## Course Description

This course is graded as per UBC's standard grading practices. This course may include Blackboard Collaborate Ultra sessions. These web conference sessions will give you access to online resources and professional development. In this course, and throughout your program, you are expected to communicate in a respectful manner. There are no grading policies for this course. Participation in quizzes, labs, and assignments is mandatory. The Faculty of Education is committed to providing a learning environment that is free from discrimination and harassment. All students are expected to contribute to a respectful and inclusive learning environment.

## Course Structure

Graduate Program. He performs several editorial duties for scientific journals and is an author or co-author of several books and chapters. In this course, and throughout your program, you are expected to communicate in a respectful manner. There are no grading policies for this course. Participation in quizzes, labs, and assignments is mandatory. The Faculty of Education is committed to providing a learning environment that is free from discrimination and harassment. All students are expected to contribute to a respectful and inclusive learning environment.

## Instructor Bio

Dr. Bill Sheel

Bill Sheel completed his education at Australian universities and is a member of the Canadian Society for Exercise Physiology (CSEP). In this course, and throughout your program, you are expected to communicate in a respectful manner. There are no grading policies for this course. Participation in quizzes, labs, and assignments is mandatory. The Faculty of Education is committed to providing a learning environment that is free from discrimination and harassment. All students are expected to contribute to a respectful and inclusive learning environment.

## Reading Assignments

- **Module 1A:** Oxygen Transport and Use in Exercise
  - Assigned reading: Textbook – Ch. 2
  - Assigned reading: Ch.’s 12, 13, 14

- **Module 2A:** The Basis of Energy Metabolism
  - Assigned reading: Textbook – Ch. 6
  - Assigned reading: Textbook – Ch. 4

- **Module 3A:** Application of Energy Metabolism
  - Assigned reading: Textbook – Ch. 9
  - Assigned reading: Ch.’s 25, 26, 27

- **Module 4A:** Thermoregulation
  - Assigned reading: Textbook – Ch. 7
  - Assigned reading: Ch.’s 19, 20

- **Module 5A:** Pulmonary Function
  - Assigned reading: Ch.’s 17, 18
  - Assigned reading: Textbook – Ch. 1

- **Module 6A:** Aging
  - Assigned reading: Ch.’s 21, 22
  - Assigned reading: Textbook – Ch. 3

## Course Summary

The course offers an introduction to the physiology of training and the Russian system of interval training. Students will learn about the energy transfer during exercise and the role of oxygen in energy metabolism. The course will also cover the role of the nervous system in regulating energy transfer during exercise and the role of the respiratory system in oxygen transport.

## Schedule of Topics

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<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topic</th>
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| 1    | Sep 2    | Module 1A
| 2    | Sep 9    | Module 2A
| 3    | Sep 16   | Module 3A
| 4    | Sep 23   | Module 4A
| 5    | Sep 30   | Module 5A
| 6    | Oct 7    | Module 6A
| 7    | Oct 14   | Lab 1: Identification of energy systems during exercise
| 8    | Oct 21   | Lab 2: Identification of energy systems during exercise
| 9    | Oct 28   | Quiz 1: Oxygen Transport and Use in Exercise
| 10   | Nov 4    | Lab 3: Identification of energy systems during exercise
| 11   | Nov 11   | Quiz 2: Thermoregulation
| 12   | Nov 18   | Lab 4: Identification of energy systems during exercise
| 13   | Nov 25   | Quiz 3: Application of Energy Metabolism
| 14   | Dec 2    | Lab 5: Identification of energy systems during exercise
| 15   | Dec 9    | Quiz 4: Thermoregulation

## Additional Information

- **Assignments:**
  - Lab 1: Identification of energy systems during exercise
  - Quiz 1: Oxygen Transport and Use in Exercise
  - Lab 2: Identification of energy systems during exercise
  - Quiz 2: Thermoregulation
  - Lab 3: Identification of energy systems during exercise
  - Quiz 3: Application of Energy Metabolism
  - Lab 4: Identification of energy systems during exercise
  - Quiz 4: Thermoregulation

- **Exams:**
  - Midterm Exam
  - Final Exam

## Resources

- **Help Resources:**
  - Email: bill.sheel@ubc.ca
  - Phone: (604) 822-8300
  - Office Hours: By appointment

- **Online Communication:**
  - Blackboard Collaborate Ultra
  - Zoom

- **Additional Information:**
  - Blackboard Collaborate Ultra
  - Zoom

- **Course outline and syllabus:**
  - Available on the course page.

- **Reading information:**
  - Assigned readings for each module.

- **Assignments:**
  - Lab assignments and quizzes.

- **Exams:**
  - Midterm and final exam.

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## Course Evaluation

<table>
<thead>
<tr>
<th>Quiz 1</th>
<th>Quiz 2</th>
<th>Quiz 3</th>
<th>Quiz 4</th>
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  - Quiz 2: Thermoregulation
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Please include KIN 335 in the subject line of emails.
Students Learning Outside of Canada

During this pandemic, the shift to online learning has greatly altered teaching and studying at UBC, including changes to health and safety considerations. Keep in mind that some UBC courses might cover topics that are censored or considered illegal by non-Canadian governments. This may include, but is not limited to, human rights, representative government, defamation, obscenity, gender or sexuality, and historical or current geopolitical controversies. If you are a student living abroad, you will be subject to the laws of your local jurisdiction, and your local authorities might limit your access to course material or take punitive action against you. UBC is strongly committed to academic freedom, but has no control over foreign authorities (please visit http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,33,86,0 for an articulation of the values of the University conveyed in the Senate Statement on Academic Freedom). Thus, we recognize that students will have legitimate reason to exercise caution in studying certain subjects. If you have concerns regarding your personal situation, consider postponing taking a course with manifest risks, until you are back on campus or reach out to your academic advisor to find substitute courses.

For further information and support, please visit: https://academic.ubc.ca/supportresources/freedom-expression.