

USC Dornsife

Dana and David Dornsife
College of Letters, Arts
and Sciences

HBIO-205Lxg – The Science of Sport

Units: 4 units

Spring 2021

Time and Day: 9:00 AM - 9:50 AM MWF MHP 101*
9:30 AM -10:50 AM T TH THH 101*

Instructor: Bob Girandola, Ed.D.

Office Hours:

Wed 8:00 AM- 9:00 AM and Thurs 11:00 AM – 12:00 PM

Contact Info: Telephone: (213) 740-6151

Email: girandol@usc.edu

Laboratory: All Labs will be taught ONLINE

M: 9:00 AM - 10:50 AM

T: 10:00 AM - 11:50 AM, 12:00 PM - 1:50 PM, 2:00 PM - 3:50 PM, 4:00 PM - 5:50 PM, 6:00 PM – 7:50 PM

Th: 12:00 PM - 1:50 PM

F: 10:00 AM - 11:50 AM, 12:00 PM - 1:50 PM, 2:00 PM - 3:50 PM

HBIO 205Lxg is being offered as a HYBRID course during the Spring 2021 semester. That means the course will be taught simultaneously in class and online. However, students do not have to attend live to take the class, it is an option. All labs are online. HOWEVER, due to ongoing COVID problems the Spring 2021 semester will begin ONLINE for all students.

There will be no Spring Break during the 2021 Semester, There will be “Wellness” days, no classes on these days. They include the following: March 12, April 7 and April 30.

Course Description:

This course will deal with the physiological and nutritional basis of human performance. It will be a combination of lecture and laboratory exercises to better help students understand the factors that facilitate and limit optimal performance. It is not a course aimed solely at elite students, but also the typical individual who has the desire to exercise and wishes to better understand that factors that are involved in exercise tolerance. *Not available for major credit.*

Recommended Text (Optional):

1) Physiology of Sport & Exercise by W.L.Kenney, J. Wilmore & D.L. Costill

Required Lab Manual:

2) Laboratory Manual for the Science of Human Performance by Kim Henige, Ed.D

I. Objectives:

- A. To understand the physiological and nutritional factors that facilitate and limit optimal performance.
- B. To gain knowledge in health, exercise and nutrition related issues for healthy life-style decisions.

II. Class Schedule:

Week	Topic
1	Metabolism
2	Metabolism
3	Energy Demand
4	Energy Intake & Weight Control
5	Weight Control, Obesity – First Exam
6	Nutrition & Performance
7	Drugs & Ergogenic Aids
8	Pulmonary Function
9	Pulmonary Function & Cardiovascular
	Spring Break
10	Cardiovascular – Second Exam
11	Oxygen Consumption
12	Muscular System
13	Environmental Physiology
14	Environmental Physiology
15	Environmental Physiology
	FINAL EXAM

III. Grading and Grading Scale:

- 1. First mid-term – 25% (after 5 weeks)
- 2. Second mid-term – 25% (after 10 weeks)
- 3. Final Exam – 25%
- 4. Laboratory Grade – 25%

***Exact** Dates for the first two exams will be announced in class.

Grading Scale: Each exam will be curved and assigned a letter grade based upon the following criteria:

- Average score = C
- Average score + 1 Standard Deviation (SD) = B
- Average score + 2 SD = A
- Average score – 1 SD = D
- Average score – 2 SD = F

IV. Course Make-up Policy:

IF a student has a legitimate excuse for missing one of those exams, a make-up exam in ESSAY format will be given at a mutual date determined by the instructor and student.

V. Laboratory Component:

Lab Director: Anh-Khoi Nguyen, Ph.D. (agnguyen@usc.edu)

Lab Instructors:

Joshua Carlos, M.S. (jcarlos6@usc.edu)

Bara Floyd, M.S. (gbfloyd@usc.edu)

Helaine Lopes, Ph.D., ATC (lopes@usc.edu)

Tentative Lecture Schedule:

Week	Lecture Topic	Reading
Jan 15	Metabolism: The production of ATP. How do muscle cells convert Carbohydrates, Fats, and Proteins into useable energy (ATP)? – Glycolysis; Aerobic metabolism: Krebs Cycle and Cytochrome Chain	Intro + Ch 2
Jan 18	Energy Demands: The caloric cost of both rest and activity. Principles related to resting and basal metabolic rate (RMR and BMR) – Resting metabolic rate; Caloric cost of various activities; Individual variations. Monday, Jan 18 is holiday, MLK day	Ch. 2,5
Jan 25	Energy Intake: Caloric cost of foods and beverages. Caloric balance. Caloric cost of carbohydrates, fats, proteins, and alcohol; Concepts of caloric balance.	Ch. 5,22
Feb 1	Weight Control: How does an individual gain or lose weight? Separating fact from fiction. Concepts of weight loss with dietary restriction and exercise; Myths of weight control, especially weight loss; Drugs and other substances used for weight loss; Concepts of weight gain. How does fat-free mass increase?	Ch. 15,22
Feb 8	Obesity: The etiology of obesity – How do people get fat?; Genetic verses environment; Trends in the U.S. and the world; Possible solutions	Ch. 22
Feb 8	Obesity: The etiology of obesity – How do people get fat?; Genetic verses environment; Trends in the U.S. and the world; Possible solutions.5	
Feb 15	Nutrition: For optimal health and for human performance – What is an ideal diet; The caloric nutrients: Fat, Carbohydrate, Protein; The non-caloric nutrients: Vitamins and Minerals; Dietary programs that effect human athletic performance; Nutrient supplements and ergogenic aids Feb 15 is Presidents Day, University holiday	Ch. 15,16
Feb 22	Nutrition: For optimal health and for human performance – What is an ideal diet; The caloric nutrients: Fat, Carbohydrate, Protein; The non-caloric nutrients: Vitamins and Minerals; Dietary programs that effect human athletic	Ch. 15,16

