January 2026 – Subject to Change

TEXAS A&M UNIVERSITY
SAN ANTONIO

College of Education and Human Development
Department of Counseling, Health & Kinesiology
EDKN 3426-900 – Basic Physiology of Exercise (4 credits)
Spring 2026

Instructor: T. Brock Symons, Ph.D.

Class Time & Location: 3:30 p.m. to 5:10 p.m.
Monday (Face-to-Face), Sci Tech
Wednesday (Online Asynchronous / Synchronous via WebEx)

E-mail & Phone: tsymons@tamusa.edu (preferred contact method) and 210 – 784 – 2587 (office)

Office Hours: Monday and Wednesday at 12:30 – 3:30 pm via face-to-face or WebEx or by appointment via email.

I understand that this may not be possible for everyone; so, you can always email me at tsymons@tamusa.edu if you have any questions.

I am available from 10:00 a.m. – 5:30 p.m. Central Standard Time (EST) Monday through Friday to contact via telephone and/or e-mail using your Texas A&M University – San Antonito e-mail. If these times are not convenient for you, please let me know and I will be happy to accommodate your schedule if possible. I provide you with these times to make it easier to communicate with me, not to limit our contact and want you to know that, should you need to contact me outside these periods, you should not hesitate to do so.

In the event a third party needs to contact me, please direct them to my contact information listed under "E-mail & Phone" information above. No third party should use your login credentials to gain access to the classroom in Blackboard (Bb).

I will respond to your inquiry within 24 hours of receipt except on weekends and holidays, it will then be the next business day. If I do not respond in that period, know that I probably did not receive your message.

Office Location: SciTech 142K

Welcome: to the Texas A&M University – San Antonio, Department of Counseling, Health and Kinesiology's Basic Physiology of Exercise (EDKN 3426) course. This course is designed as a hybrid class. You will learn how the human body, specifically its organ systems, respond to a single bout of exercise and to recurring bouts of exercise in this 16-week course.

The course contains assignments, quizzes, and exams designed to help you obtain the core concepts of each organ system studied in this course. You will read, attend class, watch online modules, and participate in both classroom and online activities.

Required Textbook: Physiology of Sport and Exercise (2025, 9th. edition).
Kenney L., Wilmore, J., & Costil, D.
Human Kinetics: Champaign, IL.
ISBN: 9781718228429 (paperback)

https://www.bkstr.com/texasamsanantoniostore/home

Recommended Textbooks: NA

Course Description: Physiology as applied to exercise and human performance. How the systems of the body respond to both acute and chronic exercise training. Includes required laboratory experiences.

Course Prerequisites: EDKN 3426 and senior standing.

Course Objectives: This course emphasizes the acquisition of theoretical and practical knowledge for pre-service teachers and fitness/clinical professionals to assist them in better understanding how physiological responses to physical activity influences 1) the instructional process as it relates to physical education and 2) the management/delivery of services in fitness and rehab/clinical setting.

Student Learning Outcomes: Upon completion of this course, each student will be able to:

1. Demonstrate knowledge of the 3 major nutrients and their action upon the body.
2. Identify the functional status of the anaerobic and aerobic energy systems.
3. Display an understanding of the functioning of the respiratory system during rest and exercise.
4. Identify and discuss the physiology of the cardiovascular/circulatory system and its responses to rest and exercise.
5. Demonstrate knowledge of the functioning of the muscular system.
6. Develop an understanding of the nervous system and its relationship to the muscular system.
7. Demonstrate one method of estimating body composition and an understanding of body composition and obesity.
8. Identify aids for performance and the side effects and risks involved with ergogenic aids.
9. Explain methods of measurement for work, power, and energy expenditure.
10. Determine the effects of the environment upon exercise and performance.
11. Develop an individual project through literature review and other resources.

