DEPARTMENT OF HEALTH & HUMAN PERFORMANCE
COURSE SYLLABUS
Spring 2024

HHPK 316
Resistance Training

COURSE VALUE: Three (3) credit hours
COURSE LOCATION: Blended - Online (D2L) and in-person sessions (check schedule)
INSTRUCTOR: Hussien Jabai, MS, CSCS, TSAC-F, CPT
OFFICE HOURS: Tue,Thur (1-3pm), schedule via email
PHONE: (903) 886-5549
EMAIL: hussien.jabai@tamuc.edu

REQUIRED TEXT: Weight Training- (5th Ed.) - Thomas R. Baechle Roger W. Earle, Human Kinetics, 2020 ISBN: 9781492586951

Course Description: Students will maximize their development with a progressive approach to weight training, whether using either free weights or weight machines. Students will learn which exercises target which muscles and how to perform each exercise correctly and safely. Students will master techniques with lighter loads, will move on to heavier loads and more challenging exercises, including eight new exercises for this edition that use versatile equipment such as stability balls and kettlebells. Gain insight on the importance of nutrition and follow the step-by-step directions to calculate safe training loads and design an overall training program that fits your interests and training preferences.

Course Objectives
At the end of this course the students will be able to:

1. Understand Warm-up and flexibility training
2. Understand Types of stretching
3. Demonstrate Static stretching techniques
4. Demonstrate Dynamic stretching techniques
5. Understand Exercise technique for free-weight and machine training
6. Demostrate Fundamentals of exercise technique
7. Demostrate Spotting free-weight exercises
8. Understand Resistance training exercises
9. Understand Olympic-style lifting techniques: progressions and regressions
10. Demostrate Exercise technique for alternative modes and nontraditional implement training
11. Understand Bodyweight training methods
12. Demostrate Core stability and balance training methods
13. Demostrate Variable-resistance training methods
14. Understand Unilateral training
15. Understand Alternative modes and nontraditional exercises

Course Requirements

Please note that all assignments **must be typed, a 1-inch margin on all sides, double-spaced in 12-point font (in Arial, Cambria, Calibri or Times New Roman only). Please use APA 7th Edition (American Psychological Association).**

Summary of Assignments and Assessments:
Grading and Assignment Overview
Students will be graded on attendance and participation, quizzes, projects and in-class exams.

Final grades will be determined based on the following:
Attendance and participation: 5%
Quizzes 20%
Projects: 15%
Exams: 25%
Final Exam: 15%
In-Class Lab: 20%

Attendance and Participation
    Students are expected to attend all regularly scheduled classes. If a student has a religious, athletic or medical conflict, the student must acquire proper approval to miss class.

    For participation credit for the sessions/classes that are not in person, the student will be required to perform a designated physical activity assignment. The student will be required to log, document, report, or record specific tasks dedicated toward displaying the understanding of the assignment and learning objectives.

Quizzes
    Weekly quizzes measure comprehension of class topics and aid students in preparing for exams.

Projects
    Projects allow students to engage in active learning and develop knowledge about specialized topics unique to their sport or area of interest.

Exams
    There are three (3) exams administered online throughout the semester. The exam timelines are set, and there are no make-up exams. The exams are not cumulative; they will cover only the material presented since the last exam. Materials from class lecture as well as any additional assigned reading are covered on exams.

 Final Exam
    The cumulative final exam is administered on the last day of class. Although the final is cumulative, only topics covered in the review session will be included on the final exam.

Laborartory
    Students will attend lab an average of 1 day per week for held in class. Lab grades will be 20% of the lecture grade.

*Extra Credit Work – There is NO Extra Credit in the Real Sport World, thus there is no Extra Credit permitted in this course.

The following final grading scale will be utilized to determine the final grade based on the average of your course work:

    A = 900 +
    B = 800 – 899
    C = 700 – 799
    D = 600 – 699
    F = under 600

ALL STUDENTS ENROLLED AT THE UNIVERSITY SHALL FOLLOW THE TENETS OF COMMON DECENCY AND ACCEPTABLE BEHAVIOR CONDUCIVE TO A POSITIVE LEARNING ENVIRONMENT. (SEE STUDENT'S GUIDE BOOK.)

STUDENTS REQUESTING ACCOMMODATIONS FOR DISABILITIES MUST GO THROUGH THE ACADEMIC SUPPORT COMMITTEE. FOR MORE INFORMATION, PLEASE CONTACT THE DIRECTOR OF DISABILITY RESOURCES AND SERVICES, GEE LIBRARY, ROOM 132, (903) 886-5835.

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Resistance Training
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Course Outline

DATE	AREA OF FOCUS	ASSIGNMENTS DUE
Week ONE	Introduction to Resistance Training Paperwork and Worksheets Overview of Major Muscle Groups	Quiz # 1
Week TWO	Equipment Options and Proper Use Guidelines Stretching, Lifting, and Spotting Techniques	Quiz # 2
Week THREE	Selecting Exercises and Determining Training Loads Muscle Groups versus Categories of Movement Exam 1 – Unit 1	Quiz # 3 Exam 1
Week FOUR	Chest and Shoulder Exercise Options and Loading Guidelines	Quiz # 4
Week FIVE	Back Exercise Options and Loading Guidelines	Quiz # 5
Week SIX	Lower Body Exercise Options and Loading Guidelines	Quiz # 6
Week SEVEN	Upper Arm Exercise Options and Loading Guidelines Exam 2 – Unit 2	Quiz # 7 Exam 2

