

College of Health Sciences and Human Services, GUNN
Department of Athletic Training & Exercise Physiology
EXPH 5073, Grad Topics in Exercise Physiology
Spring 2026

Contact Information

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Office: Ligon Coliseum Building, Room 209

Office Hours: Mondays and Wednesdays 10:00 AM-12:00 PM, and Tuesdays 12:30 PM-1:30 PM.

Course Description

This course is designed to give graduate students the opportunity to engage deeply in a focused area of research within our discipline. Students may work on either a self-selected or instructor-selected topic throughout the semester. By the end of the course, students are expected to establish a clear research agenda and outline the procedures needed to complete a research project. A week-by-week schedule of expectations is provided to help guide students toward meeting these objectives.

Data collection does not require IRB approval and does not need to involve a large number of participants. Students may include as many participants as they choose, as this project is intended to be experiential in nature. The primary goal is active engagement with a research hypothesis or question of interest, culminating in a mini research paper.

Students are expected to meet with the instructor of record on a weekly basis to review progress. In-person meetings are preferred but not required.

Student Handbook

Refer to: [Student Handbook](#).

Academic Misconduct Policy & Procedures

Academic Dishonesty: Cheating, collusion, and plagiarism (the act of using source material of other persons, either published or unpublished, without following the accepted techniques of crediting, or the submission for credit of work not the individual's to whom credit is given). Additional guidelines on procedures in these matters may be found in the Office of Student Conduct. [Office of Student Conduct](#).

Moffett Library

Moffett Library provides resources and services to support student's studies and assignments, including books, peer-reviewed journals, databases, and multimedia materials accessible both on campus and remotely. The library offers media equipment checkout, reservable study rooms, and research assistance from librarians to help students effectively find, evaluate, and use information. Get started on this [Moffett Library webpage](#) to explore these resources and learn how to best utilize the library.

Grading

Table 1: Points allocated to each assignment.

Assignments	Points
Topic Selection and Hypothesis	180 points, 30%
Literature Sample	180 points, 30%
Research Paper (Lit Review, Introduction, Methods, Results, Discussion, References)	240 points, 40%

Table 2: Total points for final grade.

Grade	Points
A (90–100%)	540–600
B (80–89%)	480–539
C (70–79%)	420–479
D (60–69%)	360–419
F (<60%)	Below 360

Topic Selection and Hypothesis

Select a research topic that genuinely interests you and can be feasibly conducted in our Exercise Physiology Lab. Your topic should align with the available equipment, testing procedures, and accessible populations. Upload your topic of interest along with your research hypothesis to the designated module by the due date. I will notify you via email whether your topic is approved or if it requires further discussion during my office hours.

Literature Sample

After selecting a research topic, students are expected to review relevant, peer-reviewed journal articles that support their hypothesis.

Upload a list of at least five peer-reviewed APA format references to the designated module by the due date that are directly related to your proposed research question.

Research Paper

Upload the full research paper to the designated module by the due date.

1. Literature Review:

- Summarize at least five relevant, peer-reviewed studies related to your topic.
- Highlight what is already known, identify gaps or controversies, and explain how your study addresses them.
- Use this section to justify your research and support your hypothesis.
- Cite the sources in APA format within the text.

2. Introduction:

- Introduce your research topic and explain its importance.
- Provide context so the reader understands the problem or question.
- Clearly state your research question or hypothesis.
- Keep it concise without going into too much detail.
- Cite the sources in APA format within the text.

3. Methods:

- Describe your participants, equipment, and procedures.
- Define independent and dependent variables.

- Provide enough detail for someone else to replicate your study.

4. Results:

- Present your findings clearly using tables, figures, or text.
- Report the data without interpretation.
- Include statistics, averages, or comparisons as needed.

5. Discussion:

- Interpret your results and explain their meaning and relevance.
- Compare your findings with those reported in the literature review.
- Discuss limitations and suggest future research directions.
- Explain any practical applications of your findings.
- Cite the sources in APA format within the text.

6. References:

- All references must be formatted in APA style.

Make Up Work

With university-approved documentation (e.g., illness, athletic tournaments, car accidents, bereavement, jury duty, religious observance, family emergencies, or similar circumstances), you may make up missed work within one week. If you must miss a graded activity, email me your university-approved documentation and submit the assignment in the same email to ensure proper tracking.

