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<b>Phone</b>	519-661-2111 (ext. 87962)		y 6710ETEM.9C /P #MCID 24 36.DC Qq40
<b>Office Hours</b>	TBA		
<b>Lab Instructor</b>	Michael Herbert		

## 1. Course Description

The most important requirement for exercise performance is the transport of oxygen ( $O_2$ ) to support the bioenergetic processes in muscle cells and elimination of carbon dioxide ( $CO_2$ ) formed as a by-product of muscle metabolism. Thus, an appropriate respiratory and cardiovascular response is necessary to meet the demands imposed by increases in muscle metabolism. This course will explore the use of non-invasive (respiratory gas exchange) and minimally invasive (blood sampling) techniques and specialized exercise testing to provide an experiential and mechanistic basis for: i) understanding integrative responses to exercise a.7 (m)4. (i)67.1 (s)1 (e a.7 (e 5a.7 (5:)6.3C.at).6 (nd)11.6 (-)6.9

8	Oct 28	Aerobic exercise prescription
9	Nov 4	Laboratory determinants of performance
10	Nov 11	<b>EXAM 2</b> (in class)
11	Nov 18	Preparing a scientific manuscript II
12	Nov 25	Special topic related to scientific manuscript
13	Dec 2	Research presentations from laboratories in the School of Kinesiology

### 3.2. Lab

Each lab runs for 1 or 2 weeks as indicated in the Table below. You attend one lab every week. Lab section numbers correspond to the day and time in which the lab sessions will take place.

Appropriate dress (gym wear) is required for all labs. Please come to each lab prepared to exercise.

Data collected in your lab will be needed to complete each of the lab assignments and the manu (an)-00igns7.006 Tw

#### 4. Required Course Material/Text:

There is no required textbook for the course. All required readings will be posted on OWL or listed amongst the references for each lab protocol.

#### 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	Exam 1	30%
II	Exam 2	30%
III	Scientific Manuscript	40%

Grades are a measure of the performance of a student in individual courses. Each student shall be judged on their knowledge and command of the course materials.

Exams	Value: 60%	Dates: See below
Exam 1	30% Blend of multiple choice, short answer, and analysis/interpretation of data (90 minutes) <ul style="list-style-type: none"><li>Covers all lecture and lab material up to week 6</li></ul>	
Exam 2	30% Blend of multiple choice, short answer, and analysis/interpretation of data (90 minutes) <ul style="list-style-type: none"><li>Covers all lecture and lab material after week 6 and up to week 10</li></ul>	
Manuscript	Value: 40%	Dates: see below
Mini report: Introduction	5% Draft of manuscript introduction <ul style="list-style-type: none"><li><u>due</u>: TBA</li></ul>	
Mini report: Results	5% Draft of manuscript results <ul style="list-style-type: none"><li><u>due</u>: TBA</li></ul>	
Scientific Manuscript	30% Complete draft of scientific manuscript <ul style="list-style-type: none"><li><u>due</u>: December 6<sup>th</sup>, 2024</li></ul>	

All assignments will be posted on OWL well in advance of their corresponding deadlines.

Due dates for assignments are listed in the course syllabus and on OWL. Electronic copies of lab assignments are to be submitted on OWL. Assignments must be submitted no later than 11:59 am on the specified due date. Assignments will not be accepted late, except under medical or other compassionate circumstances. Submitting a late assignment without appropriate documentation will

format as the original exam. For example, the exam may shift from a multiple choice to an essay style examination.

## Course/University Policies

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

### 1. Email

In accordance with policy, the centrally administered e-mail account provided to students will be considered the individual's official university e-mail address. It is the responsibility of the account holder to ensure that e-mail received from the University at his/her official university address is attended to in a timely manner.

### 2. Academic Offences

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, in the Academic Calendar ([westerncalendar.uwo.ca](http://westerncalendar.uwo.ca)).

**Plagiarism:** Student work is expected to be original. Plagiarism is a serious academic offence and could lead to a zero on the assignment in question, a zero in this course, or your expulsion from the university. You are plagiarizing if you insert a phrase, sentence or paragraph taken directly from another author without acknowledging that the work belongs to him/her. Similarly, you are plagiarizing if you paraphrase or summarize another author's ideas without acknowledging that the ideas belong to someone else. All papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com ([www.turnitin.com](http://www.turnitin.com)).

**Re-submission of Previously Graded Material:** Without the explicit written permission of the instructor, you may not submit any academic work for which credit has been obtained previously, or for which credit is being sought, in another course or program of study in the University or elsewhere.

**Use of Statistical Pattern Recognition on Multiple Choice Exams:** Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

### 3. Use of Electronic Devices

**During Exams:** Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any electronic devices during ANY tests, quizzes, midterms, examinations, or other in-class evaluations.

**During Lectures and Tutorials:** Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. **Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**

**Personal Response Systems** (“clickers”) may be used in some classes. For those classes in which we use this technology, it is your responsibility to ensure that the device is activated and functional. You must speak with the course instructor immediately, if you have any concerns about whether or not your clicker is malfunctioning.

You must use only your own clicker. For all components of this course in which clicker records are used to compute a portion of the grade:

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#### **4. Academic Considerations and Absences from Lectures and Assessments**





A request for relief against a mark or grade must be initiated with the instructor as soon as possible after the mark is issued. In the event that the instructor is not available to the student, or fails to act, or if the matter is not resolved satisfactorily with the instructor, a written request for relief must be submitted to the Chair of the Department within three weeks of the date that the mark was issued. In 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 31<sup>st</sup> (for first-term half courses) or June 30<sup>th</sup> (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

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed and set out the disciplinary procedures that the University will follow. For more information, visit <https://www.uwo.ca/univsec/pdf/board/code.pdf>