



Department of Kinesiology
College of Health Science
KIN 3040-1 The Physiology of Exercise
3 units

Spring 2021

Meeting days:

M, W, F

Brandon Sawyer, PhD

Professor of Kinesiology and Biology

Department Chair of Undergraduate Kinesiology

Meeting times:

11 - 11:55am

Phone: 619-849-2283

Meeting location: Online

Email: bsawyer@pointloma.edu

<p>Final Exam:</p> <p>Take home final:</p> <p>Friday June 11th by 11:59 PM</p>	<p>Office location and hours:</p> <p>Kinesiology Office #1</p> <p>*Office hours:</p> <p>by appointment</p>
<p>Additional info:</p>	<p>Additional info:</p>

*If you have any questions about the material in this course, feel free to stop by during my office hours as listed above or as listed on canvas for my zoom office hours. Either set up an appointment or simply drop by. I do get meetings scheduled during these office hours so I am not always available at these times. I will also be in my office at other, unscheduled times. If my office hours don't work for your schedule, e-mail or stop by and we can set up an appointment to meet.

My Commitment to you

I am here to help you in whatever way you need. Feel free to come to me with questions about the course, your life, your future, your career, or anything else that comes up. **You all matter greatly to me.

PLNU Mission

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

COURSE DESCRIPTION

A study of the effects of vigorous physical activity upon the systems of the body; development of an understanding of factors which constitute training of the human body for high levels of health and physical performance.

COURSE LEARNING OUTCOMES

After completion of this course you will be able to:

1. Demonstrate a working knowledge of the structure, function, and physiological concepts surrounding exercising skeletal muscle.
2. Demonstrate a working knowledge of the essentials of human metabolism and bioenergetics with a special focus on how they relate to physical activity.
3. Demonstrate the skills necessary to measure and compute energy expenditure.
4. Demonstrate a working knowledge of physical fatigue.
5. Demonstrate a working knowledge of the physiology of the cardiovascular system with special emphasis on how it works under conditions of vigorous physical activity.
6. Demonstrate a working knowledge of the physiology of the respiratory system with special emphasis on how it works under conditions of vigorous physical activity.
7. Demonstrate a working knowledge of the muscular, cardiovascular, and respiratory acute and chronic responses to physical activity.
8. Demonstrate a working knowledge of the general principles of endurance and resistance exercise training.
9. Describe the adaptations to resistance and endurance exercise training.
10. Manipulate a resistance training program to invoke different physiological responses.
11. Demonstrate a working knowledge of the effects of exercise in heat and altitude extremes.
12. Demonstrate a working knowledge of the immense health benefits of physical activity.
13. Describe the pathogenesis of type 2 diabetes and cardiovascular disease.
14. Describe the physiological effects of exercise on the pathogenesis of cardiovascular disease and type 2 diabetes.

Core Competencies Assessed in this course

1. Quantitative literacy is assessed with the “VO2max lab worksheet” (see assignments below)
2. Critical Thinking is assessed with the “Final Concept Map Paper” (see assignments below)
3. Information Literacy “Final Concept Map Paper” (see assignments below)
4. Writing Communication “Final Concept Map Paper” (see assignments below)

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

Note:

1. **Textbook:** Kenney WL, Wilmore JH, and Costill DL. Physiology of Sport and Exercise. Human Kinetics Publishing Co., Champaign, IL, **7th Edition**, 2020.

COURSE CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 3 unit class delivered over 15 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request. (Based on 37.5 hours of student engagement per credit hour.)

LEARNING OPPORTUNITIES AND ASSIGNMENTS

- 1. Quizzes:** Quizzes will be administered via canvas. The quiz will be on the required reading for the day. Quizzes will be available on canvas 2 days before the quiz. Students are to complete the quiz at home while reading and record their answers on a sheet of paper. Students will have the first 5 minutes of class to “turn in” their quizzes via canvas on the day of the quiz. There will be 11 quizzes given over the course of the semester and the lowest quiz score will be dropped. **This will take the place of retaking quizzes for unexcused absences.**
- 2. Team Based Learning (TBL):** TBL is an innovative teaching method that has proven to improve learning. You will all be placed into teams at the beginning of the semester. We will have 2 TBL days in which you will study on your own before class, take a short quiz by yourself (iRAT) on that material when you arrive to class, and then take the same quiz with your team (tRAT). We will follow up for the rest of the class and the following class with some exercises based on that material that you just learned. The gallery walk days will also be part of the team based learning
- 3. Concept Maps 1 & 2:** Information from class notes and the textbook will be used to create flow diagrams explaining the formation of ATP (#1) and the control of heart rate during exercise (#2). Students will use the free concept map website bubbl.us. For each account made on bubbl.us you can make 3 mind maps. The maps must be exported as an image and uploaded to canvas before the due date and time.
- 4. Final Concept Map:** This will be a more detailed concept map explaining in detail the effects of prolonged (3 months at least) endurance exercise training on one of the following: atherosclerosis or blood glucose control. The map will be accompanied with a research paper. See assignment instructions for more details.