Outcomes are also based on the expected Knowledge, Skills, and Abilities (KSA's) for exercise science majors from the American College of Sports Medicine. Upon completion of this course, each student will be able to demonstrate the following competencies required for the Heath/Fitness Specialist exam:

1.1.2	Knowledge of the basic structure of the cardiovascular system and respiratory system
1.1.7	Knowledge to describe the myotatic stretch reflex
1.1.9	Ability to define aerobic and anaerobic metabolism
1.1.10	Knowledge of the role of aerobic and anaerobic energy systems in the performance of various activities
1.1.11	Knowledge of the following terms: ischemia, angina pectoris, tachycardia, bradycardia, arrhythmia, myocardial infarction, cardiac output, stroke volume, lactic acid, oxygen consumption, hyperventilation, systolic blood pressure, diastolic blood pressure, and anaerobic threshold
1.1.12	Knowledge to describe normal cardiorespiratory responses to static and dynamic exercises in terms of heart rate, blood pressure, and oxygen consumption
1.1.13	Knowledge of how heart rate, blood pressure, and oxygen consumption responses change with adaptations to chronic exercise training
1.1.14	Knowledge of physiological adaptations associated with strength training
1.1.15	Knowledge of the physiological principles related to warm-up and cool-down
1.1.16	Knowledge of the common theories of muscle fatigue and delayed onset muscle soreness
1.1.17	Knowledge of the physiological adaptations that occur at rest and during submaximal and maximal exercise following chronic aerobic and anaerobic exercise training
1.1.18	Knowledge of the differences in cardiorespiratory response to acute graded exercise between conditioned and unconditioned individuals
1.1.19	Knowledge to the structure of the skeletal muscle fiber and the basic mechanism of contraction
1.1.20	Knowledge of the characteristics of fast and slow twitch fibers
1.1.21	Knowledge of the sliding filament theory of muscle contraction
1.1.22	Knowledge of twitch, summation, and tetanus with respect to muscle contraction
1.1.23	Knowledge of the physiological principles involved in promoting gains in muscular strength and endurance
1.1.24	Knowledge of muscle fatigue as it relates to mode, intensity, duration, and the accumulative effects of exercise
1.1.25	Knowledge of the basic properties of cardiac muscle and the normal pathways of conduction in the heart
1.1.26	Knowledge of the response of the following variables to acute static and dynamic exercise: heart rate, stroke volume, cardiac output, pulmonary ventilation, tidal volume, respiratory rate, and arteriovenous oxygen difference
1.1.27	Knowledge of blood pressure responses associated with acute exercise, including change in body position
1.1.28	Knowledge of and ability to describe the implications of the ventilatory threshold (anaerobic threshold) as it relates to exercise training and cardiorespiratory assessment
1.1.29	Knowledge of and ability to describe the physiological adaptations of the respiratory system that occur at rest and during submaximal and maximal exercise following chronic aerobic and anaerobic training
1.1.31	Knowledge of how the principle of specificity relates to the components of fitness

1.1.32	Knowledge of the concept of detraining or reversibility of conditioning and its implications in fitness programs
1.1.33	Knowledge of the physical and psychological signs of overtraining and to provide recommendations for these problems
1.1.34	Knowledge of and ability to describe the changes that occur in maturation from childhood to adulthood for the following: skeletal muscle, bone structure, reaction time, coordination, heat and cold tolerance, maximal oxygen consumption, strength, flexibility, body composition, resting and maximal heart rate, and resting and maximal blood pressure
1.1.35	Knowledge of the effect of the aging process on the musculoskeletal and cardiovascular structure and function at rest, during exercise, and during recovery
1.1.36	Knowledge of the following terms: progressive resistance, isotonic/isometric, concentric, eccentric, atrophy, hypertrophy, sets, repetitions, plyometrics, Valsalva maneuver
1.3.1	Knowledge of and ability to discuss the physiological basis of the major components of physical fitness: flexibility, cardiovascular fitness, muscular strength, muscular endurance, and body composition
1.7.12	Knowledge of the principles of overload, specificity, and progression and how they relate to exercise programming
1.7.15	Knowledge of the components incorporated into an exercise session and the proper sequence (i.e., preexercise evaluation, warm-up, aerobic stimulus phase, cool-down, muscular strength and/or endurance, and flexibility)
1.7.36	Ability to convert weights from pounds (lbs) to kilograms (kg) and speed from miles per hour (mph) to meters per minute (m/min-1)
1.7.37	Ability to convert METs to VO2 expressed as $mL/kg^{-1}/min$ or L/min.
1.8.1	Knowledge of the role of carbohydrates, fats, and proteins as fuels for aerobic and anaerobic metabolism
1.8.11	Knowledge of the number of kilocalories in one gram of carbohydrate, fat, protein, and alcohol

