

EXERCISE METABOLISM

APK7117 | 3 Credits | Fall 2023

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Course Info

INSTRUCTOR

Lan Wei-LaPierre, Ph.D.
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Preferred Method of Contact: Email through Canvas

OFFICE HOURS

by appointment

MEETING TIME/LOCATION

FLG 225, W Period 4 - 6 (10:40 AM - 1:40 PM)

COURSE DESCRIPTION

Principles of metabolic regulation during exercise; effects of chronic exercise on muscle metabolism

PREREQUISITE KNOWLEDGE AND SKILLS

Graduate course in exercise physiology required.

REQUIRED AND RECOMMENDED MATERIALS

Purchase of a textbook is not required. Suggested reading and copies of the lecture slides will be posted on the course website (Canvas) prior to each lecture.

COURSE FORMAT

This course will follow an integrative approach toward understanding exercise metabolism and will incorporate a problem-based learning method that will emphasize the importance of both critical thinking and a thorough understanding of the course materials. The class will meet 3 hours each week for lectures. Lecture time will be generally divided among the following activities:

- 1) didactic presentations to provide background on the weekly topic
- 2) student presentations of research papers
- 3) student discussion of the papers in the context of the weekly topic

Questions are encouraged at any time during the lectures. *Students will be expected to be active participants through in class discussions and presentations.*

COURSE LEARNING OBJECTIVES:

Following the completion of this course, students will be able to:

- Understand the fundamentals of principal of bioenergetics
- List and define several techniques to study metabolism at the cellular, tissue, and whole organism level.
- List and discuss the primary sources of reactive oxygen species in muscle cells. Describe the regulation of metabolism by reactive oxygen species and calcium.
- Define the lactate threshold and discuss the potential mechanisms responsible for the rise in blood lactate concentration during exercise. Discuss the various fates of lactate molecules produced in skeletal muscle fibers
- Describe the condition driving the fuel switching during exercises
- Discuss the limiting factors for maximal oxygen uptake and determinants of
- Describe respiratory and circulatory response to exercises and their limiting factors to endurance performance
- Describe the pathway responsible for angiogenesis following exercises and the mechanism of fast to slow muscle fiber switching induced by endurance training
- List several myokines that regulates skeletal muscle metabolism and lipogenesis.
- Discuss the cellular events that occur during a myocardial ischemia perfusion insult
- Discuss the mechanisms responsible for exercise-induced preconditioning of both cardiac and skeletal muscles

Course & University Policies

ATTENDANCE POLICY

Attendance is encouraged for all class time sessions. It will be part of the Class Participation grade (see below). You will be excused from class if you have a legitimate reason to be gone; please send an email before class starts as to why you need to miss the class. These will be kept on file for the semester. Please note: the University has specific reasons that are acceptable for missing class, which apply to both undergrad and grad students. You can find this at

<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>:

"In general, acceptable reasons for absence from or failure to participate in class include illness, serious family emergencies, special curricular requirements (e.g., judging trips, field trips, professional conferences), military obligation, severe weather conditions, religious holidays and participation in official university activities such as music performances, athletic competition or debate. Absences from class for court-imposed legal obligations (e.g., jury duty or subpoena) must be excused. Other reasons also may be approved."

PERSONAL CONDUCT POLICY

Students are expected to exhibit behaviors that reflect highly upon themselves and our University. Students are expected to join the lecture on time, but tardiness is acceptable when personal conflicts require the student to enter the lecture later than the scheduled time. Students are expected to be quiet and cause minimal disturbance to the class if entering the lecture hall late.

Laptop computers and tablet devices for note taking are allowed to use during the course. Upon entry into the lecture, please silence your cell phone and do not answer the phone or respond to a text message during class.

For open book exams or written assignments, the instructor submits all material to TURNITIN.com, which is designed to determine whether what you have written is original material. Penalties for plagiarism will be enforced in this class. It may have extreme consequences such as receiving an F (failure) for the entire class, depending on the severity of the infraction. Understanding this aspect of scholarship is required to prepare you

as a scientist, scholar and professional. Failure to adhere to the UF Honor Code will result in disciplinary action by the university. UF students are bound by The Honor Pledge which states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code". On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." Please review the UF Honor Pledge Code for students (<http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>), which specifies a number of behaviors that are in violation of the code and possible sanctions. Furthermore, you are obliged to report any condition that facilitates academic misconduct in others. Please contact the instructor directly if you have any concerns about ongoing misconduct.

