

Western University
Faculty of Health Sciences
School of Kinesiology

Introduction to Exercise Physiology
FALL 2022

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Dr

8	Gas exchange and transport within blood
8	Control of breathing during exercise
9	READING WEEK (Oct 31 st – Nov 4 th)
10	Exercise thresholds
10	The heart and circulation - systemic
11	The heart and circulation - peripheral
11	Muscle diffusion, venous return, and pulmonary circulation
12	Cardiovascular control during exercise
12	What limits VO ₂ max?
13	Physiological adaptations to exercise training
13	TBA
14	REVIEW FOR FINAL EXAM

3.2. Lab

Each lab runs for 2 weeks. You attend one lab every two weeks. Lab section numbers correspond to whether it is scheduled in week one or two: Week 1 sections 2,

5. Course Evaluation Plan:

Grades are a measure of the performance of a student in individual courses. Each student shall be judged on how well they have command of the course materials.

Component	Category	Value
I	Lab Tutorial Quizzes	4%
II	Lab Assignments	32%
III	Midterm Exam	30%
IV	Final Exam	34%

Evaluation Plan Breakdown:

Component I	Description	Value	Due Date
Lab 1 Tutorial Quiz	Short multiple-choice quiz on OWL	1%	Sep 19 th
Lab 2 Tutorial Quiz	Short multiple-choice quiz on OWL	1%	Oct 3 rd
Lab 3 Tutorial Quiz	Short multiple-choice quiz on OWL	1%	Oct 17 th
Lab 4 Tutorial Quiz	Short multiple-choice quiz on OWL	1%	Nov 7 th
Component II	Description	Value	Due Date
Lab Assignment #1	Analysis and interpretation of data collected in Lab 1	8%	Oct 5 th
Lab Assignment #2	Analysis and interpretation of data collected in Lab 2	8%	Oct 19 th
Lab Assignment #3	Analysis and interpretation of data collected in Lab 3	8%	Nov 9 th
Lab Assignment #4			

Course/University Policies

The website for Registrar Services is <http://www.registrar.uwo.ca>.

4. Academic Considerations and Absences from Lectures and Assessments

Religious Accommodation:

5. Contingency Plan for an In -Person Class Pivoting to 100% Online Learning

In the event of a situation that requires this course to pivot to online content delivery, all remaining

the case of a final grade in a course, the written request for relief must be submitted to the Chair of the department by January 31st (for first-term half courses) or June 30th (for second-term half courses or full-year courses)

8. Support Services

Health and Wellness: Information regarding health and wellness -related services available to students may be found at <http://www.health.uwo.ca/>.

Students who are in emotional/mental distress should refer to Mental Health@Western (<http://www.health.uwo.ca/>) for a complete list of options about how to obtain help.

There are various support services around campus and these include, but are not limited to:

- Student Development Centre - <http://www.sdc.uwo.ca/ssd/>
- Ombudsperson Office - <http://www.uwo.ca/ombuds/>

9. Student Code of Conduct

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