



Jordan University of Science and Technology
Faculty of Applied Medical Sciences
Physical Therapy Department

P.T207 Exercise Physiology
First Semester 2023-2024

Course Catalog

3 Credit Hours. This course includes principles of exercise physiology as they relate to the various systems of the body. There is an emphasis on the application of these principles when designing specialized exercise programs for effective patient care.

Teaching Method: Blended

Text Book

Title	Exercise Physiology: Theory & Application To Fitness & Perfo 12Th Edition Global
Author(s)	Powers & Howley
Edition	12th Edition
Short Name	Reference 1
Other Information	

Instructor

Name	Prof. Mahmoud Alomari
Office Location	M5L-4#24
Office Hours	
Email	alomari@just.edu.jo

Class Schedule & Room

Section 1:
 Lecture Time: Wed : 13:00 - 14:30
 Room: NG76

Prerequisites

Line Number	Course Name	Prerequisite Type
102304	MED230A Human Physiology	Prerequisite / Study

Tentative List of Topics Covered

Weeks	Topic	References
Week 1	Cardiovascular exercise physiology	Chapter 9 From Reference 1
Week 2	Cardiovascular exercise physiology	Chapter 9 From Reference 1
Week 3	Exercise metabolism/Cardiovascular exercise physiology	Chapter 3+4+9 From Reference 1
Week 4	Exercise metabolism	Chapter 3+4 From Reference 1
Week 5	Principles of training and exercise prescription	Chapters 12+13 From Reference 1
Week 6	Principles of training and exercise prescription	Chapters 12 +13 From Reference 1
Week 7	Principles of training and exercise prescription	Chapters 12+13 From Reference 1
Week 8	Midterm-Principles of training and exercise prescription	Chapters 12 +13 From Reference 1
Week 9	Musculoskeletal exercise physiology	Chapter 8 From Reference 1
Week 10	Musculoskeletal exercise physiology	Chapter 8 From Reference 1
Week 11	Respiratory exercise physiology	Chapter 10+11 From Reference 1
Week 12	Respiratory exercise physiology	Chapter 10+11 From Reference 1

Week 13	Hormonal regulation during exercise	Chapter 5 From Reference 1
Week 14	Hormonal regulation during exercise	Chapter 5 From Reference 1
Week 15	Hormonal regulation during exercise	Chapter 5 From Reference 1

Mapping of Course Outcomes to Program Outcomes	Course Outcome Weight (Out of 100%)	Assessment method
Learning how to measure the physical capacity of the patients [1PLO1-K1, 1PLO5-S1, 1PLO3-K3, 1PLO6-S2, 1PLO4-K4, 1PLO10-C3]	25%	
Learning how to design an appropriate exercise prescription for each patient	25%	
Learning to expect the acute physiological responses to exercise	25%	
Learning to expect the chronic adaptations to exercise	25%	

Relationship to Program Student Outcomes (Out of 100%)																
PLO1-K1	PLO8-C1	PLO9-C2	PLO5-S1	PLO2-K2	PLO3-K3	PLO6-S2	PLO4-K4	PLO10-C3	PLO7-S3	MS_PLO1	MS_PLO2	MS_PLO3	MS_PLO4	MS_PLO5	MS_PLO6	MS_PLO7
4.17			4.17		4.17	4.17	4.17	4.17								

Policy	
Statement on Professionalism	Professional behavior is expected of students at all times. Professional attitude and behavior are a minimum criterion for passing this class. Repeated lack of professional behavior will result in failing the course. Examples of unprofessional behavior include but are not limited to missing classes (see attendance policy), tardiness, lack of attention for a speaker, talking to others during lectures, passing food during lectures, leaving a lecture before its completion without prior authorization of the instructor, working on other class material during class, inappropriate dress for labs, and sleeping during class.
Attendance policy	? Students are expected to attend more than 80% of lectures. If absent is more than 20%, the student will be banned from the course after electronic notification from the university through student service ? Each student is expected to sit in his/her assigned seat ? Empty seats will be counted as absent ? All absences will be entered electronically into the student service
Communication with instructor	Electronic mail is the best way to reach me as I consistently check it. However, students still can call the department at Tel: +962 2 7201000 Ext. 26881
Cell phones	Please do not use cell phones in class or labs. If you are depended upon for anticipated emergencies please put cell phones on vibration and answer the phone outside the classroom. I WILL KEEP MY CELL PHONE IN MY OFFICE OR ON VIBRATION MODE DURING CLASS TIME. Unfortunately, I have to remove the student from class in case the phone rings.

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