



HHPK 530 – Sports Conditioning

COURSE SYLLABUS: Spring 2022

Web Based Semester

BEGIN DATE 1/29/2024

END DATE 5/10/2024

INSTRUCTOR INFORMATION

Instructor: Michael Oldham, PhD

Office Location: NHS 133

Office Hours: M – F 11am - Noon.

Office Phone: 903-886-5549

Office Fax: 903-886-5365

University Email Address: michael.oldham@tamuc.edu

Preferred 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.

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.

The syllabus/schedule are subject to change.

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 web based 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, using concepts learned during the semester. Students will participate in class lectures and discussions, centered on the concepts.

Student Responsibilities or Tips for Success in the Course

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

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Assessments

Program Design Project	30% of Grade
Discussion Boards	20% of Grade
Comprehensive Practical	20% of Grade
Midterm Exam	15% of Grade
Final Exam	15% of Grade

Assessments

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 30% of the final average.**

Exams: There will be two exams this semester, a mid-term and a final exam. The mid-term exam will cover Chapters 1 – 10 and the final exam will cover Chapters 11 – 24. **The exams count 15% each, for a total of 30% of the final average.**

Comprehensive Practical Exam Project: Students will video an actual client, completing 5 exercises and 2 testing protocols. You, as the CSCS Candidate, will produce a voice-over presentation using PowerPoint, that includes correction of form and coaching points. More detail on this project will come during the semester. **This will count 20% of the final average.**

Discussions (2 discussions at 100 points = 20% of Final Average)

Four 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. Be sure to cite your references in APA format. Each post should be a **minimum of 500 words for initial posts and 150 for response posts**. The instructor will schedule times with each student during a 2-week window to DISCUSS your posts, replies, and the general topic. The appointments will be first come, first served, and can be completed via Zoom or face-to-face.

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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

Zoom Video Conferencing Tool

https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom_Account.aspx?source=universalmenu

ACCESS AND NAVIGATION

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>

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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).

<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](http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx) webpage and [Procedures 13.99.99.R0.01](http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx)

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

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

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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](#)
[Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

[Graduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf>

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

Office of Student Disability Resources and Services

Texas A&M University-Commerce

Velma K. Waters Library Rm 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.

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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&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

A&M-Commerce Supports Students' Mental Health

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit www.tamuc.edu/counsel

AI use policy [Draft 2, May 25, 2023]

Texas A&M University-Commerce acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

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Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

13.99.99.R0.03 Undergraduate Academic Dishonesty

13.99.99.R0.10 Graduate Student Academic Dishonesty

COURSE SCHEDULE

Essentials of Strength Training and Conditioning

WEEK	REQUIRED TEXTBOOK READING	
	Chapter	Chapter title
1		Course introduction
	1	Structure and Function of Body Systems
	2	Biomechanics of Resistance Exercise
2	3	Bioenergetics of Exercise and Training
	4	Endocrine Responses to Resistance Exercise
3	5	Adaptations to Anaerobic Training Programs
	6	Adaptations to Aerobic Endurance Training Programs Discussion 1
4	7	Age- and Sex-Related Differences and Their Implications for Resistance Exercise
	8	Psychology of Athletic Preparation and Performance
5	9	Basic Nutrition Factors in Health
	10	Nutrition Strategies to Maximize Performance
6	11	Performance-Enhancing Substances and Methods

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	12	Principles of Test Selection and Administration
	13	Administration, Scoring, and Interpretation of Selected Tests Discussion 2
7, 8	14	Warm-Up and Flexibility Training
9	15	Exercise Technique for Free Weight and Machine Training
10	16	Exercise Technique for Alternative Modes and Nontraditional Implement Training
	17	Program Design for Resistance Training
11	18	Program Design and Technique for Plyometric Training
	19	Program Design and Technique for Speed and Agility Training
12	21	Periodization
13	20	Program Design and Technique for Aerobic Endurance Training
	22	Rehabilitation and Reconditioning
14	23	Facility Design, Layout, and Organization
	24	Facility Policies, Procedures, and Legal Issues Virtual Practical Exam Due: APRIL 28
15		Final Exam Due: MAY 9

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