Grading Policy: Your final grade will be presented as a standard percentage point. Your final grade will be determined by dividing the total points you earned by the total points offered in this course. ***I will not respond to individual request for calculation of grade***. It is your responsibility to keep a record of the grade points you have earned in the exams, assignments, and in-class quizzes. All grades will be posted to Blackboard.

Your final grade will be determined as a percentage of the following points:

	Points
Exams (125 points per exam)	375
Quizzes (10 points per quiz)	110
Assignments (10 points per assignment)	100
Total	**585**

Grading Scale (No Curve!)

90 or higher = A, 80 – 89 = B, 70 – 79 = C, 65 – 69 = D, Below 65 = F

A grade of **"C"** or better must be earned in this course to satisfy Kinesiology requirements. Majors who do not earn a grade of "C" or better will be required to repeat the course. I will round up your grade under the following condition, if you earn an ##.9, then I will round your grade up to the next letter grade. Therefore, if you an 89.9, I will then round your grade up to 90.0 and you will earn an A. If you earn an 89.8, then your final grade will be a B.

No changes to your final grade will occur once class has ended unless I have made a mistake. You are given the opportunity to follow your grade throughout the semester; thus, you should not be surprised with the grade you earn. There are no exceptions (eligibility, financial aid, etc.)

Course Requirements: Consider the following, with some lectures occurring online, you will be responsible for viewing the online materials and/or PowerPoint presentations and keeping up with the module quizzes and assignments in order to not fall behind. You will be responsible for ensuring that you completely understand the key concepts that make up the learning objectives of each module, essentially teaching yourself. The responsibility for ensuring your success in this course will be yours and that is what life-long learning is all about.

You will depend on technology to submit and complete course work and to communicate. The key word here is "depend." If cyber communication is disrupted, you will be required to submit assignments via email or in an alternate manner to Texas A&M University – San Antonio, Health and Kinesiology Program, Science and Technology Building, San Antonio, TX 78224. Please keep in mind; you might need to find alternate internet sources if the computer at your home/work has an outage. Texas A&M University – San Antonio and many public libraries offer access. Need help? Contact the IT HelpDesk at (210) 784-4357 or helpdesk@tamusa.edu . Hours: Monday through Friday: 8:00 a.m. – 6:00 p.m. (closed Saturday and Sunday).

Exams. There will be *3 regular exams, each worth 125 points,* throughout the semester. The exams will consist of multiple-choice questions, true or false, matching, diagram labeling questions, and/or short descriptive questions. Exams will cover material from the preceding lectures.

Quizzes. Module quizzes will be given to assess your knowledge following the completion of a module. You will be required to complete *12 module quizzes*. Each module quiz will be worth *5 points* and will be given on Blackboard. Quizzes will cover material from the particular module, *semester total of 60 points.*

Assignments. There will be *12 assignments*, *each worth 15 points*. Each assignment will consist of short answer question(s) and will cover material from preceding lectures, *semester total 180 points*.