Late Work

Late submissions with valid documentation are not accepted after one week and will receive a grade of zero, with no exceptions.

Table 3: Make up work and Late work 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 with valid documentation (after 1 week).	No	Never, the grade will be zero

Important Dates

- Last day for term schedule changes: 01/23/2026. For more information refer to [Academic Calendar](#).
- Deadline to file for graduation: 02/16/2026. For more information refer to [Academic Calendar](#).
- Last Day to drop with a grade of "W": 03/04/2026. For more Information refer to [Drops, Withdrawals & Void](#).
- Refer to: [Drops, Withdrawals & Void](#).

Desire-to-Learn (D2L)

Extensive use of the MSU D2L program is a part of this course. Each student is expected to be familiar with this program as it provides a primary source of communication regarding assignments, examination materials, and general course information. You can log into [D2L](#) through the MSU Homepage. If you experience difficulties, please contact the technicians listed for the program or contact your instructor.

Online Computer Requirements

Taking an online class requires you to have access to a computer (with Internet access) to complete and upload your assignments. It is your responsibility to have (or have access to) a working computer in this class. Assignments and tests are due by the due date, and personal computer technical difficulties will not be considered reason for the instructor to allow students extra time to submit assignments, tests, or discussion postings. Computers are available on campus in various areas of the buildings as well as the Academic Success Center. Your computer being down is not an excuse for missing a deadline. There are many places to access your class! Our online classes can be accessed from any computer in the world which is connected to the internet. Contact your instructor immediately upon having computer trouble. If you have technical difficulties in the course, there is also a student helpdesk available to you. The college cannot work directly on student computers due to both liability and resource limitations however they are able to help you get connected to our online services. For help, log into [D2L](#).

Instructor Policies

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. Otherwise, I will not know which class you are contacting me from, and I will be unable to respond to 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. Any disrespectful behavior, in class or via email, will not be tolerated. Such incidents will be reported to the department, and the student will no longer be allowed to participate in my classes and may be dropped from the course.
7. You may discuss your grades immediately after they are published.
8. Do not email me requesting grade adjustments, as I do not round up grades. All final grades are calculated exactly as earned.
9. I do not curve grades. Your grade reflects how much you have learned.
10. After completing each assignment, you will upload it to D2L module designated for each assignment by 5:00 PM each Friday. Even being one minute late is not acceptable and will receive a zero, as the module closes promptly at 5:00 PM.
11. When uploading your assignment, ensure they are in Word format or pdf format and include your first and last name in the file name. For example: Sauyeh Zamani Topic Selection & Hypothesis.
12. All assignment submissions made by students in D2L are considered final submissions. It is the student's responsibility to ensure that the correct and complete file has been uploaded. If a student submits an incorrect document, an incomplete draft, a blank document, or any unintended version, the assignment will

be graded as submitted. Students are strongly encouraged to double-check their upload before finalizing the submission. Additionally, Apple file formats such as .pages or Keynote files will not be accepted. All submissions must be uploaded in Microsoft Office formats such as .doc and .pdf.

13. All assignments must be typed. Handwritten or photos of written answers will result in 10 points deductions.
14. If you are unable to submit a Word file or pdf file due to laptop issues, make sure to resolve the problem with IT within the first week of classes. You may use computers in the library or anywhere on campus.
15. If you notice that points were deducted on your assignment but you are unsure why, I encourage you to visit me during office hours for clarification to help prevent repeated mistakes in the future.
16. Cheating will result in a zero and may lead to removal from the course. Any work copied and pasted from AI tools, such as ChatGPT, will receive a grade of zero. Any other form of academic dishonesty is easily detectable and will result in a zero.
17. If you have any questions about your career, I would be happy to discuss them with you.
18. In the event of a campus closure due to weather, class will transition to a hybrid format, depending on the scheduled activity for that day. Students are required to download and have access to Microsoft Teams on their device to attend the meetings remotely. Further announcements regarding the assignments will be communicated during that period.
19. 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.