	performance; Nutrient supplements and ergogenic aids.(First mid term exam will be given during this week)	
Mar 1	Pulmonary system as it is affected by exercise – Anatomy of the system; Lung volumes; Ventilation; Gas exchange; Hemoglobin	Ch. 7,8
Mar 8	The Cardiovascular system as it is affected by exercise – Discussion of the heart, blood vessels and blood; Cardiovascular dynamics during rest and exercise; The cardiovascular system as a limiting factor in aerobic exercise; Cardiovascular benefits of exercise: coronary heart disease	Ch. 6,8
Mar 15	The Cardiovascular system as it is affected by exercise – Discussion of the heart, blood vessels and blood; Cardiovascular dynamics during rest and exercise; The cardiovascular system as a limiting factor in aerobic exercise; Cardiovascular benefits of exercise: coronary heart disease.	Ch. 6,8
March 22	Oxygen consumption during exercise of various intensities – The use of oxygen consumption (VO ₂) to determine metabolic cost, intensity, and type of fuel; The concept of VO ₂ Max to determine athletic potential and the effects of training; The lactate threshold as an indicator of endurance potential or anaerobic power	Ch. 11
Msrch 29	Oxygen consumption during exercise of various intensities – The use of oxygen consumption (VO ₂) to determine metabolic cost, intensity, and type of fuel; The concept of VO ₂ Max to determine athletic potential and the effects of training; The lactate threshold as an indicator of endurance potential or anaerobic power	Ch. 11
Apr 5	Environmental Physiology Second mid term exam will be giving during this week.	Ch 12,13
Apr 12-30	The environment and its effect on human performance – Exercise at altitude; Exercise in a hot environment; Exercise in a cold environment; Exercise and air pollution. Lsst day of classes is April 30	Ch. 12,13
May 4-12	FINAL EXAM dates: Section 38411 (MWF 9:00 AM) – F May 7, 8-10 AM Section 38420 (T Th 9:30 AM) – Tu May 11, 8-10 AM	

Statement on Academic Conduct and Support Systems

Academic Conduct:

Plagiarism – presenting someone else’s ideas as your own, either verbatim or recast in your own words – is a serious academic offense with serious consequences. Please familiarize yourself with the discussion of plagiarism in SCampus in Part B, Section 11, “Behavior Violating University Standards” policy.usc.edu/scampus-part-b. Other forms of academic dishonesty are equally unacceptable. See additional information in SCampus and university policies on scientific misconduct, policy.usc.edu/scientific-misconduct.

Support Systems:

Student Health Counseling Services - (213) 740-7711 – 24/7 on call

engemannshc.usc.edu/counseling

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention.

National Suicide Prevention Lifeline - 1 (800) 273-8255 – 24/7 on call

suicidepreventionlifeline.org

Free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

Relationship and Sexual Violence Prevention Services (RSVP) - (213) 740-4900 – 24/7 on call

engemannshc.usc.edu/rsvp

Free and confidential therapy services, workshops, and training for situations related to gender-based harm.

Office of Equity and Diversity (OED) / Title IX - (213) 740-5086

equity.usc.edu, titleix.usc.edu

Information about how to get help or help a survivor of harassment or discrimination, rights of protected classes, reporting options, and additional resources for students, faculty, staff, visitors, and applicants. The university prohibits discrimination or harassment based on the following protected characteristics: race, color, national origin, ancestry, religion, sex, gender, gender identity, gender expression, sexual orientation, age, physical disability, medical condition, mental disability, marital status, pregnancy, veteran status, genetic information, and any other characteristic which may be specified in applicable laws and governmental regulations.

Bias Assessment Response and Support - (213) 740-2421

studentaffairs.usc.edu/bias-assessment-response-support

Avenue to report incidents of bias, hate crimes, and microaggressions for appropriate investigation and response.

The Office of Disability Services and Programs - (213) 740-0776

dsp.usc.edu

Support and accommodations for students with disabilities. Services include assistance in providing readers/notetakers/interpreters, special accommodations for test taking needs, assistance with architectural barriers, assistive technology, and support for individual needs.

USC Support and Advocacy - (213) 821-4710

studentaffairs.usc.edu/ssu

Assists students and families in resolving complex personal, financial, and academic issues adversely affecting their success as a student.

Diversity at USC - (213) 740-2101

diversity.usc.edu

Information on events, programs and training, the Provost's Diversity and Inclusion Council, Diversity Liaisons for each academic school, chronology, participation, and various resources for students.

USC Emergency - UPC: (213) 740-4321, HSC: (323) 442-1000 – 24/7 on call

dps.usc.edu, emergency.usc.edu

Emergency assistance and avenue to report a crime. Latest updates regarding safety, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible.

USC Department of Public Safety - UPC: (213) 740-6000, HSC: (323) 442-120 – 24/7 on call

dps.usc.edu

Non-emergency assistance or information.