5. **Lab Reports:** There will be a short lab report due 1 week after each laboratory experience in the class. Most labs will consist of volunteers from class participating in the exercise testing then each student individually completing the report. You will be given one chance to correct and return your first lab report after the first grading.

6. **Lecture Exams:** The exams will be designed to test the students' comprehension of the material presented via lectures and independent studying of the textbook. Questions can include: multiple choice, fill in the blank, matching, true/false, and short answer format.

7. **Final Exam:** The final exam will be worth 125 points. The cumulative portion will be in a "Major Concepts" format. Information from the entire semester will be tested. The Major Concepts format means that student will only be tested on the large and most important concepts of the course.

8. **Class Attendance and Participation:** There are 50 points possible for class attendance and participation. You get 2 points per day for attendance and participation. There are 27 total synchronous days in the semester so you have 2 free absences built in. In order to receive the attendance points you must be logged into zoom on time, the whole class, with your video on (unless you have communicated with me ahead of time a reason why you need to have your camera off) OR if you are attending in person you must be there on time and stay for the entire class session.

COURSE POINTS AND GRADING

Your most up to date grade in the class will always be available for your viewing on canvas. As soon as I finish grading an assignment or exam I will post it to canvas.

Item	Points	Total Points
1. Quizzes	11 @ 10 points each	100 (drop lowest)
2. Exams	3 @ 75 points each	225

3.	Concept Maps 1&2	2 @ 25 points each	50
4.	iRATs/tRATs	3 @ 20 points each	60
5.	Gallery Walks	3 @ 10 points each	30
6.	TBL Peer Eval	1 @ 20 points	20
7.	Sync class partic	15 @ 2 points	50
8.	TBL Activities	4 @ 5 points	20
9.	Lab Reports	2 @ 25 points	50
10.	Final Concept Map	1 @ 100 points	100
11.	Final Exam	1 @ 80 Points	80
12.	Honorlock + COVID	2 @ 3 Points	6
Total			791

Final grades will be posted within one week of the end of the class. Grades will be based on the following:

Standard Grade Scale Based on Percentages

A 93.5-100	B+ 87.5-89.4	C+ 77.5-79.4	D+ 67.5-69.4	F Less than 59.4
A- 89.5-93.4	B 83.5-87.4	C 73.5-77.4	D 63.5-67.4	

	B- 79.5-83.4	C- 69.5-73.4	D- 59.5-63.4	

Course and PLNU Policies:

STATE AUTHORIZATION

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures) [_ \(https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures\)](https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures) to view which states allow online (distance education) outside of California.

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

PLNU ACADEMIC HONESTY POLICY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a

failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](https://catalog.pointloma.edu/content.php?catoid=41&navoid=2435#Academic_Honesty) [_\(https://catalog.pointloma.edu/content.php?catoid=41&navoid=2435#Academic_Honesty\)](https://catalog.pointloma.edu/content.php?catoid=41&navoid=2435#Academic_Honesty) for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMMODATIONS POLICY

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center (DRC@pointloma.edu [_\(https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=DRC@pointloma.edu\)](https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=DRC@pointloma.edu) or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all **synchronous** class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. In some courses, a portion of the credit hour content will be delivered **asynchronously** and attendance will be determined by submitting the assignments by the posted due dates. See [Academic Policies](https://catalog.pointloma.edu/content.php?catoid=46&navoid=2650#Class_Attendance) [_\(https://catalog.pointloma.edu/content.php?catoid=46&navoid=2650#Class_Attendance\)](https://catalog.pointloma.edu/content.php?catoid=46&navoid=2650#Class_Attendance) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

Asynchronous Attendance/Participation Definition

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

SPIRITUAL CARE

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the [Office of Spiritual Development](https://www.pointloma.edu/offices/spiritual-development) [_\(https://www.pointloma.edu/offices/spiritual-development\)](https://www.pointloma.edu/offices/spiritual-development)

