College of Health Sciences and Human Services, GUNN
Department of Athletic Training & Exercise Physiology
EXPH 2501, Physiology of Sport and Fitness Lab, Section 101
Fall 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 provides laboratory sessions examining the physiological effect of work on the functions of the human body.
This course meets in person once a week on Tuesdays from 9:30 AM–10:50 AM. Lectures will be held in Room 218, and labs will be held in Lab Room 222.
You will receive regular updates through announcements in D2L or via email.

Textbook and Instructional Materials

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

Study Hours and Tutoring Assistance

You are responsible for studying all provided lecture slides and all lab activity sheets for quizzes and exams.
The teaching assistant will run all labs throughout the semester. Please make sure to communicate with him if you have any questions.
Teaching Assistant: Maverick Moxey, Email: maverickmoxey2000@gmail.com
Teaching Assistant: Matthew Earle, Email: mearle0606@my.msutexas.edu

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Dishonesty: Cheating, collusion, and plagiarism (the act of using source material of other persons, either published or unpublished, without following the accepted techniques of crediting, or the submission for credit of work not the individuals to whom credit is given).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
Lab Activity Sheets (10*20 points each)	200
Quizzes (5*10 points each)	50
Lab Report (1*50 points each)	50
Practical Exam (2*75 points)	150
Written Exam (1*50 points each)	50

Table 2: Total points for final grade.

Grade	Points
A (90–100%)	450–500
B (80–89%)	400–449
C (70–79%)	350–399
D (60–69%)	300–349
F (<60%)	Below 300

Lab Activity Sheets

1. There are 10 labs, each worth 20 points. You may complete discussion questions at home; however, all lab activity components must be completed in class.
2. After completing the lab activity sheet, you will upload it to D2L module designated for each lab by 5:00 PM each Tuesday. Even being one minute late is not acceptable and will receive a zero, as the module closes promptly at 5:00 PM.
3. 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.
4. Answers to the lab activity sheets must be typed. Handwritten reports or photos of written answers will result in 5 points deductions.
5. 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.
6. 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.
7. If you miss a lab and have received approval to make it up, you will complete the activity during the next scheduled lab and then you will email the completed activity sheet to TA by Tuesday 5 PM.
8. If you notice that points were deducted on your lab activity sheets but you are unsure why, I encourage you to email TA for clarification to help prevent repeated mistakes in the future.
9. The lab activity sheet is not an attendance sheet or just a fill-in-the-blank worksheet. If you complete the sheet without actively participating in the lab activities, you will receive a zero for that lab. For example, if the lab requires you to perform 10 push-ups to measure how long it takes to complete them, you must actually perform the task. If you do not do the push-ups and instead record a random number, you will receive a zero for that question.

10. Attendance is required for every lab activity. You cannot complete the lab activity sheet at home and expect to receive credit if you were absent from the lab. If you are absent, you will receive zero points for that lab activity sheet, regardless of how accurately you complete it. A university-approved excuse is required to make up a missed lab and receive credit.
11. If you leave lab early, you may miss important instructions or additional requirements for the lab activity. It is your responsibility to check with a classmate after leaving to ensure that no additional information or tasks were added and to avoid losing points on your lab activity sheet.
12. You must provide doctor-signed documentation to be excused from participating in any lab activities. Make sure to email it to me by the end of the first week of classes.
13. After Lab #10, we will no longer meet in the lab room. If you have a university-approved excuse and need to make up a lab after Lab #10, you must arrange an appointment with your TA to complete the make-up lab at a time that works for both you and the TA.

Quizzes

1. There are five quizzes, each worth 10 points. The questions contain true/false, fill-in-the-blank, and multiple-choice questions. The quizzes are timed, and you must bring a pen and a charged, working laptop to be prepared for both formats during the quiz.
2. The quiz must be taken in class, either on paper or through D2L. Anyone who takes it outside of class will receive a zero.
3. No restroom breaks are permitted during quizzes. Please take care of all personal needs before the assessment begins.

Practical Exams

There are two practical exams for designated labs, each worth 75 points. You will select a partner for the exam. The detailed guidelines and grading rubric for each practical exams will be discussed in class.

Lab Report

There is one lab report, worth 50 points, for which you will write an abstract about Lab #10. The detailed guidelines and grading rubric will be discussed in class.

Written Exam

1. At the end of the semester, there will be one written exam containing true/false, fill-in-the-blank, and multiple-choice questions. The exam is timed, and you must bring a pen and a charged, working laptop to be prepared for both formats of the test. We will have a review for the exam one week prior.
2. All slides are important, as any material not relevant to the exam will not be covered in slides.
3. 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 exam will be perceived as “hard”.
4. The exam must be taken in class, either on paper or through D2L. Anyone who takes it outside of class will receive a zero.
5. No restroom breaks are permitted during exam. Please take care of all personal needs before the assessment begins.