Make-up Exam/Late Assignment Policy: There will be no make-up opportunities for all assessments. (Exceptions: If you are absent because of school-sponsored activity (you need to notify me at least one week in advance) or illness with doctor's excuse. In which case, you need to take the exam on a specific date & time that I will assign).

All class work is due on the date and time assigned; work received later than the due date will be penalized one letter grade per day.

- ***I do not offer extra credit*.**
- ***I do not offer Independent Studies if an acceptable grade is not earned***

Technology Requirements: Quizzes are to be completed on Blackboard (Bb) according to the directions provided.

I will be holding in person / virtual office hours via WebEx. I will post a WebEx meeting link to Blackboard and we will be able to meet virtually.

Continuing and regular use of your TAMUSA e-mail is expected. You must be able to use Internet search tools, access Bb, download and print documents and upload assignments.

To access Blackboard, go to https://tamusa.blackboard.com/.

Library Support for COEHD Programs & Courses: The A&M-SA Library provides access to thousands of researches and learning materials for COEHD students, faculty, and staff. These resources are mainly provided in electronic format and are accessible 24/7/365 with Jaguar log-in credentials. They include, but are not limited to, scholarly academic journals, professional publications, newspapers, ebooks, streaming video, and curated web resources. Additionally, there is a smaller physical collection, study space, and computer access available in CAB 202. Two unique physical collections housed in CAB 202 are the curriculum materials (sample textbooks, teachers' guides, activity guides, manipulatives, models, classroom reading collections, educational games, etc.) and the children's literature collection. These materials are available for checkout and can be used by students in lesson planning and in their clinical school placements.

Education Librarian Kimberly Grotewold is available to assist with finding, accessing, evaluating, and effectively using relevant library resources and other information. She has developed subject, topic, and course-specific research guides which are linked into Blackboard (under Campus Resources in the left menu) and are accessible through the Library's website under the Research Guides link. If you have questions, concerns, or need help, please contact her through email at kimberly.grotewold@tamusa.edu; via phone: (210) 784-1519; or request an appointment using her online scheduling calendar.

Schedule of Course Activities:

Module	Topic	Date	Reading	Objectives	Deliverables (Posting Date)
1	Introduction and Structure and Function of Exercising Muscle	1.21	Ch. 1	1.1 Anatomy of Skeletal Muscle	
		1.26		**1.2 Muscle Fiber Contraction**	**Assignment 1**
		1.28		1.3 Fiber Type 1.4 Skeletal Muscle & Exercise	Post-Mod Quiz
2	Bioenergetics and Muscle Metabolism	**2.02**	**Ch. 2**	**2.1 Energy Substrates** **2.2 Controlling the Rate of Energy Production** **2.3 Storing Energy: High Energy Phosphates**	
		2.04		2.4 Basic Energy Systems	
		2.09		**2.4 Basic Energy Systems** **2.5 Interaction of the Energy Systems**	**Assignment 2**
		2.11		2.6 Crossover Concept 2.7 Oxidative Capacity of Muscle	Post-Mod Quiz
3	Neural Control of Exercising Muscle	**2.16**	**Ch. 3**	**3.1 Structure and Function of the Nervous System** **3.2 Central Nervous System**	**Assignment 3**
		2.18		3.3 Peripheral Nervous System 3.4 Sensory Motor System	Post-Mod Quiz
		2.23		**Catch-Up and Exam Preparation**	
4	Cardiovascular System and Its Control	2.25	Ch. 7	4.1 Heart 4.2 Vascular System	
	EXAM 1	***3.02***		***Modules 1 to 3 (Chapters 1 to 3)***	
		3.04		4.2 Vascular System 4.3 Blood	
				Spring Break	
5	Cardiovascular Response to Acute Exercise	**3.16**	**Ch. 9**	**5.1 Cardiovascular Responses to Acute Exercise**	**Assignment 4 and 5** **Post-Mod Quiz**
6	Principles of Exercise Training	3.18	Ch. 10	6.1 General Principles of Training 6.2 Resistance Training Programs 6.3 Anaerobic and Aerobic Power Training Programs	Post-Mod Quiz
7	Adaptations to Resistance Training	**3.23**	**Ch. 11**	**7.1 Resistance Training and Gains in Muscular Fitness** **7.2 Mechanisms of Gains in Muscle Strength**	**Assignment 7**
		3.25		7.3 Interaction Between Resistance Training and Diet 7.4 Resistance Training for Special Populations	Post-Mod Quiz

