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2019

## **Course Design - Sample Syllabus for an Environmental Exercise Physiology Course**

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## **Q2S Enhancing Pedagogy**

Course Design – Sample Syllabus for an Environmental Exercise Physiology Course

Jason Ng

California State University, San Bernardino

### **Preface**

The purpose of this project was to develop courses as we transform our kinesiology program for the semester system. As part of the transformation, several existing courses were redesigned and new courses were developed to be introduced in the first term of the semester system. In a focused effort, several kinesiology faculty members organized and attended a retreat in September 2019 in Lake Arrowhead, CA to develop these courses. An example of a new course that will be introduced in the semester system that I was tasked with developing is Environmental Exercise Physiology (KINE 4300). In this class, students will examine the acute and chronic physiological responses to exercise under various environmental extremes, such as hot and cold environments, high altitude, deep sea diving, spaceflight, and sleep deprivation, among others. A sample syllabus is attached that an instructor can use as a template and fill in with details specific for that instructor. The sample syllabus also includes a suggested schedule of topics as well as a suggested project such as a presentation and/or field trip to develop practical experience.

**California State University, San Bernardino**  
**College of Natural Sciences/Department of Kinesiology**  
**KINE 4300, Environmental Exercise Physiology, Section,**  
**Semester and Year**

**Course and Instructor Information**

**Instructor:**  
**Office location:**  
**Telephone:**  
**Email:**  
**Office hours:**  
**Class Days/Time:**  
**Classroom:**  
**Others:**

**Faculty Web Page (Optional)**

Sample text: It is important to use descriptive links for all hyperlinks in your document. For example, instead of <http://blackboard.csusb.edu>, use visit the [California State University San Bernardino Blackboard](#) website. If you need to provide a link address for reference, please be sure to list it but disable the link, for example <http://blackboard.csusb.edu>

**Course Description**

An examination of the acute and chronic physiological responses to exercise in different physical environments as well as injuries and illnesses related to exercising in environmental extremes.

**Course Goals/Objectives and Student Learning Objectives/Outcomes**

At a minimum, each course syllabus must contain course goals and/or objectives and/or expected student learning outcomes (From Syllabus Policy, Section 2.c). Edit the title above to match the information given in this section.

Upon successful completion of this course, students will be able to:

Learning Outcome (LO) 1...  
LO2...

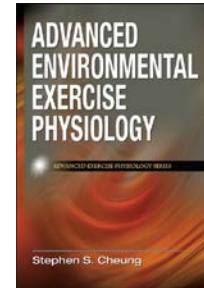
LO3...

LO4...

### Required Texts/Readings (note where available)

#### Required Textbook

Title: Advanced Environmental Exercise Physiology  
Author: Stephen Cheung  
ISBN: 9780736074681  
Copyright Year: 2018  
Publisher: Human Kinetics  
Available in the CSUSB Bookstore



#### Other Equipment

Bring a scientific calculator for participation, quizzes, and exams. Other devices (e.g., graphing calculators, mobile phones, tablets, etc.) will not be permitted during quizzes and exams. Students may bring a personal laptop to complete laboratory activities.

#### Water and Physical Activity

Students who are enrolled in activity courses or any course that requires physical activity as part of the course curriculum should bring a source of water to every class meeting.

### Assignments

**Midterm Exams:** Two (2) midterm exams will be administered throughout the quarter. Each exam will cover topics prior to that day. Students must be present to take the exam; there will be no make-up dates for any exams.

**Final Exam:** The final exam will cover all topics discussed throughout the entire term. Students must be present to take the exam; there will be no make-up dates for any exams.

**Quizzes:** Multiple *unannounced* quizzes will be administered at the beginning of class throughout the quarter. Each quiz will cover topics prior to that day, and students will have 10 minutes to complete it. **Students must be present to take the quiz; there will be no make-up dates for any quizzes. If the student comes to class after the quiz has been handed out they will not be allowed to take the quiz.** The instructor may occasionally administer an online assignment on Blackboard; this will count the same as a quiz.

**Presentation(s):** Each student will be assigned a topic related to a specific environmental concern (e.g., heat stress, cold stress, altitude, polluted environments, sleep deprivation, etc.) and address issues such as risks, precautionary measures, identification of signs and symptoms of illnesses, and practical safety recommendations.

**Field Trip/Alternative Environment Experience:** Near the end of the course, the class will travel to a nearby location or laboratory but with a different environment (e.g., heat, cold, altitude, etc.) to perform and measure physiological responses to an exercise activity and compare to neutral environments. Students will be responsible for providing their own transportation; carpooling is recommended.

