**EXCM 301: Advanced Physiology of Exercise**

**Instructor:**
Jonathan Dugas, Ph.D.

**Class time:**
**Thursdays, 1/16/2014 - 05/01/2014**
7:00 - 9:30 PM
Lake Shore Campus
Life Science Building 212

**Office Hours:**
Via phone only, and by appointment is always best.
312 224 7206 (Office)
773 715 9541 (Cell)
jdugas1@luc.edu

**Prerequisite course(s):**
EXCM 101 and EXCM 201

**Reading Materials:**
No required textbook. I will provide all the scientific articles and other texts you require for this course.

**Course Description:**
This course will build on the basic concepts from EXCM 201. The primary objectives of this course are to provide students with a more advanced understanding of concepts in Exercise Physiology via lecture and primarily discussion, and to provide skills necessary to interpret scientific evidence from the literature and apply that scientific information. The following concepts will be covered during this course:

- The use and application of scientific models
- Adaptations to stress and training
- Metabolic responses to exercise
- Thermoregulation and fluid balance
- Physiology of sports doping

Students will be responsible also for learning how to read critically and interpret scientific publications as nearly all the required reading is in the form of scientific articles.
Learning objectives:
On completion of this course, the student will be able to describe and explain the physiology of the fundamental concepts of exercise metabolism, exercise training, thermoregulation, fluid balance, and doping in sports.

Grading and assignments:
Exams and quizzes are short answer only and graded subjectively. There is no set answer key for exams and quizzes. You must take responsibility for your own learning and be thorough when you answer exam questions. Your aim is to convince me that you fully understand the concepts. Please refer to the document on Sakai for examples of both good and bad exam question answers.

All assignments are due on the announced day for that specific assignment. Failure to submit an assignment on the due date without prior arrangement with the instructors will result in an initial 10% penalty followed by an additional 2.5% reduction per day overdue.

Schedule and Important dates
Important dates are published on the course schedule, but are subject to change. In the event of a change, students will be contacted via email and in-class announcements.

Class attendance
Attendance in class lectures is obligatory. The only source of much of the lecture material will be the discussion itself, and not prepared slides. Therefore the majority of your learning will come from discussion we have during each class period.

Communication
Unfortunately I do not have an office on campus. However I will respond to text messages, emails, and phone calls. If you need to contact me with questions related to course material or any other issue, please contact me via one of the routes above. I should normally be able to get back to you within 24 h.

Please let me know ahead of time if you are not able to attend an exam, are ill and will miss an undue amount of lectures, or have any other personal concerns.
Course points

Exam 1 25 points
Exam 2 40 points
Exam 3 50 points
Exam 4 75 points
Quiz 1 10 points
Quiz 2 15 points
Assignment 1 15 points

TOTAL 230 points

Grading system:
A 93-100
A- 90-92
B+ 87-89
B 83-86
B- 80-82
C+ 77-79
C 73-76
C- 70-72
D+ 67-69
D 60-66
F <60

Curving
If applying a curve benefits a majority of the class, I reserve the right to use this tool. I also reserve the right to let the course grades stand.