8	Adaptations to Anaerobic	**3.30** 4.01	**Ch. 12**	**8.1 Adaptations to Aerobic Training** **8.2 Adaptations to Anaerobic Trainings** 8.3 Adaptations to High-Intensity Interval Training 8.4 Specificity of Training and Cross-Training	**Assignment 8** Post-Mod Quiz
		4.06		**Catch-Up Day Exam Preparation**	
9	Training for Sport	4.08	Ch. 16	9.1 Optimizing Training 9.2 Periodization of Training 9.3 Overtraining	
	EXAM 2	**4.13**		***Modules 4 to 8 (Chapters 7,9,10,11,12)***	
		4.15		9.3 Overtraining 9.4 Tapering for Peak Performance 9.5 Detraining	Post-Mod Quiz
10	Nutrition and Body Composition	**4.20** 4.22	**Ch. 17**	**10.1 Classification of Nutrients** **10.2 Water and Electrolyte Balance** **10.3 Nutrition and Athletic Performance** 10.4 Assessing Body Composition 10.5 Body Composition, Weight, and Sport Performance	**Assignment 9 and 10** Post-Mod Quiz
11	Ergogenic Aids in Sport	**4.27** 4.29	**Ch. 18**	**11.1 Ergogenic Aids with Established Evidence of Efficacy** **11.2 Ergogenic Aids with Emerging Evidence of Efficacy** 11.3 Prohibited Substances and Techniques	**Assignment 11** Post-Mod Quiz
		5.04		**Catch-Up and Exam Preparation**	
	EXAM 3	***5.06***	***2:00 - 3:50 pm***	***Modules 9 to 11 (Chapters 16,17,18)***	

Important Policies and Resources

University Email Policy and Course Communications

All correspondence between professors and students must occur via university email accounts. You must have your Jaguar email account ready and working. If it is not working, contact the help desk at helpdesk@tamusa.edu or at 210-784-HELP (4357). If you don't hear back within 48 hours, contact them again. They have many requests during the first part of the semester, so you may need to follow up with them.

Academic Accommodations for Individuals with Disabilities

Texas A&M University-San Antonio is committed to providing all students with reasonable access to learning opportunities and accommodations in accordance with The Americans with Disabilities Act, as amended, and Section 504 of the Rehabilitation Act. If you experience barriers to your education due to a disability or think you may have a disability, Disability Support Services is in the Central Academic Building, Suite 210. You can also contact us via phone at (210) 784-1335, visit us at the website or email us at dss@tamusa.edu. Disabilities may include, but are not limited to, attentional, learning, mental health, sensory, physical, or chronic health conditions. All students are encouraged to discuss their academic accommodation with Disability Support Services and their instructors as soon as possible.

Academic Learning Center

All currently enrolled students at Texas A&M University-San Antonio can utilize the Academic Learning Center for subject-area tutoring. The Academic Learning Center provides free course-based tutoring to all currently enrolled students at Texas A&M University-San Antonio. Students wishing to work with a tutor can make appointments through the Brainfuse online tutoring platform. Brainfuse can be accessed in the Tools section of Blackboard. You can contact the Academic Learning Center by emailing tutoring@tamusa.edu, calling (210) 784- 1307, or visiting the Central Academic Building, room 202. Online tutoring is also available for after hours and weekend assistance.

