Course Lecture Notes:
The instructor will post all slides presented in class lectures on Avenue To Learn in Power Point and PDF formats. Information on these slides may only be partially complete and students are expected to attend class and incorporate supplemental information discussed by the instructor to the summary comments on the slides.
Electronic lecture materials be available at the beginning of the term and as developed!
SUGGESTED READINGS / COURSE TEXT:
The text, *Growth, Maturation and Physical Activity* will be used as the main reference source for this course. While students do not necessarily have to purchase their own copy of this text, information from this source will help to expand upon and perhaps clarify content and concepts covered in lectures.


TOPICS TO BE COVERED:
The instructor will attempt to cover the following sections and topics, but not necessarily in the order presented below and not necessarily in formal lectures. Some topics may be covered less formally as assigned readings depending on circumstances and the needs of the class. Reading assignments will be noted at the beginning of each new section.

Course Overview

1. Prenatal Growth and Functional Development (Chapter 2)
   - Prenatal growth and factors affecting birth weight
   - Congenital malformations and fetal motor activity

2. Skeletal Muscle Tissue (Chapter 7)
   - Muscle fibre types, size, and metabolic / contractile properties

3. Genetic Regulation of Growth, Maturation, and Performance (Chapter 18)
   - Genetic influence on fetal development, growth, maturation, and performance

4. Hormonal Regulation of Growth and Maturation (Chapter 19)
   - Endocrine, growth, and other hormones

5. Energy and Nutritional Requirements (Chapter 20)
   - Energy requirements to support growth

6. Physical Activity and Energy Expenditure (Chapter 21)
   - Assessment of energy expenditure, patterns of physical activity during growth

7. Physical Activity as a factor in Growth, Maturation, and Performance (Chapter 22)
   - Activity and various tissues, fitness and performance, and trainability

8. Undernutrition in Childhood and Adolescence (Chapter 23)
   - Forms of undernutrition and consequences during growth

9. Other Factors Affecting Growth, Maturation, and Performance (Chapter 25)
   - Social, ethnic, and climate variation in growth and maturation

10. The Young Athlete (Chapter 28)
    - Characteristics of the young athlete and the influence of training on growth and maturation
COURSE FORMAT:

The course will consist of 1 formal 3 hour lecture per week for the duration of the term.

STUDENT RESPONSIBILITIES:

1. Attendance at lectures.
2. Completion of in-class test(s) (date(s) and format to be discussed)
3. Completion of the final exam during regular Winter Term examination period.

EVALUATION

<table>
<thead>
<tr>
<th>Component</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Midterm Exam (in class)</td>
<td>30%</td>
</tr>
<tr>
<td>In-class Quizzes</td>
<td>25%</td>
</tr>
<tr>
<td>Final exam</td>
<td>45%</td>
</tr>
</tbody>
</table>

100%

“All instructors for all undergraduate courses, except supervised study, thesis and research/study courses, be required to return grade material equal to a minimum of 10% of the session's total mark prior to the final date which a student may withdraw from a course without academic penalty."

This date is not the "drop and add" date but Friday March 16, 2018 for this Winter term courses (the last day for canceling courses without failure by default), students must be given back work equal to 10% of the grade.

IMPORTANT NOTES:

ACADEMIC ACCOMMODATION OF STUDENTS WITH DISABILITIES

Students who require academic accommodation must contact Student Accessibility Services (SAS) to make arrangements with a Program Coordinator. Academic accommodations must be arranged for each term of study. Student Accessibility Services can be contacted by phone (905) 525-9140 ext. 28652 or email sas@mcmaster.ca. For further information, consult McMaster University’s Policy of Academic Accommodation of Students with Disabilities. [http://www.mcmaster.ca/policy/Students-AcademicStudies/AcademicAccommodation-StudentsWithDisabilities.pdf](http://www.mcmaster.ca/policy/Students-AcademicStudies/AcademicAccommodation-StudentsWithDisabilities.pdf)
ON-LINE LEARNING RESOURCES

In this course, we will be using A Venue to Learn. Lecture notes, class schedule, and other
notices may be posted electronically. Students should be aware that, when they access the
electronic components of this course, private information such as first and last names, user
names for the McMaster e-mail accounts, and program affiliation may become apparent to all
other students in the same course. The available information is dependent on the technology
used. Continuation in this course will be deemed consent to this disclosure. If you have any
questions or concerns about such disclosure please discuss this with the course instructor.

USE OF COURSE MATERIALS

Course materials provided by the instructor are for use by students registered in this class
only. Under no circumstances are these materials to be shared, posted or sold to a third party
without permission from the instructor. This includes, but is not limited to, online posting of
instructor provided lecture/lab notes, online lectures, recordings of lectures, or any lab materials
on a website other than the Avenue site designed for the course.

ABSENCE FROM CLASS

In the event of an absence for medical or other reasons, students should review and follow the
Academic Regulation in the Undergraduate Calendar “Requests for Relief for Missed Academic
Term Work”.

POLICY REGARDING DEFERRED TESTS AND EXAMS

Students who miss the term test or final exam for legitimate reasons such as illness may be
allowed to write a deferred or "make-up" test. In all instances, appropriate documentation must
be submitted to the Office of the Associate Dean, Faculty of Science.
Students who miss a Registrar-scheduled final exam can apply to the Associate Dean’s office for
permission to write in the deferred final exam schedule. In all cases, appropriate documentation
must be submitted to the Office of the Associate Dean, Faculty of Science, for consideration of
defered examination permission. Under no circumstances will the instructor re-schedule a final
exam for individual students.

MODIFICATIONS TO THE COURSE:

The instructor and university reserve the right to modify elements of the course during the term.
The university may change the dates and deadlines for any or all courses in extreme
circumstances. If either type of modification becomes necessary, reasonable notice and
communication with the students will be given with explanation and the opportunity to comment
on changes. It is the responsibility of the student to check their McMaster email and course
websites weekly during the term and to note any changes.