



HHPK 530 – Sports Conditioning Summer II, 2015

Instructor: Dr. Vipa Bernhardt
Office: Field House 006
Office Hours: MW 12:00-1:00 or by appointment
E-mail: Vipa.Bernhardt@tamuc.edu
Class Meeting Time: MW 1:00-5:00, Field House 005

COURSE INFORMATION

Required Text

Baechle, T.R., and R.W. Earle, eds. Essentials of Strength Training and Conditioning, 3rd ed. Champaign, IL: Human Kinetics. 2008.

Course Description

A study of the scientific basis of conditioning athletes. Focus will be on cardiovascular and resistance conditioning in the off-season, pre-season, and in-season. An introduction and utilization of appropriate equipment for cardiovascular conditioning and resistance training will be examined.

Learning Objectives

1. Apply scientific knowledge to train athletes and clients for the primary goals of improving athletic performance and fitness.
2. Learn about the adaptations that occur with aerobic and anaerobic exercise training.
3. Learn how to demonstrate and teach proper exercise techniques.
4. Learn how to design and implement safe and effective strength training and conditioning and personal training programs.
5. Learn how to provide guidance regarding nutrition.
6. Apply exercise prescription principles for training variation, injury prevention, and reconditioning.

COURSE REQUIREMENTS

Course Grading:

1. Class participation	20%
2. Midterm exam	40%
3. Final exam	40%
Total:	100%

Grading Scale:	100 – 90%	A
	89 – 80%	B
	79 – 70%	C
	69 – 60%	D
	59 – 0%	F

TECHNOLOGY REQUIREMENTS

The following information on technological requirements has been provided to assist you in preparing to use technology successfully in this course. You should have access to a computer with:

- Internet access/connection – high speed recommended (not dial-up)
- Microsoft Office (more specifically, MS Word and PowerPoint)
- Adobe Acrobat Reader
- Access to TAMUS library system

You also have access to a personal MyLeo account and a MyLeo email address. This is the email address that I will use to send you information regarding this course. Please check it regularly, and be sure to send me emails from this address, also.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course specific procedures:

Academic Honesty Policy

Texas A&M University-Commerce does not tolerate plagiarism and other forms of academic dishonesty. Conduct that violates generally accepted standards of academic honesty is defined as academic dishonesty. "Academic dishonesty" includes, but is not limited to, plagiarism (the appropriation or stealing of the ideas or words of another and passing them off as one's own), cheating on exams or other course assignments,

collusion (the unauthorized collaboration with others in preparing course assignments), and abuse (destruction, defacing, or removal) of resource material. Be aware that the intent to deceive the reader does not have to be present for plagiarism to occur. For more information, please go to <http://www.plagiarism.org/>. If you are in any doubt as to whether your work constitutes plagiarism or academic dishonesty, please discuss this with me confidentially.

University specific procedures

Student Conduct

This course will cover topics related to health and human performance. Students may have widely differing views. Students should feel comfortable discussing their individual views and experiences concerning each subject. Students should also respect each other's differences and points of view. If the instructor deems that individual students are not being respectful toward each other or the instructor, then these students will be asked to drop the course. Please refer to pages 42–45 of the TAMU-C Students' Guidebook Codes of Conduct for details. All students enrolled at the university shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. (See Code of Student Conduct from Student Guide Handbook).

ADA statement

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services
Texas A&M University-Commerce
Gee Library 132
Phone (903) 886-5150 or (903) 886-5835
Fax (903) 468-8148
StudentDisabilityServices@tamuc.edu

A&M-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

TENTATIVE COURSE OUTLINE

Day	Chapter	Topic
7/13	1	Structure and function of the muscular, neuromuscular, cardiovascular, and respiratory systems
	2	Bioenergetics of exercise and training
7/15	5	Adaptations to anaerobic training programs
	6	Adaptations to aerobic endurance training programs
7/20	7	Age- and sex-related differences and their implications for resistance training
	8	Nutritional factors in health and performance
7/22		MIDTERM EXAM
7/27	15	Resistance training
	16	Plyometric training
7/29	17	Speed, agility, and speed-endurance development
	18	Aerobic endurance exercise training
8/3	19	Periodization
	20	Rehabilitation and reconditioning
8/5		FINAL EXAM