While tutoring hours may change based on tutor schedules and availability, the current tutoring hours for MATH in the ALC are as follows:

Day of the Week	**Appointments Available**	**Walk-in Tutoring (no appointment needed)**
Monday	8:00 AM – 6:00 PM	9:00 AM – 5:00 PM
Tuesday	8:00 AM – 6:00 PM	9:00 AM – 5:00 PM
Wednesday	8:00 AM – 6:00 PM	9:00 AM – 5:00 PM
Thursday	8:00 AM – 6:00 PM	9:00 AM – 5:00 PM
Friday	8:00 AM – 5:00 PM	11:00 AM – 4:00 PM

Counseling/Mental Health Resources

As a college student, there may be times when personal stressors interfere with your academic performance and negatively impact your daily functioning. If you are experiencing emotional difficulties or mental health concerns, support is available to you through the Student Counseling Center (SCC). To schedule an appointment, visit our website, call 210-784-1331 or visit Madla 120 between the hours of 8:00 AM and 5:00 PM.

All mental health services provided by the SCC are free and confidential (as the law allows). The Student Counseling Center provides brief individual and group therapy, crisis intervention, consultation, case management, and prevention services. Crisis support is available 24/7/365 by calling the SCC at 210-784-1331 or through the TELUS student support App.

The TELUS Student Support App provides a variety of mental health resources to include 24/7/365 support for in the moment distress, crisis support, an anonymous peer-to-peer support network, mental health screenings, podcasts, and articles to improve your mental wellbeing.

Emergency Preparedness

JagE Alert is Texas A&M University-San Antonio's mass notification system. In the event of an emergency, such as inclement weather, students, staff and faculty, who are registered, will have the option to receive a text message, email with instructions and updates. To register or update your information visit the Jag E Alert System website. You can access more information about Emergency Operations Plan and the Emergency Action Plan on our website. Download the SafeZone App for emergencies or call (210) 784-1911. Non-Emergency (210) 784-1900.

Financial Aid and Verification of Attendance

According to the following federal regulation, 34 CFR 668.21: U.S. Department of Education (DoE) Title IV regulation, a student can only receive Title IV funds based on Title IV eligibility criteria which include class attendance. If Title IV funds are disbursed to ineligible students (including students who fail to begin attendance), the institution must return these funds to the U.S. DoE within 30 days of becoming aware that the student will not or has not begun attendance. Faculty will provide the Office of Financial Aid with an electronic notification if a student has not attended by the published Census Date (the first week of class). Any student receiving federal financial aid who does not attend prior to the published Census Date (the first week of class) will have their aid terminated and returned to the DoE. Please note that any student who stops attending at any time during the semester may also need to return a portion of their federal aid.

Jaguar Writing, Language, and Digital Composing Center (WLDCC)

The Jaguar Writing Center provides writing support to graduate and undergraduate students in all three colleges as well as faculty and staff. Writing tutors work with students to develop reading skills, prepare oral presentations, plan, draft, and revise their written assignments. Our language tutors support students enrolled in Spanish courses and students composing in Spanish for any assignment. Our digital

studio tutors support students working on digital projects such as e-portfolios, class presentations, or other digital multimedia projects.

The Writing Center offers face-to-face, synchronous online, and asynchronous digital appointments. Students can schedule appointments with the Writing Center in JagWire under the **Student Services tab**. Click on **Writing, Language, and Digital Composing Center** to make your appointment. Students wanting to work in real time with a tutor can schedule an **Online Appointment.** Students wishing to receive asynchronous, written feedback from a tutor can schedule an **e-Tutoring appointment**. More information about what services we offer, how to make an appointment, and how to access your appointment can be found on the Writing Center's website. The Writing Center can also be reached by emailing: writingcenter@tamusa.edu.

