

School of Kinesiology, Faculty of Health Sciences
Department of Physiology and Pharmacology,
Schulich School of Medicine and Dentistry

Western University

KIN 4432a/PHYSIOL and PHARM 4420a
Physiology of Exercise

Location 3M 3210
Fall, 2015

Instructor: Dr. Kevin Shoemaker
Office: Rm 3159C TH
Office Hours: *
Phone: x85759
Email: kshoemak@uwo.ca
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Lectures:

TAs: TBD

NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via OWL.

Course Description: A study of the integration of neural, metabolic and vascular factors that compete to simultaneously regulate blood pressure and blood flow during physical exercise in health and disease. The course examines the integrative responses and mechanisms that regulate the human cardiovascular system during the physical stress of exercise and how these mechanisms are modified by age and some disease states. The neural reflexes that modify cardiovascular function for the adjustment of blood pressure and/or blood flow, and how they interact with local vascular control features, form a major component of the course. The course emphasizes an integrative physiologic approach, challenging the student to understand how several body systems interact concurrently to sustain cardiovascular homeostasis.

Anti-requisite(s)/Pre-requisite(s)/Co-requisite(s) if applicable: *

Kinesiology 4432: Physiology 1021 or equivalent, and Kinesiology 2230A/B.
Physiology/Pharmacology 4420: Physiology 3120, 3130Y and Physiology 3140A.

You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course. Lack of a pre-requisite or the completion of an anti-requisite cannot be used as a basis for appeal. If you are found ineligible for a course, you may be removed from it at any time and you will receive no adjustment to your fees. This decision cannot be appealed.

Course Format:

Lectures: Thursdays 9:30 - 11:30 a.m., and Fridays 9:30 – 10:30 a.m.

Location: To be determined

Recommended Text:

Course materials, including course outline, readings and lecture notes, are available at webct.uwo.ca. Past exams or exam questions are not available. Readings that parallel the lectures are assigned. The readings are in journal article or book chapter format. The weekly readings will emphasize the physiology, methodology and/or clinical aspects regarding reflex cardiovascular control. You are responsible for obtaining all course readings and most of these will be available through the OWL course site. The material in these readings will form the basis for, or supplement, the lecture presentations and their content will be considered in examinations.

Learning Objectives:

Upon completion of this course students will be able to:

1. **Identify and delineate** theoretical terms, concepts, and philosophies related to the cardiac, vascular and autonomic nervous system adjustments during exercise and how these (and other) systems work together in complex integrative physiology (Knowledge)
2. **Compare and contrast** theoretical and experimental approaches to the study of reflex cardiovascular control and how such variations affect interpretations. (Analysis)
3. **Synthesize** research and theoretical knowledge as it relates to the regulation of blood pressure and blood flow at rest and during exercise in various populations. (Comprehension)
4. **Develop** skills in critically evaluating scientific literature, and in considering various options that the body has to accomplish goals such as elevating blood pressure, or adjusting blood flow to skeletal muscle during exercise, and how such options vary from person to person. (Application)
5. **Further develop** abilities to *critically reflect* upon research findings, and your own learning, and relate these to the topics discussed in class. (Reflection)

Required Course Material:

All required readings and lecture slides will be posted on OWL.

Course/University Policies

1. **Lateness/Absences:** Assignments are due at the beginning of class on the assigned due date and will not be accepted late, except under medical or other compassionate circumstances. Electronic submission of assignments will not be accepted (unless otherwise specified) under any circumstances. Submitting a late assignment without appropriate documentation will result in a

zero (0) grade. Appropriate documentation for assignments worth less than 10% should be submitted to the Undergraduate office. A missed mid-term examination without appropriate documentation will result in a zero (0) grade. The course policy is not to allow make-ups for scheduled midterms, presentations or final exams, nor to assign a grade of Incomplete without acceptable and verifiable medical (or equivalent compassionate) reasons. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents or illness, death) or similar circumstances.

2. **Written documentation:** Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. stating specific reasons and dates. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for any request for accommodation shall be submitted directly, as soon as possible, to the appropriate *Academic Counselling Office* of the student's Faculty/School of registration not to the instructor, with a request for relief specifying the nature of the accommodation being requested. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. These documents will be retained in the student's file, and will be held in confidence in accordance with the University's Official Student Record Information Privacy Policy.