Change of Schedule

A student dropping a course (but not withdrawing from the University) within the first 12 class days of a regular semester or the first four class days of a summer semester is eligible for a 100% refund of applicable tuition and fees. Dates are published in the Schedule of Classes each semester.

Refund and Repayment Policy

A student who withdraws or is administratively withdrawn from Midwestern State University (MSU) may be eligible to receive a refund for all or a portion of the tuition, fees and room/board charges that were paid to MSU for the semester. **HOWEVER**, if the student received financial aid (federal/state/institutional grants, loans and/or scholarships), all or a portion of the refund may be returned to the financial aid programs. As described below, two formulas (federal and state) exist in determining the amount of the refund. (Examples of each refund calculation will be made available upon request).

Services for Students with Disabilities

In accordance with Section 504 of the Federal Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, Midwestern State University endeavors to make reasonable accommodations to ensure equal opportunity for qualified persons with disabilities to participate in all educational, social, and recreational programs and activities. After notification of acceptance, students requiring accommodations should make application for such assistance through Disability Support Services, located in the Student Wellness Center, (940) 397-4140. Current documentation of a disability will be required in order to provide appropriate services, and each request will be individually reviewed. For more details, please go to Disability Support Services.

College Policies



A Member of the Texas Tech University System

Campus Carry Rules/Policies

Refer to: [Campus Carry Rules and Policies](#).

Smoking/Tobacco Policy

College policy strictly prohibits the use of tobacco products in any building owned or operated by WATC. Adult students may smoke only in the outside designated-smoking areas at each location.

Alcohol and Drug Policy

To comply with the Drug Free Schools and Communities Act of 1989 and subsequent amendments, students and employees of Midwestern State are informed that strictly enforced policies are in place which prohibits the unlawful possession, use or distribution of any illicit drugs, including alcohol, on university property or as part of any university-sponsored activity. Students and employees are also subject to all applicable legal sanctions under local, state and federal law for any offenses involving illicit drugs on university property or at university-sponsored activities.

Campus Carry

Effective August 1, 2016, the Campus Carry law (Senate Bill 11) allows those licensed individuals to carry a concealed handgun in buildings on public university campuses, except in locations the University establishes has prohibited. The new Constitutional Carry law does not change this process. Concealed carry still requires a License to Carry permit, and openly carrying handguns is not allowed on college campuses. For more information, visit [Campus Carry](#).

Active Shooter

The safety and security of our campus is the responsibility of everyone in our community. Each of us has an obligation to be prepared to appropriately respond to threats to our campus, such as an active aggressor. Please review the information provided by MSU Police Department regarding the options and strategies we can all use to stay safe during difficult situations. For more information, visit [MSUReady – Active Shooter](#). Students are encouraged to watch the video entitled "Run. Hide. Fight." which may be electronically accessed via the University police department's webpage: "[Run. Hide. Fight.](#)"

Grade Appeal Process

Update as needed. Students who wish to appeal a grade should consult the Midwestern State University [MSU Catalog](#).

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.

Table 4: Semester schedule.

Week	Assignment	Due Date
Week 1, Jan 19-23	Syllabus	N/A
Week 2, Jan 26-30	Upload Topic Selection and Hypothesis	Friday 5 PM
Week 3, Feb 2-6	Study Literatures for Literature Sample	N/A
Week 4, Feb 9-13	Upload Literature Sample	Friday 5 PM
Week 5, Feb 16-20	Begin writing the Literature Review	N/A
Week 6, Feb 23-27	Write-up of Methods	N/A
Week 7, Mar 2-6	Begin Data Collection	Meet me during my office hours
Week 8, Mar 9-13	Data Collection	N/A
Week 9, Mar 16-20	Data Collection	N/A
Week 10, Mar 23-27	Data Processing	N/A
Week 11, Mar 30-Apr 3	Data Statistical Analysis	Meet me during my office hours
Week 12, Apr 6-10	Write-up of Results	N/A
Week 13, Apr 13-17	Write-up of Discussion	N/A
Week 14, Apr 20-24	Write-up of Literature Review and Introduction	N/A
Week 15, Apr 27-May 1	Review the full Research Paper	N/A
Week 16, May 4-8	Upload Research Paper	Friday 5 PM
Week 17, May 9-14	Survey of what students learned	Meet me during my office hours