

Eastern Oregon University
Course Syllabus

Number of Course: EXS 333

Name of Course: Environmental Physiology and Nutrition

Catalog Description:

In this course we will be investigating physical activity, physiological processes, nutrition, and how these are affected by environmental conditions. The human body undergoes acute and long term physiologic changes in response to changes in environmental conditions. These can include exposure to heat, cold, altitude, and other physical demands required for outdoor recreation and expeditions. These physiological changes lend insight in the processes critical for the maintenance of homeostasis and adaptation.

Credit Hours: 3

Required Texts or Suggested Materials:

Are available at: <http://eou.bncollege.com/>

Prerequisites: N/A

Learning Outcomes:

By the end of the term students will understand critical concepts regarding human:

1. Exercise Physiology Basics
2. Temperature Regulation
3. Heat stress
4. Cold Air Exposure
5. Training and Performing at Moderate Altitude
6. Mountaineering and High altitude performance.
7. Microgravity and Spaceflight.
8. Ultra Endurance and Expedition Nutrition and Adaptation

Course Requirements:

1. Reading assignments:

Every three weeks, students will be responsible for turning in a 2-3 page (single spaced, 12-font, 1 inch margins) summary regarding an assigned book (see required reading materials above). This semester, students will choose from the list of books, and read 3 books, each of which will provide a unique story steeped in the application of exercise physiology and physical adaptation. Each report will contain 3-4 distinct sections. Section 1: Overall summary and description of the book. This section should end with a specific purpose statement stating the 3-4 main topics that will be discussed in the paper. Section 2: The body of the paper should expand on each of the stated topics from the purpose statement. These sections should include specific examples from the book, how the topic applies to what we are learning in class, and the significance of this topic. Section 3: In section 3, students are to discuss their personal takeaways from the book, the impact of the information, applications of the information in their own experiences, etc. Section 4: Overall summary and conclusions. This should be relatively short, and sum up your overall feelings toward the book. REMEMBER, YOU NEED TO APPLY CONCEPTS WE ARE LEARNING IN CLASS TO THESE WRITE UPS. These assignments are meant

to encourage you to think about exercise physiology and the extent to which our bodies can survive in different way. Each of these reports will be worth 30 points. Again, this is a relatively easy way to significantly improve your overall grade. SO PLEASE GET THE BOOKS AND BEGIN READING RIGHT AWAY. PLEASE DO NOT WAIT UNTIL THE LAST MINUTE.

2. Course Midterms and Final.

There will be 2 midterm exams and a CUMULATIVE final. The midterms will be given at the end of week 4 and week 8. I will post the exam via blackboard on a Friday morning at 8am, and students will have until Sunday of the same weekend at 11:59pm to finish the exams. The exams will consist of a combination of matching and short answer questions. Students will have one hour to complete the exam. There will not be enough time to look up all answers, and students need to study, memorize material, and prepare study notes to do well on the exam. Exam material will come from the notes and readings. Each exam will be worth 100 points.

Grading Policies:

Total possible points from reading assignments = 90

Total points from Exams = 300

Total points=390

The grade cutoffs will be typical:

90-100% = A, 80-90% = B, 70-80% = C, 60-70% = D, and less than 60% = F

Means of Assessment:

Doing well in this class

1. You need to read and study! This is a rigorous course and you should spend at least 8-12 hours per week studying this material. Read the notes and answer the weekly study questions.
2. Ask for help, if you need it. I hold 6 office hours per week for your benefit. If you don't understand something, ask me about it. Do not postpone this until the final few weeks when it is too late for your grade. If you score less than 70% on first exam, please see me immediately.

Brief Outline of Course:

Describe the nature of the course (lecture and lab, workshop format, etc.), any specific course content not detailed in the catalog description, and brief schedule.

General Education Category and Outcomes:

University Writing Requirement Outcomes:

Writing Center Statements:

For on-campus courses

The Writing Center provides a place — physical or virtual — where every EOU writer can find an interested, responsive reader. Writing tutorials are free of charge for EOU's undergraduate and graduate students who are writing for any course at any level, or who are writing resumes, job letters, graduate applications, and more. Go to eou.mywconline.com to schedule an appointment in the Writing Center (Loso Hall 234).

For online or on-site courses

The Writing Center provides a place — physical or virtual — where every EOU writer can find an interested, responsive reader. Writing tutorials are free of charge for EOU students writing for any undergraduate course. Go to [EOU's eTutoring page](#) to submit a paper to a writing tutor.

For graduate courses

The Writing Center provides a place — physical or virtual — where every EOU writer can find an interested, responsive reader. Writing tutorials are free of charge for EOU students writing for any graduate course. Go to [EOU's eTutoring page](#) to submit a paper to a writing tutor. Click on [Graduate Students How To](#) for information about tagging your submission.

Classroom Decorum:**Academic Misconduct Policy:**

Eastern Oregon University places a high value upon the integrity of its student scholars. Any student found responsible for an act of academic misconduct (including but not limited to cheating, unauthorized collaboration, fabrication, facilitation, plagiarism or tampering) may be subject to having his or her grade reduced in the course in question, being placed on probation or suspended from the University, or a combination of these. (Please see the Student Handbook online at <http://www.eou.edu/sse/student-handbook/>).

Accommodations/Students with Disabilities policy:

Any student who feels he or she may need an accommodation for any type of disability, must contact the Disability Services Office in Loso Hall, Room 234. Phone: 541-962-3081.

Disclaimer:

This standard syllabus provides only general information on the course. For those enrolled in the course a detailed syllabus will be provided by the Instructor at the beginning of the term. Please keep in mind that not all courses are offered every year. Consult Webster for scheduling information.

Date: 2018