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

Instructor: Mick Leahy (he/him/his)  
Office: None 😞  
E-Mail: mick.leahy@ubc.ca

Class: Tuesday / Thursday 2 -5 pm  
TA: Rachel Jackman  
TA e-mail: rajackma@student.ubc.ca  
Office Hours: Thursdays, 2:00pm or Upon Request

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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 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

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 a 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

<table>
<thead>
<tr>
<th>Dates of Class</th>
<th>Tuesdays</th>
<th>Thursdays</th>
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<tbody>
<tr>
<td><strong>Week 1 – July 4th</strong></td>
<td>2:00pm Course Introduction</td>
<td>Group 1: Lab 1</td>
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<td>3:00pm (O_2) Consumption</td>
<td>Group 2: Journal Club</td>
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<td>4:00pm Economy &amp; Thresholds</td>
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<td><strong>Week 2 – July 11th</strong></td>
<td>2:00pm Anaerobic Training Adaptations</td>
<td>Group 1: Journal Club</td>
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<td>3:00pm Aerobic Training Adaptations</td>
<td>Group 2: Lab 1</td>
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<td>4:00pm Specificity</td>
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<td><strong>Week 3 – July 18th</strong></td>
<td>2:00pm Responders versus Non-Responders</td>
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<td>3:00pm Training and Chronic Disease</td>
<td>Midterm Exam</td>
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<td>4:00pm Ergogenic Aids</td>
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<td><strong>Week 4 – July 25th</strong></td>
<td>2:00pm Oxygen Transport</td>
<td>Group 1: Journal Club</td>
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<td>3:00pm Exercise at Altitude</td>
<td>Group 2: Lab 2</td>
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<td>4:00pm Training at Altitude</td>
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<td><strong>Week 5 – August 1st</strong></td>
<td>2:00pm Maladaptation’s to Exercise</td>
<td>Group 1: Lab 2</td>
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<td>3:00pm Detraining and Bed Rest</td>
<td>Group 2: Journal Club</td>
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<td>4:00pm Pregnancy</td>
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<td><strong>Week 6 – August 8th</strong></td>
<td>2:00pm The effect of aging on exercise</td>
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<td>3:00pm The effect of sex on exercise</td>
<td>Review Session</td>
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<td>4:00pm Student Topics!</td>
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** 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.