



HHPK 545.01B Advanced Exercise Physiology

COURSE SYLLABUS: FALL 2026

INSTRUCTOR INFORMATION

Instructor: Dr. Vipra Bernhardt
Office Location: NHS 165D
Office Hours: By appointment
Email Address: Vipra.Bernhardt@etamu.edu

COURSE INFORMATION

Meeting Times: Wednesdays 9:30am-12:00pm
Meeting Location: NHS 165

Required Materials

- Peer-reviewed journal articles of the instructor's and students' choice related to exercise physiology throughout the semester.
- Other readings will be provided by the instructor
- Adobe Acrobat

Course Description

Application of basic physiological concepts to the programs of kinesiology, emphasis upon the physiological effects and adjustments occurring from participation in physical activity. Major factors in conditioning, fatigue, diet, and physical fitness are considered.

Student Learning Outcomes

1. To gain and/or deepen knowledge of the physiological responses exercise
2. To critically evaluate journal articles
3. To hone presentation skills
4. To engage in discussion and interaction in various topics in exercise science

COURSE REQUIREMENTS

Instructional Methods

This course will be heavily student-led, thus all students need to be prepared for the discussions to occur in class. Research articles will be provided (either by the instructor and/or students) at least one week in advance to allow for personal engagement with the text prior to class time.

The syllabus/schedule are subject to change.

Student Responsibilities or Tips for Success in the Course

Student leaders are expected to prepare engaging presentations and discussion questions, all others are expected to actively participate. Reading research articles is an acquired skill that takes practice. Weekly readings should take 1-2 hours. Preparing for student-led presentations can take 4-5 hours, depending on your level of knowledge on the topic.

GRADING

Presentations (pair & individual)	2x100 pts	40%
Group debates	2x50 pts	20%
Discussion/Participation	10x20pts	40%
Total:	500 pts	100%

Final grades in this course will be based on the following scale:

A = 90%-100%

B = 80%-89%

C = 70%-79%

D = 60%-69%

F = 59% or Below

Assessments

1. Presentations:

You will prepare two (2) presentations about a topic/journal article of your choice. The first time, you will work in groups of two (or three). The second time you will present individually. The presentation should include detailed explanations (think: lecture) about the physiological principles to be discussed by using other sources besides the article (textbooks, other articles, etc). Then present the article, including the study background, methodology, results, and the author's discussion. Provide your own critique of the study (e.g. is the study valid? Are the conclusions drawn supported by the data presented? Benefits vs risks/costs?). End with conclusions, implications, and future directions. Throughout the presentation, encourage discussion with the class by asking thought-provoking questions.

For student pair-led presentations, select one of the review articles from those provided in D2L (first come, first served) or choose your own. For individual presentations, select an interesting original research article. Email the article to the professor at least one week before your scheduled presentation to be made available to the other students.

2. Group Debates:

You will be divided into two groups, debating two opposing views on the chosen topic. As a group you will be responsible for finding relevant journal articles to use in your argumentation.

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3. Class Participation/Discussion:

This class will rely heavily on your participation in class. Discussions within your groups or the whole class are required. For effective discussion, you must read the articles before class. For each article (except group debate articles), students who are not presenting will post discussion questions at least 48 hours before the scheduled presentation. During the live class session, presenters will have the opportunity to use these posts when leading the discussion.

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by East Texas A&M University have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements: <https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@etamu.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a ETAMU campus open computer lab, etc.

COMMUNICATION AND SUPPORT

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here: <https://community.brightspace.com/support/s/contactsupport>

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Interaction with Instructor Statement

If you have any questions or are having difficulties with the course material, please talk to me before or after class, during office hours, or via email

Counseling Center

The Counseling Center at East Texas A&M, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling [903-886-5145](tel:903-886-5145). For more information regarding Counseling Center events and confidential services, please visit <https://www.etamu.edu/counseling-center/>.

Mental Health and Well-Being

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.



COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

- All lecture and lab materials, as well as the gradebook will be made available on D2L.
- See syllabus for due dates on all assignments.

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in class/via D2L/email.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Handbook](https://www.etamu.edu/student-handbook/)

(<https://www.etamu.edu/student-handbook/>)
<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

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ETAMU Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity

East Texas A&M University acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

Students at East Texas A&M University are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Graduate Student Academic Dishonesty 13.99.99.R0.10](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10GraduateStudentAcademicDishonesty.pdf>

Students with Disabilities-- ADA Statement

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

East Texas A&M University

Gee Library- Room 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: studentdisabilityservices@etamu.edu

Website: [Office of Student Disability Resources and Services](#)

(<https://www.etamu.edu/student-disability-services/>)

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Nondiscrimination Notice

East Texas A&M University will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in East Texas A&M University buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and East Texas A&M Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all East Texas A&M campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

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COURSE OUTLINE / CALENDAR

Week	Date	Modality
1	8/26	Syllabus and Intro
2	9/2	Instructor-led presentation
3	9/9	Instructor-led presentation
4	9/16	Student pair-led presentation
5	9/23	Student pair-led presentation
6	9/30	Student pair-led presentation
7	10/7	Student pair-led presentation
8	10/14	Group debate
9	10/21	Individual student-led presentations
10	10/28	Individual student-led presentations
11	11/4	Individual student-led presentations
12	11/11	Individual student-led presentations
13	11/18	Individual student-led presentations
14	11/25	Thanksgiving break
15	12/2	Group debate

Tentative topics to be discussed:

- Pulmonary responses to exercise
- Cardiovascular responses to exercise
- Bioenergetics and exercise metabolism
- Cardiorespiratory training
- Neural control
- Perception of effort
- Temperature regulation during exercise
- Hydration during exercise
- Central/peripheral fatigue
- Other current topics of interest

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