



Kinesiology KIN 335 Section 921
(Formerly KIN 375)
Summer 2022

Instructor: Mick Leahy (*he/him/his*)

Office: None ☹️

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Office Hours: Thursdays, 2:00pm or Upon Request

Class: Tuesday / Thursday 2 -5 pm

TA: Rachel Jackman

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Acknowledgement

UBC's Point Grey Campus is located on the traditional, ancestral, and unceded territory of the xwməθkwəyəm (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 focuses on the application of our understanding of the regulation and integration of the neural, metabolic, cardiovascular and respiratory systems during exercise. The transport and utilization of oxygen during exercise in humans is primary focus. Third year standing is a prerequisite for this course. All materials you need to complete the course will be found on Canvas.

Prerequisites

Kinesiology 235 (Formerly KIN 275).

Resources

- Lecture and Lab Material – All will be available to you on Canvas
- Recommended Text: McArdle, Katch & Katch. Exercise Physiology: Nutrition, Energy, and Human Performance. 8th Edition, 2015.

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, July 5th

- Tuesdays
 - Lectures: 2:00, 3:00, & 4:00pm (10-15 minute break between)
- Thursdays
 - Office Hours: 2:00pm
 - Lab: 3:00 -5:00pm

Evaluation of the Course

- **Labs: 30% Total (15% Each)**
 - Each lab has an associated lab assignment
 - You have 6 days to complete and submit your lab assignments (with the exception of Group 2-Lab 2 in which you have 8 days due to midterm proximity).
 - Completed individually – Submissions will require you to analyze and present applied data sets, answer questions regarding the relevant observed physiology, and cite similar science.
- **Journal Club: 10% (5% Each)**
 - Journal Club will be a requirement on Thursday in which you do not have lab.
 - Grades are based on discussion and attendance
- **Midterm: 30%**
 - Testable material for the midterm will be anything from the first three weeks. This content from and including, Oxygen Consumption to Ergogenic Aids.
 - Format of the midterm will be: multiple choice, short answer (e.g. fill in the blank, calculation), and long answer (short essay/case study).
- **Final Exam: 30%**
 - **Date: To be determined by school**
 - Content from throughout the course and labs will be on the final. Cumulative.
 - Format of the final will be: multiple choice, short answer (e.g. fill in the blank, calculation), and long answer (short essay/case study).

Important Dates

- July 13th – Group 1 - Lab 1 Assignment Due
- July 21st - Midterm Exam
- July 22nd – Group 2 – Lab 1 Assignment Due
- August 3rd – Group 2 – Lab Assignment 2 Due
- August 10th – Group 1 – Lab Assignment 2 Due

Boundaries

- 24-Hour Rule
 - Upon receiving marks/feedback, please wait 24-hour hours before inquiring about grades or marking. E-mails received within 24-hours will not be replied.
- Communication
 - Your instructor or TAs will not respond to e-mails after 6:00pm or on weekends.

Illness & COVID

- Understandably, COVID-19 is still a circulating virus and we must be conscious of the health and safety of ourself and our classmates. If you are feeling sick, you stay home. If you test positive for COVID-19, follow BC CDC guidelines.
- Should you not be able to attend class due to illness, contact myself and you will be provided with a recording of the lecture (recorded a year previously). Additionally, you will be encouraged to attend Office Hours once well to clarify material covered.

Course Content Schedule

Dates of Class		Tuesdays	Thursdays	
Week 1 – July 4 th	2:00pm	Course Introduction	Group 1: Lab 1	Group 2: Journal Club
	3:00pm	O ₂ Consumption		
	4:00pm	Economy & Thresholds		
Week 2 – July 11 th	2:00pm	Anaerobic Training Adaptations	Group 1: Journal Club	Group 2: Lab 1
	3:00pm	Aerobic Training Adaptations		
	4:00pm	Specificity		
Week 3 – July 18 th	2:00pm	Responders versus Non-Responders	Midterm Exam	
	3:00pm	Training and Chronic Disease		
	4:00pm	Ergogenic Aids		
Week 4 – July 25 th	2:00pm	Oxygen Transport	Group 1: Journal Club	Group 2: Lab 2
	3:00pm	Exercise at Altitude		
	4:00pm	Training at Altitude		
Week 5 – August 1 st	2:00pm	Maladaptation's to Exercise	Group 1: Lab 2	Group 2: Journal Club
	3:00pm	Detraining and Bed Rest		
	4:00pm	Pregnancy		
Week 6 – August 8 th	2:00pm	The effect of aging on exercise	Review Session	
	3:00pm	The effect of sex on exercise		
	4:00pm	Student Topics!		

** Date listed (Ex. Week 1 – July 4th) indicates the Monday of the corresponding week. Classes/Labs are held on Tuesdays/Thursdays.

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](#).

Copyright

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Students are not permitted to record lectures. If recorded, this will be done by course instructors and saved on Canvas.