**Research Involvement (optional):** During the quarter, students may opt to 1) participate as a volunteer in a research study conducted in the kinesiology department, 2) assist in an investigation, or 3) attend a professional kinesiology-related conference. This assignment is optional and proof of full completion may be used to earn points towards your final grade. See the instructor for more details. Documentation paperwork provided on Blackboard.

## Grading Policy

**Grading Scale:**

Quizzes	5 x 20 points each	=	100 points	(10% of final grade)
Exams:	3 x 200 points each	=	600 points	(60% of final grade)
Presentation:	1 x 150 points	=	150 points	(15% of final grade)
Field Trip:	1 x 150 points	=	150 points	(15% of final grade)
Total		=	1,000 points	(100% final grade)

1000 – 930 = A	899 – 870 = B+	799 – 770 = C+	699 – 670 = D+	≤ 599 = F
929 – 900 = A-	869 – 830 = B	769 – 730 = C	669 – 630 = D	
	829 – 800 = B-	729 – 700 = C-	629 – 600 = D-	

**Note on Grading Policy:** Learning is an active process and the student is responsible for his or her own experience. Due to limited class meetings per term, the course must proceed as scheduled. Any work not submitted by the due date as a result of an absence—including medical, university-related, family-related, or personal reasons—will not be excused. There will be no make-up dates for any of the items listed above. No work will be accepted after the due date. If an emergency arises, you must notify the instructor prior to each due date.

## University Policies

Instructor(s) shall refer students to the “General Regulations and Procedures” in the CSUSB Bulletin of Courses for the university’s policies on course withdrawal, cheating, and plagiarism. Below are examples only.

**Plagiarism and Cheating**

Sample text: Students are expected to be familiar with the University’s Policy on cheating and Plagiarism. Please review this at (CSUSB Bulletin, pages 51-52). “Quote here the university’s policy.” Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person’s ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified.

**Classroom Protocol**

Note expectations for participations, attendance, arrival times, behavior, safety, cell phone use, etc.

## **Dropping and Adding**

Sample text: You are responsible for understanding the policies and procedures about add/drops, academic renewal, etc. found at ([CSUSB Bulletin, pages 46-48](#)).

## **Campus Policy in Compliance with the American Disabilities Act**

CSUSB Syllabus Policy (2.g) states that at a minimum, each course syllabus must contain a statement of ADA compliance (below are the 2007-08 official statements for supporting students with disabilities), and the reminder that it is the student's responsibility to seek academic accommodations for a verified disability in a timely manner.

### **Support for Students with Disabilities**

#### **Main Campus:**

If you are in need of an accommodation for a disability in order to participate in this class, please see the instructor and contact Services to Students with Disabilities at (909) 537-5238.

If you require assistance in the event of an emergency, you are advised to establish a buddy system with a buddy and an alternate buddy in the class. Individuals with disabilities should prepare for an emergency ahead of time by instructing a classmate and the instructor.

#### **Palm Desert Campus:**

If you are in need of an accommodation for a disability in order to participate in this class, please let me know ASAP and also contact Rosie Garza in Services to Students with Disabilities at the Palm Desert Campus in RG-209, 760-341-2883 extension 78117, or at the San Bernardino Campus in UH-183, 909-537-5238, [ssd@csusb.edu](mailto:ssd@csusb.edu).

If you require assistance in the event of an emergency, you are advised to establish a buddy system with a buddy and an alternate buddy in the class. Individuals with disabilities should prepare for an emergency ahead of time by instructing a classmate and the instructor.

## **Course Schedule**

(Note: subject to change with fair notice.) List the agenda for the quarter including when and where the final exam will be held.

<b>Date</b>	<b>Topics, Readings, Assignments and Deadline</b>
Week 1	Overview of Environmental Physiology
2	Fundamentals of Temperature Regulation

<b>Date</b>	<b>Topics, Readings, Assignments and Deadline</b>
3	Heat Stress
4	Hydration Strategies for Exercise
5	<b>EXAM</b>
6	Cold Air Exposure
7	Cold Water Immersion
8	Diving and Hyperbaric Physiology
9	Training and Performing at Moderate Altitude
10	<b>EXAM</b>
11	Mountaineering and High-Altitude Physiology
12	Microgravity and Spaceflight
13	Exercise in Polluted Environments
14	Chronobiological Rhythms and Exercise Performance
15	<b>FIELD TRIP/ACTIVITY/PRESENTATIONS/ETC.</b>
16	<b>FINAL EXAM</b>

### **NOTE TO FACULTY**

(Delete this section after use, and do not include in your final syllabus copy.)

Before working on your syllabus, read the [CSUSB Syllabus Policy](#).

This template includes only the minimum that each course syllabus must contain as per Syllabus Policy, Section 2.