EXAM MAKE-UP POLICY

If you miss an exam due to an excused absence, a make-up exam will be scheduled at the earliest feasible date. If an exam is missed due to an unexcused absence, no close book exams can be rescheduled. A make-up exam for open book exam may be scheduled, but 10 points will be deducted from the final score for every 3 days of delay. No make-up exam for open book exams can be rescheduled once the results of exam have been released.

A student experiencing an illness should visit the UF Student Health Care Center or their preferred healthcare provider to seek medical advice and obtain documentation. If you have an illness, family emergency or death, please contact the Dean of Students Office (www.dso.ufl.edu) and follow the DSO Care Team procedures for documentation and submission of a request for make-up assignment (<https://care.dso.ufl.edu/instructor-notifications/>). The DSO will contact the instructor. Do not provide any documentation to the instructor regarding illness or family emergency. This is your personal and protected information. The DSO is qualified to receive and verify the documents you provide. The instructor will follow the recommendations from the DSO. Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found in the online catalog at: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>."

ACCOMMODATING STUDENTS WITH DISABILITIES

Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the Disability Resource Center by visiting their Get Started page at <https://disability.ufl.edu/students/get-started/>. It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester.

COURSE EVALUATIONS

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

Getting Help

HEALTH & WELLNESS

- U Matter, We Care: If you or a friend is in distress, please contact umatter@ufl.edu or 352 392-1575
- Counseling and Wellness Center: <https://counseling.ufl.edu/>, 352-392-1575
- Sexual Assault Recovery Services (SARS) - Student Health Care Center, 392-1161
- University Police Department, 392-1111 (or 9-1-1 for emergencies) <http://www.police.ufl.edu/>

ACADEMIC RESOURCES

- E-learning technical support, 352-392-4357 (select option 2) or e-mail to Learning-support@ufl.edu. <https://lss.at.ufl.edu/help.shtml>
- Career Connections Center, Reitz Union, 392-1601. Career assistance and counseling. <https://career.ufl.edu/>
- Library Support, <http://cms.uflib.ufl.edu/ask>. Various ways to receive assistance with respect to using the libraries or finding resources.
- Teaching Center, Broward Hall, 392-2010 or 392-6420. General study skills and tutoring. <http://teachingcenter.ufl.edu/>
- Writing Studio, 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers. <http://writing.ufl.edu/writing-studio/>
- Student Complaints On-Campus: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/> On-Line Students Complaints: <http://distance.ufl.edu/student-complaint-process/>

CIVILITY, ACCESSIBILITY AND COMMUNITY RESOURCES

For suggestions or concerns, please reach out to any of the following:

- Dr. Ashley Smuder, APK Culture and Engagement Committee Chair, asmuder@ufl.edu
- Dr. Stephen Coombes, APK Graduate Coordinator, scoombes@ufl.edu
- Dr. Joslyn Ahlgren, APK Undergraduate Coordinator, jahlgren@ufl.edu

Grading

Grades will be assigned based on points earned in the course. The point value of three examinations, presentation, participation and literature review are as follows:

Evaluation Components (Number of each)	Points Per Component	Approximate % of Total Grade
Exams (3)	25 pts each = 75 pts	75%
Literature Review (1)	10 pts each = 10 pts	10%
Class Participation (1)	5 pts each = 5 pts	5%
Paper Presentation (1)	10 pts each = 10 pts	10%

Exams: There will be two midterm exams and a final exam. The final will not be comprehensive. The first two exams will be close book with short answer questions. The final exam will be open book/notes with comprehensive discussions on the topics given (essay-based). These exams will comprise 75% of the grade. For close book exams (exams 1-2), exam dates are listed on the course schedule page. All students must be present at the scheduled exam prior to any student completing the exam and leaving the examination room. Once any student has completed the exam and left the exam room, no late-arriving students will be admitted to the exam. For open book exam (Exam 3), exam questions will be uploaded as an assignment on CANVAS and students will submit their answers through CANVAS assignment page by the Due date. For Ph.D students and thesis-track Master students, Exam 3 will involve a component of one on one oral exam with questions covering the course material and related research projects that the individual is conducting.

