



HHPK 450L, Exercise Physiology Lab

COURSE SYLLABUS: FALL 2025

INSTRUCTOR INFORMATION

Instructor: Brian Jones, Karla Pegueros, Bronwyn Banks

Office Location: NHS 165

Office Hours: by appointment, TR 1-2:50pm

University Email Address:

bjones90@leomail.tamuc.edu;

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Preferred Form of Communication: email

Communication Response Time: 48 hours

COURSE INFORMATION

The purpose of the lab is to supplement the HHPK 450 lecture on Exercise Physiology. Activities include testing pulmonary function, ECG, cardiorespiratory endurance testing, body composition, fitness testing, blood lactate, and respiratory exchange ratio during exercise

Textbook(s) Required: there is no text required for this lab, however there is a HHPK 450 Lab Manual that must be purchased from the ETAMU bookstore prior to the first day of class. If you do not purchase the lab manual, your labs will not be scored for credit.

Materials Required:

- Reliable internet connection
- Microsoft Office (PowerPoint, Word, Excel) will be required in order to view and play provided texts, videos, and PowerPoints.
 - TAMUC provides MS Office 365 for free:
http://www.tamuc.edu/facultyStaffServices/academictechnology/_documents/Office-365-Students.pdf
- A video capturing device (e.g., your smartphone or laptop camera)

Course Description

Student Learning Outcomes

1. Students will gain introductory knowledge of research and clinical tests in the field of exercise physiology.
2. Students will exhibit understanding of concepts related to exercise physiology testing protocols.
3. Students will be able to demonstrate skills to administer clinical and fitness tests related to exercise physiology and exercise prescription.

COURSE REQUIREMENTS

Instructional Methods

- Lab activities will be hands-on and are designed to give students conceptual and practical experience in testing protocols related to exercise physiology. This lab is structured to allow for hybrid formatting.

Student Responsibilities

- Students are responsible for watching all recorded instructions. There may be weekly updates posted to the announcements page on D2L.
- Materials will be provided to disinfect surfaces upon completion of the lab and students are responsible for disinfecting all surfaces and equipment used.
- Students are responsible for communicating any barriers to timely completion of lab activities. All emails must contain the course or lab number in the subject heading line.
- Communicate early and often to keep your instructor aware of any issues.

GRADING

This lab accounts for 25% of your final HHPK 450 grade; there is no separate lab grade.

Weights of the assessments in the calculation of the final score:

1. Pre-labs (10x10 pts)	10%
2. Lab reports (10x10 pts)	10%
3. Final Exam	5%
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TOTAL	25%

Assessments

Pre-labs

There will be a pre-lab to complete prior to the lab. The pre-lab will give protocol instructions and background information about the exercise tests to be covered in the lab session. Pre-labs must be submitted to D2L **before** the corresponding lab session, see specific due dates on the course schedule.

Lab reports

The lab sessions provide hands-on learning experiences to strengthen the information learned during lectures. All lab assignments will be turned in by HARD COPY, to the GA on the assigned date/time. **NO EMAIL COPIES WILL BE ACCEPTED.**

Lab final exam

The lab final is cumulative, meaning it covers material from the entire semester. Submit your answers to D2L.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

Students must wear appropriate attire for activity and instruct participants to be dressed for physical activity when administering lab related testing. If unsure of what appropriate attire is, dress as though about to run on a treadmill. Any attire deemed inappropriate for safely engaging in this activity will affect lab activity grade in a 5-point deduction. **Late assignments ARE NOT ALLOWED. ANY ASSIGNMENT TURNED IN PAST THE DUE DATE/TIME WILL BE SCORED AS A ZERO.**

Assumption of risk for participating in physical activity class

Participating in any physical activity class may pose a physical risk. "By continuing participation in the course, the student waives any claim resulting from participation in the above-mentioned course. The participating student agrees to indemnify, defend, and hold harmless the State of Texas, the Texas A&M University System, East Texas A&M University, and the Department of Health and Human Performance, and all of the officers, trustees, directors, agents, representatives, and employees of the foregoing entities against any and all claims, including attorneys' fees and costs, which may be brought against any of them by anyone claiming to have been injured as a result of the student's participation in the course." If you have any questions about this statement, please ask the instructor.

Tentative Lab Schedule	
Module	Lab Topics
	1) Pulmonary Function and Blood Pressure
	1) Pulmonary Function and Blood Pressure
	2) Submaximal Exercise Testing
	2) Submaximal Exercise Testing
	3) Maximal Exercise Testing ($\dot{V}O_2\text{max}$) & Pulse Oximetry
	3) Maximal Exercise Testing ($\dot{V}O_2\text{max}$) & Pulse Oximetry
2	4) Muscle and Electromyography
	4) Muscle and Electromyography
	5) Nervous System, reaction time
	5) Nervous System, reaction time
	6) Muscular Strength, Endurance, Power, Agility
	6) Muscular Strength, Endurance, Power, Agility
	7) Respiratory Exchange Ratio
	7) Respiratory Exchange Ratio
	8) Lactate Testing
	8) Lactate Testing
	9) Resting Metabolic Rate
	9) Wingate
	10) DEXA
	10) DEXA
4	Lab Final
	Lab Final