

The University of British Columbia - School of Kinesiology  
KIN 335 901  
2022W T2  
(Formerly KIN 375)

Instructors:

Shalaya Kipp

Mick Leahy (*he/him/his*)

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Class: Tuesday / Thursday 4 -7 pm

TA: Gregg Eschelmuller,

TA e-mail: [gregg.eschelmuller@ubc.ca](mailto:gregg.eschelmuller@ubc.ca)

Office Hours: Upon Request

**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 the 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. 8<sup>th</sup> Edition, 2015.

**Format of the Course**

Specific course content can be found on the course Canvas Page, and more information is detailed in the Course Introduction hold first day of class

**Tuesdays**

- Lecture: 4pm- 6:30pm (10-15 minute break between)

## Thursdays

- Lecture: 4pm- 4:30/5pm
- Journal Club Discussions: 4:30/5 -5:30/6pm

### Evaluation of the Course

- **Labs: 36% Total (12% Each)**
  - Each lab has an associated lab assignment
  - You have 1 week to complete and submit your lab assignment
  - All lab assignments will be completed individually
- **Journal Club: 14% (2% Each)**
  - Attendance for Journal Club will be a required
  - Grades are based attendance, participation in class, and your Write Ups
- **Midterm: 20%**
  - Testable material for the midterm will be anything from the first half of the course
  - 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).

### 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.

**Course Content Schedule**

Dates of Class		Tuesdays	Thursdays
Module 1: Week of January 9 <sup>th</sup> Instructor: Shalaya	4:00pm	Course Introduction	Lactate
	5:00pm	O <sub>2</sub> Consumption	Journal Club #1
Module 2: Week of January 16 <sup>th</sup> Instructor: Shalaya	4:00pm	Anaerobic Training Adaptations	Lecture
	5:00pm	Aerobic Training Adaptations	Journal Club #2
Week of January 23 <sup>rd</sup> TA	4:00pm – 7:00pm	Lab 1- Max and Thresholds Group A	Lab 1- Max and Thresholds Group B
Module 3: Week of January 30 <sup>th</sup> Instructor: Mick	4:00pm	Regulation of Blood Pressure	The Heart
	5:00pm	Regulation of Blood Flow	Journal Club #3
Module 4: Week of February 6 <sup>th</sup> Instructor: Mick	4:00pm	O <sub>2</sub> transport	Lecture
	5:00pm	Altitude Exercise and Training	Journal Club #4
Week of February 13 <sup>th</sup>	4:00pm – 7:00pm	Lab 2- Altitude Group A	Lab 2- Altitude Group B
Week of– February 27 <sup>th</sup>		Review	Midterm

Module 5 Week of March 6 <sup>th</sup> Instructor: Shalaya		Maladaptation's to Exercise	Journal Club #5
Module 6 Week of March 13 <sup>th</sup> Instructor: Shalaya		Pregnancy and Exercise	Journal Club #6
Week 11 - March 20 <sup>th</sup>		Lab 3 - Thermoregulation	Lab 3 - Thermoregulation
Module 7 Week of March 20 <sup>th</sup> Instructor: Mick		Sex and Ageing	Journal Club 7
Module 8 Week of April 3 <sup>rd</sup> Instructor: Mick		Student Topics!	TBD
Week of April 13 <sup>th</sup>		Review	Open office hours

### **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](#).

## **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 resources](#)[Links 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 website](#)[Links to an external site.](#)
- Email: [accessibility@ubc.ca](mailto: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 Mick 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.

## **Copyright**

All materials of this course (course handouts, lecture slides, assessments, course readings, etc.) are the intellectual property of the Course Instructor or licensed to be used in this course by the copyright owner. Redistribution of these materials by any means without permission of the copyright holder(s) constitutes a breach of copyright and may lead to academic discipline.

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