Meeting Basic Needs

Any student who has difficulty affording groceries or accessing sufficient food to eat every day or who lacks a safe and stable place to live and believes this may affect their performance in the course, is urged to submit a CARE report for support. Furthermore, please notify the professor if you are comfortable in doing so. This will enable them to direct you to available resources. The General's Store is a food pantry that is available on campus as well.

Military Affairs

Veterans and active-duty military personnel are welcomed and encouraged to visit the Office of Military Affairs for any question involving federal or state VA Education Benefits. Visit the Patriots' Casa building, room 202, or to contact the Office of Military Affairs with any questions at military.va@tamusa.edu or (210)784-1397.

Religious Observances

Texas A&M University-San Antonio recognizes the wide variety of faiths represented among the campus community and protects the rights of students, faculty, and staff to observe religious holidays according to their tradition. Under the policy, students are provided with an opportunity to make up any examination, study, or course work requirements that may be missed due to a religious observance provided they notify their instructors before the end of the second week of classes for regular session classes.

The Six-Drop Rule

Students are subject to the requirements of Senate Bill (SB) 1231 passed by the Texas Legislature in 2007. SB 1231 limits students to a maximum of six (6) non-punitive course drops (i.e., courses a student chooses to drop) during their undergraduate careers. A non-punitive drop does not affect the student's GPA. However, course drops that exceed the maximum allowed by SB 1231 will be treated as "F" grades and will impact the student's GPA.

Statement of Harassment and Discrimination

Texas A&M University-San Antonio is committed to the fundamental principles of academic freedom, equal opportunity, and human dignity. To fulfill its multiple missions as an institution of higher learning, A&M-San Antonio encourages a climate that values and nurtures collegiality and the uniqueness of the individual on our campus and within our state, nation, and world. All decisions and actions involving students and employees are to be based on applicable law and individual merit. Texas A&M University-San Antonio, in accordance with applicable federal and state law, prohibits discrimination, including harassment, based on race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation, or pregnancy/parenting status. Individuals who believe they have experienced harassment or discrimination prohibited by this statement are encouraged to contact the University's Civil Rights Officer at 210-784-2061 or titleix@tamusa.edu. Texas A&M University-San Antonio faculty are committed to providing a safe learning environment for all students and for the university. If you have experienced any form of sex discrimination or harassment, including sexual assault, sexual harassment, domestic or dating violence, or stalking based on sex, know that help and support are available. A&M-San Antonio's Title IX Coordinator can support those impacted by such conduct in navigating campus life, accessing health and counseling services, providing academic and housing accommodations, and more. The university strongly encourages all students to report any such incidents to the Title IX Coordinator. Please be aware that all A&M-San Antonio employees (other than those designated as confidential resources such as counselors and trained victim advocates) are required to report information about such discrimination and harassment to the university. This means that if you tell a faculty member about a situation of sexual harassment, sexual violence, or other related sex-based misconduct, the faculty member must share that information with the university's Title IX Coordinator (titleix@tamusa.edu, 210-784-2061, CAB 439K). If you wish to speak to a confidential employee who does not have this reporting requirement, you can contact the Student Counseling Center at (210) 784-1331 or visit them in Madla 120.

Pregnant/Parenting Students

Texas A&M-San Antonio does not require a pregnant or parenting student, solely because of that status or issues related to that status, to (1) take a leave of absence or withdraw from their degree or certificate program; (2) limit the student's studies; (3) participate in an alternative program; (4) change the student's major, degree, or certificate program; or (5) refrain from joining or cease participating in any course, activity, or program at the University. The university will provide reasonable accommodation for pregnant students as it would be provided to a student with a temporary medical condition that is related to the health and safety of the student and the student's unborn child. These could include maintaining a safe distance from substances, areas, and activities known to be hazardous to pregnant individuals and their unborn child; excused absences because of illness or medical appointments; modified due dates for assignments; rescheduled tests/exams; taking a leave of absence; and being provided access to instructional materials and video recordings of lectures for excused absences, if these would be provided to any other student with an excused absence. Pregnant/parenting students are encouraged to contact the Title IX Coordinator with any questions or concerns related to their status (titleix@tamusa.edu; 210-784- 2061; CAB 439K).

