>

Course Topical Outline

Dates	Lecture Schedule
1/13	Chapter 2
1/15	Chapter 2

1/20	Chapter 3
1/22	Chapter 3
1/27	Chapter 3
1/29	Chapter 4
2/3	Chapter 4
2/5	Chapter 4
2/10	Exam 1
2/12	Chapter 5
2/17	Chapter 5
2/19	Chapter 5
2/24	Chapter 7
2/26	Chapter 7
3/3	Chapter 7
3/5	Exam 2
3/10	Spring Break
3/12	
3/17	Chapter 8
3/19	Chapter 8
3/24	Chapter 8
3/26	Chapter 9
3/31	Chapter 9
4/2	Chapter 9
4/7	Exam 3
4/9	Chapter 10
4/14	Chapter 10
4/16	Chapter 10
4/21	Chapter 11
4/23	Exam 4
5/5 @ 10:30AM*	Cumulative Final Exam
<p><i>*Schedule is subject to change at any time at the discretion of the instructor. Please make sure to stay up to date with all online and in-class announcements.</i></p>	

Title IX Statement

In any case involving allegations of sexual misconduct, you are encouraged to report the matter to the University Title IX Coordinator in the Office of Civil Rights and Title IX (OCR9). If University faculty become aware of an allegation of sexual misconduct, they are expected to report it to OCR9. If a report is made, someone from OCR9 and/or

Campus Victim Services will contact you to make you aware of available resources including support services, supportive measures, and the University's grievance procedures. More information, including contact information for OCR9, is available at <https://www.fau.edu/ocr9/title-ix/>. You may also contact Victim Services at victimservices@fau.edu or 561-297-0500 (ask to speak to an Advocate) or schedule an appointment with a counselor at Counseling and Psychological Services (CAPS) by calling 561-297-CAPS.