HHPS 318.01E – Individual Exercise Instruction

COURSE SYLLABUS: Summer II 2022

INSTRUCTOR INFORMATION

Instructor: Hussien Jabai, MS, CSCS, TSAC-F, CPT
Office Location: NHS 141
Office Hours: Mon – Thur 1pm – 3pm (By appointment)
Office Phone: 903-886-5549
Office Fax: 903-886-5365
University Email Address: hussien.jabai@tamuc.edu
Form of Communication: Email ONLY!
Communication Response Time: Typically within 24 hours

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook Required: Essentials of Strength Training and Conditioning, 4th Edition, ISBN-13: 978-1492501626 / ISBN-10: 9781492501626, Human Kinetics. 2016.

Please, click on the following link to access A&M-Commerce COVID 19 Information, https://new.tamuc.edu/coronavirus/

The *syllabus/schedule are subject to change.*

Course Description

This comprehensive course explains the key theories, concepts, and scientific principles of strength training and conditioning as well as their direct application to athletic competition and performance.

The scope and content convey the knowledge, skills, and abilities required of a strength and conditioning professional; and to address the latest information found on the Certified Strength and Conditioning Specialist (CSCS) exam. The evidence-based approach is necessary for CSCS exam preparation. **Prerequisites: 2.5 minimum GPA required.**

Student Learning Outcomes

Following the completion of this course, students 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 how to conduct sport-specific testing sessions.
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 and performance-enhancing substances.
6. Apply exercise prescription principles for training variation, injury prevention, and reconditioning.

COURSE REQUIREMENTS

Minimal Technical Skills Needed

Examples include: Using the learning management system, using Microsoft Word and PowerPoint, using presentation and graphics programs, etc.

Instructional Methods

This course, in a face to face format, will focus on preparing students for work as a strength training professional in the real world. The course is designed around the construction of exercise program design and lab activities, using concepts learned during the semester. Students will participate in class lectures, discussions, and demonstrations centered on the concepts.
<u>Additional</u> – Due to the structure and application-based nature of this course, a portion of the course content will be provided via online lectures on D2L with labs being completed in class as assigned. - Dress Appropriately!

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Program Design Project
The program design project provides experience in administering athletic performance tests and designing a resistance training program to meet the goals and needs of an athlete. Throughout the duration of this course, you must decide on four appropriate performance tests to administer to the athlete. You must then recruit a subject to serve as the athlete. After administering the performance tests to the athlete and evaluating the results from the tests, you must design an off-season, preseason, in-season, and postseason resistance training program for the athlete. Areas of emphasis for the evaluation of the program will include (a) selection of appropriate performance tests, (b) selection of appropriate program design variables for resistance training (exercise selection, training frequency, exercise order, training load and repetitions, volume, and rest periods), and (c) appropriate rationale for each selection. **This will count 20% of the final average.**

Exams: There will be two exams this semester, a mid-term and a final exam. The midterm exam will cover Chapters 1 – 4 and the final exam will cover Chapters 6 – 8, and 12. **The midterm exam counts 15% and the final counts 20%, for a total of 35% of the final average.**

Comprehensive Practical Exam: Students will sign up for times to both act as trainer and client. All methods of exercise prescription and testing CAN BE TESTED. **This will count 20% of the final average.**

Lab Activities: There will be 9 (graded) labs throughout the semester to cover topics that were emphasized in class, and to prepare you for the practical exam. **Each lab will count 2.2% (ROUNDED) for a total of 20% of the final average.**

Attendance: Attending class is not mandatory, but students who attend regularly and often will be rewarded. This section counts 5% of your final average. While that may not seem much, it may make the difference if grades are close to letter grade break points. THERE WILL BE NO EXTRA CREDIT AT THE END OF THE SEMESTER!

Student Responsibilities or Tips for Success in the Course

Success in HHPS - 318 is determined by regularly logging into the D2L, accessing all chapter files. Attending lectures is not mandatory, but HIGHLY ADVISED. No lectures will be recorded. If you are unable to attend synchronously, then you are responsible for obtaining the missed material on you own.

