
HPHY 103 Exercise and Performance – Winter 2007

University of Oregon, Department of Human Physiology

Instructors:

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Meeting:

MWF, 3-3:50 pm, PLC 180

Readings:

Posted articles and links on blackboard website

Course Description:

Exercise and Performance focuses on the study of exercise as it relates to human performance. One of the primary goals of exercise is to help an individual perform better at a task. The physiological underpinnings of this relationship will be investigated with respect to several systems of the body, mainly focusing on the musculoskeletal, nervous, cardiovascular and respiratory systems.

Discussions:

In addition to a discussion of the course content, there will be a short weekly quiz from the readings and material covered during the previous week's lecture.

Students not attending discussions will receive no credit on missed quizzes.

Grading Criteria:

There will be a midterm and a final exam. Each exam will be multiple choice. The exams and discussions will contribute to your final grade in the following manner:

Discussion	35%
Midterm	30%
Final	35%

Final Grades:

The following grading system will be used for this class:

A+/A/A-	90-100%
B+/B/B-	80-90%
C+/C/C-	70-80%
D	60-70%
F	<60%

Weekly Course Outline

Week	Monday	Wednesday	Friday
1	Jan 8 Introduction	Jan 10 Karduna	Jan 12 Karduna
2	Jan 15 <i>MLK – no class</i>	Jan 17 Karduna	Jan 19 <i>Guest Lecturer</i>
3	Jan 22 Karduna	Jan 24 Karduna	Jan 26 Minson
4	Jan 29 Minson	Jan 31 Minson	Feb 2 Minson
5	Feb 5 Minson	Feb 7 Karduna	Feb 9 <i>Midterm Exam</i>
6	Feb 12 Sorenson	Feb 14 Sorenson	Feb 16 Sorenson
7	Feb 19 Sorenson	Feb 21 Sorenson	Feb 23 Karduna
8	Feb 26 Woolacott	Feb 28 Woolacott	March 2 Woolacott
9	March 5 Woolacott	March 7 Woolacott	March 9 Karduna
10	March 12 <i>Guest Lecturer</i>	March 14 <i>Guest Lecturer</i>	March 16 Karduna
11	Final Exam, Tuesday, March 20, 3:15 pm		