Texas A&M-San Antonio has also designated the Title IX Coordinator as the liaison officer for current or incoming students who are the parent or guardian of a child younger than 18 years of age. The Title IX Coordinator can provide students with information regarding support services and other resources. Young Jaguars can support parenting students with daycare if students meet this criteria: (1) must be enrolled in classes at Texas A&M-San Antonio in the current semester, (2) must be Pell eligible or a single parent, (3) child(ren) must be aged 3 to 12-years-old, and (4) child(ren) must be enrolled in Pre-K-3 through 6th grade. For more information, please contact Young Jaguars at youngjaguars@tamusa.edu or call (210) 784-2636.

Students' Rights and Responsibilities

The following statement of students' rights and responsibilities is intended to reflect the philosophical base upon which University Student Rules are built. This philosophy acknowledges the existence of both rights and responsibilities, which is inherent to an individual not only as a student at Texas A&M University-San Antonio but also as a citizen of this country.

Students' Rights:

1. A student shall have the right to participate in a free exchange of ideas, and there shall be no University rule or administrative rule that in any way abridges the rights of freedom of speech, expression, petition and peaceful assembly as set forth in the U.S. Constitution.
2. Each student shall have the right to participate in all areas and activities of the University, free from any form of discrimination, including harassment, on the basis of race, color, national or ethnic origin, religion, sex, disability, age, and pregnancy/parenting or veteran status in accordance with applicable federal and state laws.
3. A student has the right to personal privacy except as otherwise provided by law, and this will be observed by students and University authorities alike.
4. Each student subject to disciplinary action arising from violations of university students' rules shall be assured a fundamentally fair process.

Students' Responsibilities:

1. A student has the responsibility to respect the rights and property of others, including other students, the faculty, and administration.
2. A student has the responsibility to be fully acquainted with the published University Student Rules found in the Student Handbook, Student Code of Conduct, on our website, and University Catalog, and to comply with them, as well as with federal, state, and local laws.
3. A student has the responsibility to recognize that student actions reflect upon the individuals involved and upon the entire University community.
4. A student has the responsibility to recognize the University's obligation to provide a safe environment for learning.
5. A student has the responsibility to check their university email for any updates or official university notifications.

Students are expected to exhibit a high level of honesty and integrity in their pursuit of higher education. Students engaging in an act that violates the standards of academic integrity will find themselves facing academic and/or disciplinary sanctions. Academic misconduct is any act, or attempt, which gives an unfair advantage to the student. Additionally, any behavior specifically prohibited by a faculty member in the course syllabus or class discussion may be considered as academic misconduct. For more information on academic misconduct policies and procedures please review the Student Code of Conduct or visit the resources available in the OSRR website.

Important Spring 2026 Dates

Dates	**Event**
January 13	Tuition and Fee Payments deadline
January 19	Marting Luther King Jr. Day – No Classes
January 20	First Day of Class
February 4	Census Date
March 6-23	Midterm grading period
March 9-14	Spring Break
April 3	Study Day – No classes
April 17	Last day to drop with an automatic withdrawal
May 1	Last day to drop a course or withdraw from the university
May 4	Last Day of Classes
May 5	Study Day – No classes
May 6-12	Final Exams
May 19	Commencement

The complete Academic Calendar as available on our website.

No Use of Generative AI Permitted [EDKN 1322]

This assumes that all work submitted by students will be generated by the students themselves, working individually or in groups. Students should not have another person/entity do the writing of any portion of an assignment for them, which includes hiring a person or a company to write assignments and/or

using artificial intelligence (AI) tools like ChatGPT. Use of any AI-generated content in this course qualifies as academic dishonesty and violates Texas A&M-San Antonio's standards of academic integrity.