USE OF TECHNOLOGY

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](https://help.pointloma.edu/TDCClient/1808/Portal/KB/ArticleDet?ID=108349) [_\(https://help.pointloma.edu/TDCClient/1808/Portal/KB/ArticleDet?ID=108349\)](https://help.pointloma.edu/TDCClient/1808/Portal/KB/ArticleDet?ID=108349) information. Additionally, students are required to have headphone speakers compatible with their computer available to use. If a student is in need of technological resources please contact student-tech-request@pointloma.edu [_\(https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=student-tech-request@pointloma.edu\)](https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=student-tech-request@pointloma.edu).

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

KIN 3040 Course Schedule : Full Calendar

Week	Date	Topic	Assignment Due	Required Reading	Link to Video of Class	Key
1	Mon, Mar 1, 2021	Skeletal Muscle-Group A in Person		Ch. 1	https://youtu.be/WYmjdQb3h1E	Group A in Perso Group B on zoom
	Wed, Mar 3, 2021	Skeletal Muscle/Nervous System- Group B in Person	Quiz #1	Ch. 1		Group B in Perso Group A on zoom
	Fri, Mar 5, 2021	Nervous System-Recorded lecture day no one synchronous	Honorlock practice quiz	Ch. 3	https://youtu.be/Lwrfib83ytg	Asynchronous De

2	Mon, Mar 8, 2021	Metabolism-Group A in Person	Quiz #2	Ch. 2		All synchronous Zoom	
	Wed, Mar 10, 2021	Metabolism-Group B in Person		Ch. 2			Exams
	Fri, Mar 12, 2021	TBL: Endocrine-All on zoom	iRAT/tRAT #1	Ch. 3			
3	Mon, Mar 15, 2021	Cardiovascular-Group A in Person	Quiz #3	Ch. 6		Total Days	
	Wed, Mar 17, 2021	Cardiovascular/Respiratory-Group B in Person		Ch. 6 and 7			
	Fri, Mar 19, 2021	Respiratory-Recorded lecture day no one synchronous	Quiz #4 Concept Map #1	Ch. 7	https://youtu.be/TUPp2RauqUQ		
4	Mon, Mar 22, 2021	TBL: Gallery Walk Review-Asynchronous		Ch. 4			
	Wed, Mar 24, 2021	Exam #1- Synchronously take exam on own		Ch. 4			
	Fri, Mar 26, 2021	Energy Expenditure/Fatigue-Recorded lecture day no one synchronous	Quiz #5	Ch. 5	https://youtu.be/UKoF5IDIEks		
5	Mon, Mar 29, 2021	EE/EPOC Lab-Group A in Person		Ch. 5			
	Wed, Mar 31, 2021	Mental Health Wednesday: No Class!					
	Fri, Apr 2, 2021	Energy Expenditure/Fatigue-All on zoom		Ch. 5			
6	Mon, Apr 5, 2021	Cardio/Pulmonary Response to exercise-Group A in Person	Quiz #6	Ch. 8			
	Wed, Apr 7, 2021	Cardio/Pulmonary Response to exercise-Group B in Person	Lab #1	Ch. 8			
	Fri, Apr 9, 2021	TBL: Cardio/Pulmonary Response to exercise-All on zoom	iRAT/tRAT #2	Ch. 8			
7	Mon, Apr 12, 2021	TBL (activity 1): Cardio/Pulmonary Response to exercise-All on zoom		Ch. 8			
	Wed, Apr 14, 2021	VO2max Test Lab-Group B in Person					
	Fri, Apr 16, 2021	TBL (activity 2): Cardio/Pulmonary Response to exercise-All on zoom		Ch. 8			
8	Mon, Apr 19, 2021	Cardiovascular Disease-Group A in Person	Quiz #7 Concept Map #2	Gaesser Article; Ch. 21			
	Wed, Apr 21, 2021	Cardiovascular Disease and Type 2 Diabetes-Group B in Person		Ch. 21			
	Fri, Apr 23, 2021	Cardiovascular Disease and Type 2 Diabetes-All on zoom	Lab #2	Ch. 21			
	Mon, Apr 26, 2021	TBL: Gallery Walk Review					

