



HHPK 530 – Sports Conditioning Fall 2017

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COURSE INFORMATION

Required Text

Haff, GG, and Triplett, NT, eds. Essentials of Strength Training and Conditioning, 4th ed. Champaign, IL: Human Kinetics, 2016.

Course Description

This course provides an overview of strength and conditioning. Emphasis is placed on the exercise sciences (including anatomy, exercise physiology, and biomechanics) and nutrition, exercise technique, program design, organization and administration, and testing and evaluation.

Learning Objectives

Upon completion of this course, the student will be able to...

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.

COURSE REQUIREMENTS

Quizzes

There are three (3) quizzes throughout the semester (see due dates on schedule). Each quiz will be timed and must be completed within the assigned time frame. Know the material BEFORE starting the quiz.

Exams

The midterm and final exams will cover material presented in the lectures, the chapters of the book, and other assigned readings. Each test will be timed and must be completed within the assigned time frame. Know the material BEFORE starting the quiz.

Read & React of Research Articles

You will research two (2) current (2012 – present) journal articles related to this course (and/or information in your book). Articles should be from journals such as: Journal of Strength and Conditioning Research, Journal of Science and Medicine in Sport, or Medicine and Science in Sports & Exercise. Each article summary/reflection should be ~3 pages, Times New Roman Font, with one-inch margins. The grading rubric is provided in e-College. Submit your paper to the appropriate Dropbox in e-College.

Online Discussions

Three (3) online discussions will take place during the term. You should post a minimum of 3 posts per discussion thread: one initial post answering the question and two response posts to your fellow classmates that further the discussion. Each post should be a **minimum** of 150 words for initial posts and 75 for response posts. Do not wait until the last minute to contribute to the discussion. Posts are due by 11:59pm on the dates found in the syllabus.

Comment posts should be meaningful. Merely agreeing or disagreeing with a classmate will not be looked upon favorably and will result in a loss of points. A meaningful post is one that moves the discussion forward in some substantive way through providing one's perspective, additional information through research, or reframing the discussion in some new way. You are expected to engage in an ongoing discussion/debate with your classmates. Your comments will be graded for quality and relevance. Your comments will also be graded based on your ability to engage in critical thinking. Students must provide at least one outside source for at least one comment that they make. Cite references in APA format.

Video Assignment

You will record a video of yourself performing four different lifting exercises with correct technique:

- 1) Power snatch, hang power snatch, power clean, or hang power clean
- 2) Front squat, back squat, or forward step lunge
- 3) Flat or incline barbell bench press, or flat or incline dumbbell bench press
- 4) Bent-knee sit-up, abdominal crunch, front plank, or side plank

Describe the muscles/muscle groups involved in the exercise, the role of the spotter(s) if required, and potential incorrect technique.

GRADING

Assignment Type	# of Assignments	Percentage
Quizzes	3	15
Exams	2	40
Read & React Papers	2	20
Online Discussions	3	15
Video Assignment	1	10
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).

Campus Concealed Carry

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to (<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>) and/or consult your event organizer). Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

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

Week	Chapter	Topic	Assignments Due
1	1	Structure and function of the body's systems	
2	3	Bioenergetics of exercise and training	
3	5	Adaptations to anaerobic training programs	
4	6	Adaptations to aerobic endurance training programs	Discussion 1
5	7	Age- and sex-related differences and their implications for resistance training	Quiz 1
6	9, 10	Nutrition for Health and Performance	
7	12, 13	Test Selection, Administration, Scoring, and Interpretation	Read & React 1
8	14	Warm-up and Flexibility Training	MIDTERM EXAM
9	15	Exercise Technique for Free Weight and Machine Training	Discussion 2
10	16	Exercise Technique for Alternative Modes and Nontraditional Implement Training	Quiz 2
11	17	Program Design for Resistance Training	
12	18	Program Design and Technique for Plyometric Training	
13	19	Program Design and Technique for Speed and Agility Training	Read & React 2
14	20	Program Design and Technique for Aerobic Endurance Training	Discussion 3
15	21	Periodization	Quiz 3
16			FINAL EXAM & Video Assignment