

HUMAN BIODYNAMICS

The Physiology of Human Performance

BIL 113 - Honors Readings in Biology - Fall 2004

2C - Wednesdays - 10:10am to 11:00am SA -166

<http://fig.cox.miami.edu/~cmallery/113/bil113.htm>

Physiology of Human Performance defines the biochemical and physiological changes brought about by a single (acute) or a repeated (chronic) human activity, feat or action.

| | <u>Week Of</u> | <u>Topic</u> | |
|-----|----------------|---|------------------------------------|
| 1. | Aug 25 | Introduction - Goals and Objectives RANDOM DRAWING for Student Paper Dates | |
| 2. | Sep 01 | Library Search Methodologies - Richter & Calder | |
| 3. | Sep 08 | Aerobic Capacity/Strength Tests/Endurance | |
| 4. | Sep 15 | Personal Library Search - Richter &/or Calder | |
| 5. | Sep 22 | Free Class - Presentation Preparation - Pick up #1 Ashe 200 | |
| | | Class Presentations | ARTICLE DUE DATE to Mallery |
| 5. | Sep 29 | Presentation 1 | Sep 15 |
| | Oct 06 | No class | |
| 6. | Oct 13 | Presentation 2 | Sep 29 |
| 7. | Oct 20 | Presentation 3 | Oct 06 |
| 8. | Oct 27 | Presentation 4 | Oct 13 |
| 9. | Nov 03 | Presentation 5 | Oct 20 |
| 10. | Nov 10 | Presentation 6 | Oct 27 |
| 11. | Nov 17 | Presentation 7 | Nov 03 |
| 12. | Nov 24 | Presentation 8 | Nov 10 |
| 13. | Dec 01 | Presentation 9 | Nov 17 |

Recommended *Human Physiology: Mechanisms of Body Function, 8th edition*
by A. Vander, J. Sherman, & D. Luciano. McGraw-Hill Publishers, NY. 2001

Books: *Physiological Basis of Physical Education and Athletics* by E.L. Fox, R.W. Bowers, & M.L. Foss. W.C. Brown, publishers, 1989

Sports Fitness and Training by R. Mangi, P. Jokl and O.W. Dayton. Pantheon Press, NY. 1987

ATTENDANCE: is mandatory. Each absence will result in a reduction of one/half of a complete letter grade (i.e., from an A to a A-, etc).

GRADING POLICY: Each student must select a specific topic (to be approved by Mallery) and search for one scientific journal article which he/she will present to the class as a whole for open discussion. Your grade will be a composite of a) 1/3 presentation of this article, b) 1/3 participation in class discussions, c) and 1/3 from a written term paper. The term paper shall be based upon your journal article presentation topic **supplemented** with new references and additional information. The paper should be about 5 to 7 type written pages (double spaced).

SELECTION of TOPIC: Once you have settled upon a topic concept or idea you must have it approved by Mallery. Selection of a specific journal article for your topic: a clean xerox or digital copy must be given to Mallery **two (2)** weeks prior to the student's presentation date (see above schedule). PENALTY for not providing the article on time will be one-half letter grade. Each student in the class will receive one xerox of every student's article one week prior to its presentation date. A random drawing of the dates of the student paper presentations will be held in class.