9	Mon, Apr 26, 2021	TBL: Gallery walk Review-Asynchronous			
	Wed, Apr 28, 2021	Exam #2-Synchronously take exam on own			
	Fri, Apr 30, 2021	Training Principles: recorded lecture day, no one synchronous		Ch. 9, 14	https://youtu.be/RWoZ4erf4Hg
10	Mon, May 3, 2021	Adaptations to resistance training-All on zoom	Quiz #8	Ch. 10	
	Wed, May 5, 2021	Mental Health Wednesday: No Class!			
	Fri, May 7, 2021	Adaptations to resistance training-All on zoom		Ch. 10	
11	Mon, May 10, 2021	Adaptations to resistance training-Group A in Person		Ch. 10	
	Wed, May 12, 2021	Adaptations to endurance training-Group B in Person	Quiz #9	Ch. 11	
	Fri, May 14, 2021	Adaptations to endurance training-Recorded lecture day no one synchronous		Ch. 11	
12	Mon, May 17, 2021	Adaptations to endurance training-Group A in Person	Final Concept Map and Paper Rough Draft	Ch. 11	
	Wed, May 19, 2021	Exercise in the heat-Group B in Person	Quiz #10	Ch. 12	
	Fri, May 21, 2021	TBL: Heat and Altitude-All on zoom	iRAT/tRAT #3	Ch. 12, 13	
	Mon, May 24, 2021	TBL(Activity #3): Altitude-All on zoom		Ch. 12	

[Full Calendar](#)

Course Summary:

Date	Details	Due
Mon Mar 1, 2021	 Week 1 Overview	to do: 8am

Date	Details	Due
	 KIN3040-2 Zoom (https://canvas.pointloma.edu/calendar?event_id=85626&include_contexts=course_55193)	11am to 12pm
	 WK1 Course Orientation	to do: 11:59am
Tue Mar 2, 2021	 Meet Your Instructor: Dr. Brandon Sawyer	to do: 11:59pm
	 KIN3040-2 Zoom (https://canvas.pointloma.edu/calendar?event_id=85627&include_contexts=course_55193)	11am to 12pm
Wed Mar 3, 2021	 Quiz 1 (https://canvas.pointloma.edu/courses/55193/assignments/621815)	due by 11:10am
	 COVID-19 Preparedness (https://canvas.pointloma.edu/courses/55193/assignments/621280)	due by 11:59pm
Fri Mar 5, 2021	 tRAT 1 (https://canvas.pointloma.edu/courses/55193/assignments/621839)	due by 11am
	 Week 2 Overview	to do: 8am
Mon Mar 8, 2021	 KIN3040-2 Zoom (https://canvas.pointloma.edu/calendar?event_id=85629&include_contexts=course_55193)	11am to 12pm
	 Quiz 2 (https://canvas.pointloma.edu/courses/55193/assignments/621817)	due by 11:10am

Date	Details	Due
Wed Mar 10, 2021	 KIN3040-2 Zoom (https://canvas.pointloma.edu/calendar?event_id=85630&include_contexts=course_55193)	11am to 12pm
Fri Mar 12, 2021	 KIN3040-2 Zoom (https://canvas.pointloma.edu/calendar?event_id=85631&include_contexts=course_55193)	11am to 12pm
	 iRAT 1 (https://canvas.pointloma.edu/courses/55193/assignments/621812)	due by 11:15am
	 TRAT 1 (https://canvas.pointloma.edu/courses/55193/assignments/621822)	due by 12pm
	 Week 3 Overview	to do: 8am
Mon Mar 15, 2021	 KIN3040-2 Zoom (https://canvas.pointloma.edu/calendar?event_id=85632&include_contexts=course_55193)	11am to 12pm
	 Gallery Walk 1 (https://canvas.pointloma.edu/courses/55193/assignments/621827)	due by 11am
	 Quiz 3 (https://canvas.pointloma.edu/courses/55193/assignments/621819)	due by 11:10am
Wed Mar 17, 2021	 KIN3040-2 Zoom (https://canvas.pointloma.edu/calendar?event_id=85633&include_contexts=course_55193)	11am to 12pm