See <https://studentservices.uwo.ca/secure/index.cfm> for specific policy and forms relating to accommodation.

3. **Grades:** Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the assignment to approach the instructor or TA. In doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculations errors (which do occur!) should be brought to my attention immediately.

4. **Scholastic offences:** They are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:

http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf.

A) Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar). All required papers might 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 for such checking 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 (<http://www.turnitin.com>)

B) 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.

5. **Formatting** (*as recommended by the course instructor*): example- APA style is the approved style of writing for all assignments produced for this course. Please refer to Western University Library webpage for information on citation style and format or consult the APA publication manual: Publication manual of the American Psychological Association (6th ed.). (2009). Washington, DC: American Psychological Association.
6. According to the **Examination Conflict policy**, “A student who is scheduled to write more than two examinations in any 24-hour period may request alternative arrangements through the office of their Academic Counsellor.” **This policy does NOT apply to mid-term examinations.* There will be no make-up for the mid-term exam. Students who miss this exam with a valid reason will have the final re-weighted accordingly.
7. **Classroom Behaviour**: Class will begin promptly at the time specified at the top of page one of this syllabus. In the event that you must arrive late, please enter the classroom with a minimal disturbance to the class. I reserve the right to lock the classroom door and deny entrance if lateness becomes a common occurrence. Excessive talking during class time is disruptive, disrespectful, and will not be tolerated. Students engaging in such behaviour may be asked to leave the room. Cellular phones, pagers, and text-messaging devices are disruptive when they ring in class. If you must bring these with you, please place them on silent mode or turn them off during class. Failure to do so may result in your being asked to leave.
8. Laptops for the **purpose of typing lecture notes** are permitted in class, but please be respectful to your fellow students and turn the sound off. If I receive complaints from other students regarding noise or other disruptive behaviour (e.g., watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom laptop privileges will be revoked.
9. Audio and/or videotaping of lectures is not permitted unless approval has been sought, and received, from the instructor in advance.

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

<http://www.uwo.ca/univsec/board/code.pdf>

ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>

SUPPORT SERVICES

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

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>

Course Evaluation Summary:

1. Midterm #1:	30%
2. Assignment 1: Critical evaluation of literature (Date: TBD but within first four weeks of class)	15%
3. Assignment 2: Critical evaluation of literature. (Date TBD but in last half of November)	15%
4. Final Exam: <i>Minimally cumulative</i>	40%

Tentative Schedule

Lecture 1: Introduction

1. Course Introduction.
2. The layman's biophysics of reflexes, vascular mechanics and blood flow.

Lecture 2: Vasodilation: Increasing blood flow and oxygen delivery.

1. Blood flow responses to exercise
2. Hypotheses describing mechanism(s) mediating exercise vasodilation

Lecture 3: Autonomic Cardiovascular Control During Exercise:

3.1. The Sympathetic Nervous System:

Neuroanatomy, Neurotransmitters, Cellular Vasoconstriction Pathways, Measurement.

3.2. The Baroreflex

The basic physiology of acute baroreflex-mediated neurovascular adjustments to orthostasis.

3.3. The Exercise Pressor Response (the Metaboreflex) in health and disease.

Sensory nerve fibres from skeletal muscle signal changes in muscle metabolism that elicit a cardiovascular response.

Lecture 4. Central Command

The brain remains a frontier area of research in many aspects, including exercise science. How are muscle activation and cardiovascular responses coordinated during exercise? This lecture will expose students to the concept of central command, and touch on recent neuroimaging studies that examine the cortical organization for cardiovascular control during exercise.

Lecture 5: Sympatholysis: Balancing the field between vasodilation and vasoconstriction during exercise.

This lecture will attempt to tie many aspects of this course together by addressing the following question: Just how does one justify the ideas that we need considerable vasodilation to satisfy blood flow needs to exercising muscle with the competitive need to defend blood pressure in the face of a limited cardiac output? Is muscle blood flow or blood pressure the regulated variable in exercise?

Lecture 6: Regulation of Heart Rate and Methods Related to Research Into Exercise-Induced Bradycardia:

Time will determine whether additional lectures are given regarding:

- a) **Cardiovascular control in microgravity and its analogs.**
- b) **Cerebral blood flow control**
- c) **Clean up and Review**

Disclaimer Note: Time may not permit complete coverage of all topics outlined above. The timing and content of lectures might change depending on classroom discussions.