



# Introduction to Exercise Physiology

## EXPH 1904

### Fall

**Instructor:** Sauyeh K. Zamani, Ph.D.

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**Office:** Ligon Coliseum Building, Room# 209

**Office Hours:** Mondays and Wednesdays 10:00 AM-1:00 PM.

#### Course Textbook

Physiology of Sport and Exercise, 9<sup>th</sup> Edition. ISBN# 978-1718228429

I will also provide PowerPoint notes.

#### Course Teaching Modality

This course will meet in person three times per week.

You will receive regular updates through announcements in D2L or via email.

#### Course Description

Introduction to the study of exercise physiology and exercise science. Topics related to the science of fitness programming and exercise technique will be investigated. The current trends in fitness and exercise will also be discussed, and students will participate in an exercise training lab which will include fitness testing and exercise.

#### Course Evaluation

Lecture Drawings (5*30 points each) .....	150 points
Lecture Game-Based Quizzes (5*30 points each) .....	150 points
Lecture Exams (3*100 points each) .....	300 points
Lab Activity Sheets (10*10 points each) .....	100 points
	700 points total

A (90–100%) → 630–700 points

B (80–89%) → 560–629 points

C (70–79%) → 490–559 points

D (60–69%) → 420–489 points

F (<60%) → Below 419 points

#### Course Due Dates Policy

Condition	Can I make up the full credit?	When should I submit my work?
Late submission with valid documentation (illness, tournament, car accident, bereavement, jury duty, religious observance, family emergency, or similar circumstances)	Yes	Within 1 week (must email a valid document, as prior consent is required)
Late submission without valid documentation, even if it is 5 minutes past the due date (within 2 days)	25% deduction per day	Within 2 days
Late submission without valid documentation (after 2 days)	No	Never, the grade will be zero



## Course Communication Policy

1. Read the syllabus carefully before emailing me with any questions.
2. Communication is key in this course. You are strongly encouraged to reach out with any questions.
3. Include your class number (EXPH #####) in the subject line of your email.
4. I will respond to all emails that require a reply within 24 hours, Monday through Friday, between 8:00 AM and 5:00 PM. Emails sent on holidays will be answered on the next business day.
5. If your email is solely to inform me of something or to submit a document, I will acknowledge and address it internally but will not send a confirmation reply such as 'Received' or 'Okay.'
6. You are all adults, and I will not be monitoring your attendance. However, keep in mind that if you choose not to attend class on lecture days, you will miss understanding the concepts in the way it is expected to be known for the exams, and feel lost as the semester progresses, trust me in that.
7. With university-approved documentation, you may make up the missed work within one week. After that, make up opportunities will not be permitted, regardless of documentation. If you do not provide valid documentation, you may still make up the work within two days, with a 25% deduction per day.
8. Please note that I am unable to provide details about what was covered in class during your absence. I kindly encourage you to reach out to your classmates for this information.
9. The lecture drawings will be completed on white paper in class, and all quizzes and exams will be completed online in class. Please ensure that you have a fully functional and fully charged computer prior to the quizzes and exams. Retakes will not be granted due to technical issues during the quizzes and exams. It is your responsibility to test your device in advance.
10. All slides are important, as any material not relevant to the exam will not be covered in slides.
11. I do not provide study guides for exams that specify which slides to focus on or skip. All lecture slides are interconnected and contribute to the overall understanding of the material, so it's important to study everything as a cohesive whole.
12. The purpose of the drawings and quizzes is to prepare you for the exams and familiarize you with the types of questions you can expect for the exams.
13. Do not email me requesting grade adjustments, as I do not round up grades. All final grades are calculated exactly as earned.
14. This class does not offer any extra credit opportunities.
15. I do not curve grades. Your grade reflects how much you have learned.
16. There is no such thing as exams being inherently "hard" in this course. Every question on the exams is based on our in-class discussions, PowerPoint slides, and the detailed explanations in the textbook. Active engagement and studying are essential. If your goal is simply to pass the course without truly understanding the material, I can assure you that approach will not be successful in my class and the exams will be perceived as "hard".
17. If the PowerPoint slides are not enough to fully understand the material, please refer to the textbook. If you need further assistance, feel free to email me with your questions or visit me in my office, I would be happy to help.
18. Cheating will result in a zero and may lead to removal from the course. Do not use cell phones during class activities. Any form of academic dishonesty is easily detectable and will not be tolerated.
19. Be active in class and participate by answering questions as your engagement matters. If I ask a question and no one responds, I will randomly select someone to answer.
20. If you have any questions about your career, I would be happy to discuss them with you.



21. I am always open to suggestions. If you notice anything that could improve your experience in the class, please discuss it with me now, rather than waiting for the course evaluation and allowing the improvement to benefit students next semester.

### Course Lecture Schedule

The course syllabus outlines the general plan for the course; however, the instructor reserves the right to adjust any part of the syllabus at any time during the semester as deemed necessary.