Date	Details	Due
Fri Mar 19, 2021	 Quiz 4 https://canvas.pointloma.edu/courses/55193/assignments/621802	due by 11:10am
	 Concept Map 1 https://canvas.pointloma.edu/courses/55193/assignments/621823	due by 11:59pm
Mon Mar 22, 2021	 Week 4 Overview	to do: 8am
Wed Mar 24, 2021	 Exam 1 https://canvas.pointloma.edu/courses/55193/assignments/621813	due by 1pm
Fri Mar 26, 2021	 Quiz 5 https://canvas.pointloma.edu/courses/55193/assignments/621811	due by 11:10am
	 Week 5 Overview	to do: 8am
Mon Mar 29, 2021	 KIN3040-2 Zoom https://canvas.pointloma.edu/calendar?event_id=85638&include_contexts=course_55193	11am to 12pm
	 Lab 1 https://canvas.pointloma.edu/courses/55193/assignments/621830	due by 11:59pm
Wed Mar 31, 2021	 KIN3040-2 Zoom https://canvas.pointloma.edu/calendar?event_id=85639&include_contexts=course_55193	11am to 12pm
	 tRAT 2 https://canvas.pointloma.edu/courses/55193/assignments/621840	due by 11am

Date	Details	Due
Fri Apr 2, 2021	 KIN3040-2 Zoom (https://canvas.pointloma.edu/calendar?event_id=85640&include_contexts=course_55193)	11am to 12pm
	 Week 6 Overview	to do: 8am
Mon Apr 5, 2021	 KIN3040-2 Zoom (https://canvas.pointloma.edu/calendar?event_id=85641&include_contexts=course_55193)	11am to 12pm
	 Quiz 6 (https://canvas.pointloma.edu/courses/55193/assignments/621808)	due by 11:10am
Wed Apr 7, 2021	 KIN3040-2 Zoom (https://canvas.pointloma.edu/calendar?event_id=85642&include_contexts=course_55193)	11am to 12pm
	 Exercise Physiology Lab Demonstration Energy Expenditure (https://canvas.pointloma.edu/courses/55193/assignments/621810)	due by 11:59pm
Fri Apr 9, 2021	 KIN3040-2 Zoom (https://canvas.pointloma.edu/calendar?event_id=85643&include_contexts=course_55193)	11am to 12pm
	 iRAT 2 (https://canvas.pointloma.edu/courses/55193/assignments/621818)	due by 11:15am
	 TRAT 2 (https://canvas.pointloma.edu/courses/55193/assignments/621805)	due by 11:30am

Date	Details	Due
Mon Apr 12, 2021	 Week 7 Overview	to do: 8am
	 KIN3040-2 Zoom (https://canvas.pointloma.edu/calendar?event_id=85644&include_contexts=course_55193) 	11am to 12pm
	 TBL Activity 1 (https://canvas.pointloma.edu/courses/55193/assignments/621834) 	due by 11am
Wed Apr 14, 2021	 KIN3040-2 Zoom (https://canvas.pointloma.edu/calendar?event_id=85645&include_contexts=course_55193) 	11am to 12pm
	 Lab 2 (https://canvas.pointloma.edu/courses/55193/assignments/621831) 	due by 11:59pm
Fri Apr 16, 2021	 KIN3040-2 Zoom (https://canvas.pointloma.edu/calendar?event_id=85646&include_contexts=course_55193) 	11am to 12pm
	 TBL Activity 2 (https://canvas.pointloma.edu/courses/55193/assignments/621835) 	due by 11am
Mon Apr 19, 2021	 Week 8 Overview	to do: 8am
	 KIN3040-2 Zoom (https://canvas.pointloma.edu/calendar?event_id=85647&include_contexts=course_55193) 	11am to 12pm
	 Quiz 7 (https://canvas.pointloma.edu/courses/55193/assignments/621804) 	due by 11:10am

Date	Details	Due
	 Concept Map 2 https://canvas.pointloma.edu/courses/55193/assignments/621824	due by 11:59pm
Wed Apr 21, 2021	 KIN3040-2 Zoom https://canvas.pointloma.edu/calendar?event_id=85648&include_contexts=course_55193	11am to 12pm
Fri Apr 23, 2021	 KIN3040-2 Zoom https://canvas.pointloma.edu/calendar?event_id=85649&include_contexts=course_55193	11am to 12pm
	 VO2max Lab https://canvas.pointloma.edu/courses/55193/assignments/621809	due by 11:59pm
Mon Apr 26, 2021	 Week 9 Overview	to do: 8am
	 Gallery Walk 2 https://canvas.pointloma.edu/courses/55193/assignments/621828	due by 12pm
Wed Apr 28, 2021	 Exam 2 https://canvas.pointloma.edu/courses/55193/assignments/621806	due by 12:30pm
	 Week 10 Overview	to do: 8am
Mon May 3, 2021	 KIN3040-2 Zoom https://canvas.pointloma.edu/calendar?event_id=85653&include_contexts=course_55193	11am to 12pm
	 Quiz 8 https://canvas.pointloma.edu/courses/55193/assignments/621816	due by 11:10am