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GRADING

Final grades in this course will be based on the following scale:

A = 90%-100%
B = 80%-89%
C = 70%-79%
D = 60%-69%
F = 59% or Below

Assessments

Program Design Project	20% of Grade
Lab Exercise	20% of Grade
Midterm Exam	15% of Grade
Final Exam	20% of Grade
Comprehensive Practical	20% of Grade
Attendance	5% of Grade

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:
https://community.brightspace.com/s/article/Brightspace-Platform-Requirements

LMS Browser Support:
https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

YouSeeU Virtual Classroom Requirements:
https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-SystemRequirements

ACCESS AND NAVIGATION

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You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu**.**

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

https://community.brightspace.com/support/s/contactsupport

Interaction with Instructor Statement

All responses to emails will be within 24 hours, except those emails that arrive after 5pm on Friday. Responses MAY be as late as the following business day.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

There are NO EXCEPTIONS regarding deadlines. All modules, discussion boards, and exams must be completed by the date and time listed. IF absences occur that fall within the university attendance policy, then accommodations MAY be made. TECHNICAL ISSUES ARE NOT AN ACCEPTED EXCUSE FOR MISSING DEADLINES.

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the Student Guidebook.
http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum:
https://www.britannica.com/topic/netiquette

TAMUC Attendance

For more information about the attendance policy please visit the Attendance webpage and Procedure 13.99.99.R0.01.
http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx

http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf

Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

Undergraduate Academic Dishonesty 13.99.99.R0.03

http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf

Graduate Student Academic Dishonesty 13.99.99.R0.10

http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10GraduateStudentAcademicDishonesty.pdf

Students with Disabilities-- 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:

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Office of Student Disability Resources and Services
Texas A&M University-Commerce
Gee Library- Room 162
Phone (903) 886-5150 or (903) 886-5835
Fax (903) 468-8148
Email: studentdisabilityservices@tamuc.edu
Website: Office of Student Disability Resources and Services
http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/

Nondiscrimination Notice

Texas A&M University-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.

Campus Concealed Carry Statement

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 the Carrying Concealed Handguns On Campus document and/or consult your event organizer.

Web url:
http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&MCommerce campuses. Report violations to the University Police Department at 903886-5868 or 9-1-1.

COURSE SCHEDULE Essentials of Strength Training and Conditioning

The lab activities are not always intended to match the content of the chapters, but they may be completed during the corresponding weeks shown in this table.

WEEK	REQUIRED TEXTBOOK READING		LAB ACTIVITY
	Chapter	**Chapter title**	
		Course introduction	
	July 11th	Structure and Function of Body Systems	
	July 12th	Biomechanics of Resistance Exercise	
	(online)	Bioenergetics of Exercise and Training	
	(online)	Endocrine Responses to Resistance Exercise	
	July 13th	Adaptations to Anaerobic Training Programs	Lab 1: Anaerobic Capacity Testing [July 13th)
	July 14th	Adaptations to Aerobic Endurance Training Programs	
	(online)	Age- and Sex-Related Differences and Their Implications for Resistance Exercise	Lab 2: Aerobic Capacity Testing [July 14th)

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	July 18th	Psychology of Athletic Preparation and Performance	

	July 18th	Basic Nutrition Factors in Health	
	(online)	Nutrition Strategies to Maximize Performance	
	(online)	Performance-Enhancing Substances and Methods	(Prior to Exercise Testing - Anthropometry and Body Composition) Lab 4: Exercise Testing for Athletes (July 19th)
	July 20th	Principles of Test Selection and Administration	
	July 20th	Administration, Scoring, and Interpretation of Selected Tests	
	July 21st	Warm-Up and Flexibility Training	Lab 5: Techniques of Exercise (Flexibility Exercise Techniques)
Midterm Examination Covering Lecture and Laboratory (Online)			
	July 25th	Exercise Technique for Free Weight and Machine Training	Lab 6: Techniques of Exercise (Resistance Exercise and Spotting Guidelines) (July 25th)

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	July 26th	Exercise Technique for Alternative Modes and Nontraditional Implement Training	Lab 7: Muscular Strength and Power Testing (July 26th)
	July 27th	Program Design for Resistance Training	
	July 28th	Program Design and Technique for Plyometric Training	Lab 8 : Techniques of Exercise (Plyometric Exercise Techniques) (July 28th)
	Aug 1rd	Program Design and Technique for Speed and Agility Training	Lab 9: Speed and Agility Technique and Testing (Aug 2rd)
	Aug 3th	Periodization	Lab 10: Muscular Endurance Testing (Aug 4th)
	Aug 8th	Program Design and Technique for Aerobic Endurance Training	
	Online	Rehabilitation and Reconditioning	
	Online	Facility Design, Layout, and Organization	

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	Online	Facility Policies, Procedures, and Legal Issues	***Due:* Program Design Project (Aug 10th)**
	Aug 9th Aug 10th	Practical Exams	
Final Examination Covering Lecture and Laboratory (Online)			

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