Assignments: There will be limited assignments for this course. If necessary, one or two assignment(s) will be given at later stage of the course as a practice for the format of the essay-based final exam. The assignments will be posted on canvas. Completion of the assignments will not be required but will be considered in Class Participation (below). In addition, gaining feedback on the practice questions from the instructor will positively impact students to properly construct answers during the final exam.

Class Participation/Presentations: Each student will be responsible for 1-2 paper presentations throughout the semester. Discussion of the topics, and challenging each other (and the professor!) about statements Class discussion and student presentations will comprise 15% of the grade. A portion of these discussion points will be given just for showing up to class, and those who are more vocal in class will receive full credit. For each week's paper presentation, every student is expected to post at least one discussion question for the presenter and the class, to be discussed during the class. Failure to post discussion questions each week will result in penalties in your participation credit.

Literature review: Each student will choose one topic of the course and write a literature review. Topics on exercise metabolism that are not covered in the course are also acceptable with prior approval from the instructor. The literature review should be in the format of a short review, with no less than 8 pages, letter-size paper, double space, 12 pt fonts, with at least 20 references.

GRADING SCALE

Lecture exam scores and homework grades will be posted on the canvas course website typically within 48-96 hours after the date of the exam. Final grades in the class will be determined by the total points earned during the semester. Grades will be calculated to the nearest 2 decimal places. More detailed information regarding current UF grading policies can be found here:

<https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>. *Any requests for additional extra credit or special exceptions to these grading policies will be interpreted as an honor code violation (i.e., asking for preferential treatment) and will be handled accordingly.*

Letter Grade	Percent of Total Points Associated with Each Letter Grade	GPA Impact of Each Letter Grade
A	94.00-100%	4.0
A-	90-93.99%	3.67
B+	87.00-89.99%	3.33
B	80.00-86.99%	3.0
C+	77.00-79.99%	2.33
C	70.00-76.99%	2.0
D+	67.00-69.99%	1.33
D	60.00-66.99%	1.0
E	0-59.99%	0

Weekly Course Schedule

Week	Dates	Lecture Topics
1	Aug 23	Introduction to Course How to do paper presentation How to write literature review Paper presentation sign-up
Part 1: Fundamentals of Bioenergetics		
2	Aug 30	Basics of energy metabolism
3	Sep 6	Guest lecture: Dr. Terence Ryan Electron Transport Chain/Oxidative Phosphorylation: Theory and Measurements

4	Sep 13	Metabolic regulation by ROS and Ca ²⁺
5	Sep 20	Exam 1: Weeks 2-4
Part 2: Metabolic Response to Exercises		
6	Sep 27	Exercise and Lactate metabolism
7	Oct 4	Fuel selection during exercise
8	Oct 11	Respiratory and circulatory response to exercises
9	Oct 18	Metabolic limitations to endurance performance
10	Oct 25	Exam 2: Weeks 6-9 Literature review topic due.
Part 3: Metabolic Adaptation to Exercises		
11	Nov 1	Metabolic Adaptation 1: Angiogenesis and Mitochondrial Proliferation/Health; Mitochondrial myopathy
12	Nov 8	Metabolic Adaptation 2: Skeletal Muscle Secretome.
13	Nov 15	Exercises Preconditioning in Cardiac and Skeletal Muscle.
14	Nov 22	Literature review Due by 5pm! NO CLASS THIS WEEK-HAPPY THANKGIVING!
15	Nov 29	Final Exam (Take home), Due: Dec 12 by 5pm

SUCCESS AND STUDY TIPS

To ensure success of this course, all students are encouraged to read the course materials provided on CANVAS before class, attend the lectures, ask questions during and after class, and engage in discussions during class. An important aspect of this is reading the papers for discussion so that participation is possible. Contact the instructor when having doubt on the materials and topics for each week.