Date	Details	Due
Wed May 5, 2021	 KIN3040-2 Zoom https://canvas.pointloma.edu/calendar?event_id=85654&include_contexts=course_55193	11am to 12pm
Fri May 7, 2021	 KIN3040-2 Zoom https://canvas.pointloma.edu/calendar?event_id=85655&include_contexts=course_55193	11am to 12pm
Mon May 10, 2021	 Week 11 Overview	to do: 8am
Mon May 10, 2021	 KIN3040-2 Zoom https://canvas.pointloma.edu/calendar?event_id=85656&include_contexts=course_55193	11am to 12pm
Wed May 12, 2021	 KIN3040-2 Zoom https://canvas.pointloma.edu/calendar?event_id=85657&include_contexts=course_55193	11am to 12pm
Fri May 14, 2021	 Quiz 9 https://canvas.pointloma.edu/courses/55193/assignments/621800	due by 11:10am
Fri May 14, 2021	 tRAT 3 https://canvas.pointloma.edu/courses/55193/assignments/621841	due by 11:59pm
Mon May 17, 2021	 Week 12 Overview	to do: 8am
Mon May 17, 2021	 KIN3040-2 Zoom https://canvas.pointloma.edu/calendar?event_id=85659&include_contexts=course_55193	11am to 12pm

Date	Details	Due
Wed May 19, 2021	 Final Concept Map Draft https://canvas.pointloma.edu/courses/55193/assignments/621826	due by 11:59pm
Wed May 19, 2021	 KIN3040-2 Zoom https://canvas.pointloma.edu/calendar?event_id=85660&include_contexts=course_55193	11am to 12pm
Wed May 19, 2021	 Quiz 10 https://canvas.pointloma.edu/courses/55193/assignments/621801	due by 11:10am
Fri May 21, 2021	 KIN3040-2 Zoom https://canvas.pointloma.edu/calendar?event_id=85661&include_contexts=course_55193	11am to 12pm
Fri May 21, 2021	 IRAT 3 https://canvas.pointloma.edu/courses/55193/assignments/621821	due by 11:15am
Fri May 21, 2021	 TRAT 3 https://canvas.pointloma.edu/courses/55193/assignments/621807	due by 11:45am
Mon May 24, 2021	 Week 13 Overview	to do: 8am
Mon May 24, 2021	 KIN3040-2 Zoom https://canvas.pointloma.edu/calendar?event_id=85662&include_contexts=course_55193	11am to 12pm
Mon May 24, 2021	 TBL Activity 3 https://canvas.pointloma.edu/courses/55193/assignments/621836	due by 11:59pm

Date	Details	Due
Wed May 26, 2021	 KIN3040-2 Zoom (https://canvas.pointloma.edu/calendar?event_id=85663&include_contexts=course_55193)	11am to 12pm
	 Final Concept Map (https://canvas.pointloma.edu/courses/55193/assignments/621825)	due by 11:59pm
	 TBL Activity 4 (https://canvas.pointloma.edu/courses/55193/assignments/621837)	due by 11:59pm
Fri May 28, 2021	 Gallery Walk 3 (https://canvas.pointloma.edu/courses/55193/assignments/621829)	due by 11:59pm
	 Week 14 Overview	to do: 8am
Mon May 31, 2021	 Week 16 Overview	to do: 8am
	 Exam 3 (https://canvas.pointloma.edu/courses/55193/assignments/621820)	due by 1pm
	 Quiz 11 (https://canvas.pointloma.edu/courses/55193/assignments/621814)	due by 11:10am
Wed Jun 2, 2021	 KIN3040-2 Zoom (https://canvas.pointloma.edu/calendar?event_id=85667&include_contexts=course_55193)	11am to 12pm
	 Final Exam (https://canvas.pointloma.edu/courses/55193/assignments/621803)	due by 11:59pm

Date	Details	Due
Mon Jun 7, 2021	 TBL Peer Eval (https://canvas.pointloma.edu/courses/55193/assignments/621838)	due by 11:59pm
Mon Jun 7, 2021	 Week 15 Overview	to do: 8am
Fri Jun 11, 2021	 Take Home Final Exam (https://canvas.pointloma.edu/courses/55193/assignments/621833)	due by 11:59pm
	 Roll Call Attendance (https://canvas.pointloma.edu/courses/55193/assignments/621832)	