Week	Monday	Wednesday	Friday
Week 1, Aug 25-29	Syllabus	The Funnel Approach to Success in Exercise Physiology	<ul style="list-style-type: none"> <li>The Importance of Studying This Course</li> <li>Exercise Physiology Job Opportunities</li> <li>Expectations Activity</li> </ul>
Week 2, Sep 1-5	No Class, Labor Day	Chapter 1	Chapter 1
Week 3, Sep 8-12	Chapter 1	<ul style="list-style-type: none"> <li>Review Chapter 1</li> <li>Drawing #1</li> </ul>	Chapter 2
Week 4, Sep 15-19	Chapter 2	<ul style="list-style-type: none"> <li>Review Chapter 2</li> <li>Drawing #2</li> </ul>	Chapter 3
Week 5, Sep 22-26	Chapter 3	<ul style="list-style-type: none"> <li>Review Chapter 3</li> <li>Quiz #1</li> </ul>	Chapter 4
Week 6, Sep 29-Oct 3	Chapter 4	<ul style="list-style-type: none"> <li>Review Chapter 4</li> <li>Drawing #3</li> </ul>	<b>Exam #1 (1,2,3,4)</b>
Week 7, Oct 6-10	Chapter 5	Chapter 5	Chapter 6
Week 8, Oct 13-17	Chapter 6	<ul style="list-style-type: none"> <li>Review Chapter 5,6</li> <li>Quiz #2</li> </ul>	Chapter 7
Week 9, Oct 20-24	Chapter 7	Chapter 7	<ul style="list-style-type: none"> <li>Review Chapter 7</li> <li>Drawing #4</li> </ul>
Week 10, Oct 27-31	Chapter 8	Chapter 8	Chapter 8
Week 11, Nov 3-7	<ul style="list-style-type: none"> <li>Review Chapter 8</li> <li>Drawing #5</li> </ul>	<b>Exam #2 (5,6,7,8)</b>	Chapter 9
Week 12, Nov 10-14	Chapter 9	<ul style="list-style-type: none"> <li>Review Chapter 9</li> <li>Quiz #3</li> </ul>	Chapter 14
Week 13, Nov 17-21	Chapter 14	Chapter 14	<ul style="list-style-type: none"> <li>Review Chapter 14</li> <li>Quiz #4</li> </ul>
Week 14, Nov 24-28	Chapter 15	No class, Thanksgiving	No class, Thanksgiving
Week 15, Dec 1-5	Chapter 15	Chapter 15	<ul style="list-style-type: none"> <li>Review Chapter 15</li> <li>Quiz #5</li> </ul>
Week 16, Dec 8-11	<b>Exam #3 (9,14,15)</b>		

### Course Lab Communication Policy

1. By signing up for this class, you agree to volunteer in the lab as needed. If no one volunteers for a lab activity, I will randomly select someone.
2. For lab sessions, please wear appropriate clothing that allows easy access to the measurement sites.
3. Food and drinks are not allowed in the lab.



4. When uploading your activity sheets, ensure they are in Word format and include your first and last name in the file name. For example: Sauyeh Zamani Lab Activity Sheet #1.
5. Answers to the lab activity sheets must be typed in a Word document. Handwritten reports or photos of written answers will result in 3 points deductions.
6. If you are unable to submit a Word file due to laptop issues, make sure to resolve the problem with IT as soon as possible.
7. You may collaborate on completing your lab activity sheets, but each person must submit their own work. Any copied figures or directly copied text will result in a grade of zero.
8. After completing the lab in class, you will fill out the lab activity sheet and submit it by midnight each Friday.
9. If you miss a lab and have received approval to make it up, you will complete the activity during the next scheduled lab.
10. If you notice that points were deducted on your lab activity sheets but you are unsure why, I encourage you to visit me during office hours for clarification to help prevent repeated mistakes in the following lab activity sheets.

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The course syllabus outlines the general plan for the course; however, the instructor reserves the right to adjust any part of the syllabus at any time during the semester as deemed necessary.

Week	Friday
Week 1, Aug 25-29	Syllabus and Lab Orientation
Week 2, Sep 1-5	Lab #1 – Units of Measure
Week 3, Sep 8-12	What is Blood Pressure and Heart Rate
Week 4, Sep 15-19	Lab #2 – Blood Pressure and Heart Rate Measurement
Week 5, Sep 22-26	Lab #3 – Anthropometric Measurement
Week 6, Sep 29-Oct 3	What is Body Composition
Week 7, Oct 6-10	Lab #4 – Skinfold Measurement
Week 8, Oct 13-17	What are Aerobic and Anaerobic Tests
Week 9, Oct 20-24	Lab #5 – Aerobic Test Measurement
Week 10, Oct 27-31	Lab #6 – Anaerobic Test Measurement
Week 11, Nov 3-7	Lab #7 – Agility, Flexibility, Muscular Strength
Week 12, Nov 10-14	Lab #8 – Electrocardiogram Measurement
Week 13, Nov 17-21	Lab #9 – One Repetition Maximum
Week 14, Nov 24-28	No lab, Thanksgiving
Week 15, Dec 1-5	Lab #10 – Fitness Assessment
Week 16, Dec 8-11	No Lab