Acknowledgement
UBC’s Point Grey Campus is located on the traditional, ancestral, and unceded territory of the xʷməθkʷəy̓əm (Musqueam) people. The land it is situated on has always been a place of learning for the Musqueam people, who for millennia have passed on their culture, history, and traditions from one generation to the next on this site.

Introduction: This course will provide an introduction to how the muscular, ventilatory and cardiovascular systems respond to acute and chronic exercise. The goal of the course will be to link together different learning modules so that you gain an understand of how the human body respond to acute exercise and how we adapt to exercise training.

Prerequisites
Bachelor of Kinesiology, second year standing.

Resources
- Lecture and Lab Material – All will be available to you on Canvas

Format of the Course
Specific course content can be found on the course Canvas Page, and more information detailed in the Course Introduction held Tuesday, May 16th

Tuesdays
- 40-45mins of live, lectures (Separated by 10-15 minute breaks)

Thursdays
- Lab materials will be posted prior to lab. It is your responsibility to read all procedures before the start of class.
- 5:00pm: TA will instruct how to complete lab, lab assignment, and take questions
**Evaluation of the Course**

- Labs: 20%
  - You will complete four lab submissions (5% each)
  - Completed individually – Submissions will require you to analyze your collected data and answer discussion questions

- Midterm: 30%
  - The Midterm will cover the first three modules and first two labs.
  - The format will be multiple choice, 2 short answers and 1 long answer question.
  - If you are unable to attend the midterm for a legitimate reason, the weight from the midterm will be added to the final exam. Please see Kinesiology in-term academic concession policy: https://kin.educ.ubc.ca/undergraduate/bkin/academic-concession/ There will be no makeup midterms.

- Final Exam: 50%
  - Content from throughout the whole course, guest lecture and labs will be on the final.
  - The final will be multiple choice, fill in the blank, calculation, and short/long answer.

**Course Overview:**

Module 1: Introduction and Energy transfer
Module 2: Metabolism
Module 3: Ventilation
Module 4: Cardiovascular regulation
Module 5: Muscle Function
Module 6: Exercise training
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University Policies

UBC provides resources to support student learning and to maintain healthy lifestyles but recognizes that sometimes crises arise and so there are additional resources to access including those for survivors of sexual violence. UBC values respect for the person and ideas of all members of the academic community. Harassment and discrimination are not tolerated nor is suppression of academic freedom. UBC provides appropriate accommodation for students with disabilities and for religious observances. UBC values academic honesty and students are expected to acknowledge the ideas generated by others and to uphold the highest academic standards in all of their actions.

Details of the policies and how to access support are available on the UBC Senate website.

Course Policies

Please make sure you are familiar with the academic policies and procedures.

Academic Integrity

Students are expected to follow UBC policies for academic integrity and academic misconduct, which includes practices around plagiarism, referencing and citation, and copyright. For more see, UBC’s Learning Commons Academic Integrity resourcesLinks to an external site..

Accessibility

If you have any challenges accessing materials that will impact your success in this course, UBC’s Centre for Accessibility can support your needs by providing appropriate accommodations to support you.

- Web: UBC’s Centre for Accessibility websiteLinks to an external site.
- Email: accessibility@ubc.ca

Learning Analytics

Some of the learning technologies used for this course collect data to support the improvement of teaching and learning. This includes the collection of data related to overall class progress to provide personalized feedback, engagement in discussion forums to support the fostering of community within the course, and how resources are being accessed to support improvements to the course design. To learn more about learning analytics at the Faculty of Education and at UBC, see the What is Learning Analytics?Links to an external site. page.

COVID-19 Safety:

If you are sick, it is important that you stay home. Complete a self-assessment for COVID-19 symptoms here: https://bc.thrive.health/covid19/en. In this class, the marking scheme is intended to provide flexibility so that you can prioritize your health and still succeed.

You are required to wear a non-medical mask during class and lab for your own protection and the safety and comfort of everyone else in the class. For our in-person meetings in this class, it is important that all of us feel as comfortable as possible engaging in class activities while sharing an indoor space. Nonmedical masks that cover our noses and mouths are a primary tool for combating the spread of COVID-19. Further, according to the provincial mandate, masks are required in all indoor public spaces including lobbies, hallways, stairwells, elevators, classrooms and labs. There may be students who have medical accommodations for not wearing a mask. Please maintain a respectful environment. UBC Respectful Environment Statement.
If Shalaya or the TA is feeling ill, they will not come to class and will communicate this as early as possible via a Canvas announcement. If this is the case, the lecture will be offered via Zoom and will be recorded.