



Physiology of Sport and Fitness Lab
EXPH 2501
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

I will provide detailed descriptions for each lab, along with corresponding activity sheets.

Course Teaching Modality

This course will meet in person once a week.

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

Course Description

Laboratory sessions examining the physiological effect of work on the functions of the human body.

Course Evaluation

Lab Activity Sheets (10*20 points each)	200 points
Lab Report (1*100 points each)	100 points
Practical Exam (2*50 points)	100 points
Written Exam (1*100 points each)	100 points
	500 points total

A (90–100%) → 450–500 points

B (80–89%) → 400–449 points

C (70–79%) → 350–399 points

D (60–69%) → 300–349 points

F (<60%) → Below 300 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. All slides are important, as any material not relevant to the exam will not be covered in slides.
10. 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.
11. Do not email me requesting grade adjustments, as I do not round up grades. All final grades are calculated exactly as earned.
12. This class does not offer any extra credit opportunities.
13. I do not curve grades. Your grade reflects how much you have learned.
14. 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 provided for each lab. 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".
15. If the PowerPoint slides are not enough to fully understand the material, feel free to email me with your questions or visit me in my office, I would be happy to help.
16. 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.
17. 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.
18. For lab sessions, please wear appropriate clothing that allows easy access to the measurement sites.
19. Food and drinks are not allowed in the lab.
20. 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.
21. Answers to the lab activity sheets must be typed in a Word document. Handwritten reports or photos of written answers will result in 6 points deductions.
22. 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.



23. 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.
24. After completing the lab in class, you will fill out the lab activity sheet and submit it by midnight each Tuesday.
25. If you miss a lab and have received approval to make it up, you will complete the activity during the next scheduled lab.
26. 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 future.
27. 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 choose someone to answer.
28. If you have any questions about your career, I would be happy to discuss them with you.
29. 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 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	Tuesday
Week 1, Aug 25-29	Syllabus and Lab Orientation
Week 2, Sep 1-5	Lab #1 – Heart Rate and Blood Pressure
Week 3, Sep 8-12	Lab #2 – Anthropometric Measurements
Week 4, Sep 15-19	Lab #3 – Lactate Measurement
Week 5, Sep 22-26	Lab #4 – Mobility and Proprioception
Week 6, Sep 29-Oct 3	Practical Exam #1
Week 7, Oct 6-10	Lab #5 – Body Composition
Week 8, Oct 13-17	Lab #6 – Electrocardiogram
Week 9, Oct 20-24	Lab #7 – Dynamic vs. Static Strength
Week 10, Oct 27-31	Practical Exam #2
Week 11, Nov 3-7	Lab #8 – Walking Test
Week 12, Nov 10-14	Lab #9 – Muscular Endurance
Week 13, Nov 17-21	Lab #10 – Oxygen Saturation Percentage
Week 14, Nov 24-28	Lab Report
Week 15, Dec 1-5	Written Exam Review
Week 16, Dec 8-11	Written Exam