

**PHGY 502  
EXERCISE PHYSIOLOGY  
LECTURE SCHEDULE  
Winter 2019  
(3 Credits)**

**Lecturers :**

Dr. Simon Rousseau, Meakins-Christie, Room 323, 398-3864 x094148, [simon.rousseau@mcgill.ca](mailto:simon.rousseau@mcgill.ca)  
 Dr. James Martin, Meakins-Christie, 398-3864 x00137, [james.martin@mcgill.ca](mailto:james.martin@mcgill.ca)  
 Dr. Alain Comtois, UQAM, Pavillon des Sciences Biologiques 987-3000 x1083, [comtois.alain-steve@uqam.ca](mailto:comtois.alain-steve@uqam.ca)  
 Dr. Sabah Hussain, RVH Room L3.03, 934-1934 x34645, [sabah.hussain@muhc.mcgill.ca](mailto:sabah.hussain@muhc.mcgill.ca)  
 Dr. Larry Lands, Montreal Children's Hospital, rm.D-380, 934-1934 x23088, [larry.lands@muhc.mcgill.ca](mailto:larry.lands@muhc.mcgill.ca)  
 Dr. Gilles Gouspillou, 141 rue du Président-Kennedy, SB-4640 987-3000 ext: 5322, [gouspillou.gilles@uqam.ca](mailto:gouspillou.gilles@uqam.ca)  
 Dr. Sheldon Magder, RVH, Room L3.05, 843-1664, [sheldon.magder@muhc.mcgill.ca](mailto:sheldon.magder@muhc.mcgill.ca)  
 Dr. Basil Petrof Meakins-Christie, Room 323, 934-1934x35946, [basil.petrof@mcgill.ca](mailto:basil.petrof@mcgill.ca)

**Location: McIntyre Bldg. Room 1027, Mondays from 11:35am - 1:25pm**

Date	Day	Lecture Title	Lecture	Lecturer
Jan. 7	M	Human Physiological Adaptations to Endurance Exercise	1	Dr. S. Rousseau
14	M	Thermoregulation during exercise <i>Term Paper Topics to be posted on myCourses for your review ONLY. Sign up will be on Monday, January 21, 2019 beginning at 9:00am on myCourses.</i>	2	Dr. S. Rousseau
21	M	Skeletal Muscle Mechanics During Exercise in Difficult Environments <i>Term Paper Sign up beginning at 9:00am on myCourses.</i>	3	Dr. A. Comtois
28	M	Muscle Injury and Repair	4	Dr. B. Petrof
Feb. 4	M	Skeletal Muscle and Exercise in Chronic Disease	5	Dr. L. Lands
11	M	The Adaptations to Endurance Training in the Mitochondrial-Microvascular Unit	6	Dr. G. Gouspillou
18	M	Muscle Mitochondrial Adaptation in Health, Disease and Aging	7	Dr. G. Gouspillou
25	M	Clinical Exercise Testing	8	Dr. S. Hussain
<b>STUDY WEEK: March 4 – March 8 (NO CLASSES)</b>				
Mar. 11	M	Cardiovascular Adaptation <i>Due Date: Term Papers due by 4:00pm in the General office, Room 1021</i>	9	Dr. S. Magder
18	M	Cardiovascular Adaptation II	10	Dr. S. Magder
25	M	Neurophysiology of endurance exercise	11	Dr. S. Rousseau
April 1	M	Airway Response to Hyperventilation	12	Dr. J. Martin
8	M	Recent advances in exercise physiology research	13	Dr. S. Rousseau

**\*\*Final Exam held during exam period, April 15 - April 30\*\***

**\*\* Students are responsible for checking myCourses for course notes/slides and any updates\*\***

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In accord with McGill University's Charter of Students' Rights, students have the right to submit in English or in French any written work that is to be graded (except in courses where knowledge of a language is one of the objectives of the course).

In the event of extraordinary circumstances beyond the University's control, the content and/or evaluation scheme in this course is subject to change.

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# EVALUATION

## 1. Term Paper – (40%)

Students are responsible for selecting a “lecturer” and are then free to write their Term Paper on any one of that lecturer’s topics (ex: if you have chosen Dr. Rousseau, you are free to write on any one of his topics).

Term Paper topics will be posted on *MyCourses* for your review **ONLY** on **Monday, January 14, 2019**. Registration begins on **Monday, January 21, 2019** at **9:00am** on *myCourses*. (Sign up by telephone will **NOT** be possible). Term papers are due on **Monday, March 11, 2019** by **4:00pm** in the **Physiology General Office, McIntyre Bldg., Room 1021**. *A 5% penalty per day will be deducted for late submissions.*

## Guidelines

The Term Paper topics will be based on the lectures. **DO NOT** summarize the lectures. The paper should be a general overview of a particular area, based on several research articles (more than 5). Information may be extracted from textbooks, but should be primarily from journal articles. **DO** research on your topic to find up-to-date information. Ideally, one area of the topic should be covered in detail, with some background information, including a discussion.

The length of the paper should be **10 pages maximum, double-spaced, typewritten pages, with one-inch margins (Times, Courier, or Arial, 12 point)**. Figures, graphs, tables, and/or references should be included in the appendix. Please consult the “*Student Guide to Avoid Plagiarism*”.

## 2. Final Exam – (50%)

The Final Exam will be made up of multiple choice questions. All sections of the course will be covered. Please note that multiple versions of the exam will be administered in order to reduce the temptation of copying a “more correct answer”. **Supplemental/Deferred** and Religious Conflict exams will differ from the Final Exam.

## 3. Class Participation – (10%)

### CONTACT INFORMATION

#### Course Coordinator:

Dr. Simon Rousseau  
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#### Course Secretary:

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H3G 1Y6

**Tel.:** 514-398-4316

**E-Mail:** [undergrad2.physiology@mcgill.ca](mailto:undergrad2.physiology@mcgill.ca)

### TUTORIAL SERVICE

Student Services provides an additional tutorial service: Brown Student Services Building, 3600 McTavish, 514-398-8238.

### COURSE EVALUATIONS

Course evaluations will be available through Minerva at the end of term.

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