Extra Credit
This class does not offer any extra credit opportunities.

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
- Academic Calendar.
- 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.

Attendance
Attendance on lab days is required. Failure to attend without university-approved documentation will result in a zero for that lab, no exception. 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.
Students are expected to attend all meetings of the classes in which they are enrolled. Although in general students are graded on intellectual effort and performance rather than attendance, absences may lower the student's grade where class attendance and class participation are deemed essential by the faculty member. In those classes where attendance is considered as part of the grade, the instructor should so inform students of the specifics in writing at the beginning of the semester in a syllabus or separate attendance policy statement. An instructor who has an attendance policy must keep records on a daily basis. The instructor must give the student a verbal or written warning prior to being dropped from the class. Instructor's records will stand as evidence of absences. A student with excessive absences may be dropped from a course by the instructor. Any

individual faculty member or college has the authority to establish an attendance policy, providing the policy is in accordance with the General University Policies.

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 Class 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. 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. I am not responsible if students who are absent receive incorrect information from classmates regarding class activities.
8. 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.
9. You may discuss your grades immediately after they are published. For example, discussions about Quiz #1 after three months will not be accepted.
10. If you have questions about your lab or quiz grades, please email your TA directly, as the TA is responsible for grading these assignments under my supervision using the answer keys I provide.
11. Do not email me requesting grade adjustments, as I do not round up grades. All final grades are calculated exactly as earned.
12. I do not curve grades. Your grade reflects how much you have learned.
13. 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.
14. Cheating will result in a zero and may lead to removal from the course. Do not use cell phones during quizzes and exams. Any form of academic dishonesty is easily detectable and will result in a zero.

15. By enrolling in this class, you agree to volunteer for lab activities as needed, such as walking on a treadmill. If no one volunteers, I will randomly select a student. If the selected student refuses, I will choose another. If the entire class declines to participate, everyone will receive a zero for that lab activity.
16. For lab sessions, please wear appropriate clothing that allows easy access to the measurement sites.
17. Food and drinks are not allowed in the lab.
18. Be active and engaged in class by answering questions, as your participation matters. If a question goes unanswered, I will randomly select a student to respond, since it's important for me to gauge the class's understanding of the concepts.
19. If you have any questions about your career, I would be happy to discuss them with you.
20. 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 class remotely. Any quizzes or exams that need to be taken online will be administered through Lockdown Browser on D2L. Further announcements regarding class activities, assignments, quizzes, and exams will be communicated during that period.
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.

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

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 course schedule.

Week	Activities	Due Date & Room
Week 1, Aug 24-28	Syllabus	Room 218
Week 2, Aug 31-Sep 4	Lab #1 Lecture Lab #1 – Heart Rate and Blood Pressure	Room 218 then Room 222 Lab #1 submission, Tuesday 5 PM
Week 3, Sep 7-11	Lab #2 – Anthropometric Measurements Quiz #1 over Lab #1 in class	Room 222 Lab #2 submission, Tuesday 5 PM
Week 4, Sep 14-18	Lab #3 Lecture Lab #3 – Lactate Measurement	Room 218 then Room 222 Lab #3 submission, Tuesday 5 PM
Week 5, Sep 21-25	Lab #4 – Mobility and Proprioception Quiz #2 over Lab #3 in class Lab #5 – Dynamic vs. Static Strength Quiz #3 over Lab #5 in class	Room 222 Lab #4 & #5 submission, Tuesday 5 PM
Week 6, Sep 28-Oct 2	**Practical Exam #1**	Room 222 Practical Exam #1 in class
Week 7, Oct 5-9	Lab #6 Lecture Lab #6 – Body Composition	Room 218 then Room 222 Lab #6 submission, Tuesday 5 PM
Week 8, Oct 12-16	Lab #7 Lecture Lab #7 – Electrocardiogram	Room 218 then Room 222 Lab #7 submission, Tuesday 5 PM
Week 9, Oct 19-23	**Practical Exam #2**	Room 222 Practical Exam #2 in class
Week 10, Oct 26-30	Lab #8 – Walking Test & Lab #9 – Muscular Endurance Quiz #4 over Lab #6 in class	Room 222 Lab #8 & #9 submission, Tuesday 5 PM
Week 11, Nov 2-6	Lab #10 Lecture Lab #10 – VO_{2max} Measurement	Room 218 then Room 222 Lab #10 submission, Tuesday 5 PM
Week 12, Nov 9-13	Lab Report Instruction Written Exam Review Quiz #5 over Lab #10 in class	Room 218
Week 13, Nov 16-20	**Lab Report**	Lab Report submission, Tuesday 5 PM
Week 14, Nov 23-27	**No lab, Thanksgiving**	**No lab, Thanksgiving**
Week 15, Nov 30-Dec 4	**Written Exam**	Room 218 Written Exam
Week 16, Dec 7-10	**No lab**	N/A