Week EIGHT	Core Exercise Options and Loading Guidelines	Quiz # 8
Week NINE	Completing Your First Workout [Group Training Session – Full work out]	Quiz # 9
Week TEN	Applying Program Design Principles Exam 3 – Unit 3	Quiz # 10 Exam 3
Week ELEVEN	How to Manipulate the Program Design Variables to Maximize Results	Quiz # 11
Week TWELVE	How to Design Your Own Basic Program [programming methodology]	Quiz # 12
Week THIRTEEN	Designing a Sport-Specific Training Program [Case-Study and Activity/Worksheet]	Quiz #12
Week FOURTEEN	Designing a High-Intensity Interval Training Program Exam 4 – Unit 4	Project Exam 4
Week FIFTEEN	Project Presentations	Project
Finals Week	Final Exam	Final Exam

Tentative In-Person Schedule	
Introduction to Class	01/11
Lab 1	01/25
Lab 2	02/08
Lab 3	02/22
Lab 4	03/07
Lab 5	03/21
Presentations	04/04
Final	TBD

*Please note that this schedule is tentative and is subject to change. Also, this is NOT all-inclusive (i.e., Homework/Participation). Other assignments might be given throughout the semester, so you MUST check the class announcements and e-mail frequently.

Communication & Support

The best way to reach me is via email (???) as I check it frequently. I will aim to reply with 24 hours to your MyLeo email address. Please be courteous and professional in all of your interactions with me and fellow students.

D2L Brightspace
Browser support
D2L is committed to performing key application testing when new browser versions are released. New and updated functionality is also tested against the latest version of supported browsers. However, due to the frequency of some browser releases, D2L cannot guarantee that each browser version will perform as expected. If you encounter any issues with any of the browser versions listed in the tables below, contact D2L Support, who will determine the best course of action for resolution. Reported issues are prioritized by supported browsers and then maintenance browsers.

Supported browsers are the latest or most recent browser versions that are tested against new versions of D2L products. Customers can report problems and receive support for issues. For an optimal experience, D2L recommends using supported browsers with D2L products.

Maintenance browsers are older browser versions that are not tested extensively against new versions of D2L products. Customers can still report problems and receive support for critical issues; however, D2L does not guarantee all issues will be addressed. A maintenance browser becomes officially unsupported after one year. Note the following:
- Ensure that your browser has JavaScript and Cookies enabled.
- For desktop systems, you must have Adobe Flash Player 10.1 or greater.
- The Brightspace Support features are now optimized for production environments when using the Google Chrome browser, Apple Safari browser, Microsoft Edge browser, Microsoft Internet Explorer browser, and Mozilla Firefox browsers.

Desktop Support

Browser	Supported Browser Version(s)	Maintenance Browser Version(s)
Microsoft® Edge	Latest	N/A
Microsoft® Internet Explorer®	N/A	11
Mozilla® Firefox®	Latest, ESR	N/A
Google® Chrome™	Latest	N/A
Apple® Safari®	Latest	N/A

Tablet and Mobile Support

Device	Operating System	Browser	Supported Browser Version(s)
Android™	Android 4.4+	Chrome	Latest
Apple	iOS®	Safari, Chrome	The current major version of iOS (the latest minor or **point** release of that major version) and the previous major version of iOS (the latest minor or **point** release of that major version). For example, as of June 7, 2017, D2Lsupports iOS 10.3.2 and iOS 9.3.5, but not iOS 10.2.1, 9.0.2, or any other version. Chrome: Latest version for the iOS browser.
Windows	Windows 10	Edge, Chrome, Firefox	Latest of all browsers, and Firefox ESR.

- You will need regular access to a computer with a broadband Internet connection. The minimum computer requirements are:
  - 512 MB of RAM, 1 GB or more preferred
  - Broadband connection required courses are heavily video intensive
  - Video display capable of high-color 16-bit display 1024 x 768 or higher resolution

- **For YouSeeU Sync Meeting sessions _8 Mbps_ is required.** Additional system requirements found here: https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements

- You must have a:
  - Sound card, which is usually integrated into your desktop or laptop computer
  - Speakers or headphones.
  - *For courses utilizing video-conferencing tools and/or an online proctoring solution, a webcam and microphone are required.

- Both versions of Java (32 bit and 64 bit) must be installed and up to date on your machine. At a minimum Java 7, update 51, is required to support the learning management system. The most current version of Java can be downloaded at: JAVA web site http://www.java.com/en/download/manual.jsp

- Current anti-virus software must be installed and kept up to date.

Running the browser check will ensure your internet browser is supported.
> Pop-ups are allowed.
> JavaScript is enabled.
> Cookies are enabled.

- You will need some additional free software (plug-ins) for enhanced web browsing. Ensure that you download the free versions of the following software:
  - Adobe Reader https://get.adobe.com/reader/
  - Adobe Flash Player _(version 17 or later)_ https://get.adobe.com/flashplayer/
  - Adobe Shockwave Player https://get.adobe.com/shockwave/
  - Apple Quick Time http://www.apple.com/quicktime/download/

- At a minimum, you must have Microsoft Office 2013, 2010, 2007 or Open Office. Microsoft Office is the standard office productivity software utilized by faculty, students, and staff. Microsoft Word is the standard word processing software, Microsoft Excel is the standard spreadsheet software, and Microsoft PowerPoint is the standard presentation software. Copying and pasting, along with attaching/uploading documents for assignment submission, will also be required. If you do not have Microsoft Office, you can check with the bookstore to see if they have any student copies.

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.

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 or click on the **Live Chat** or
click on the words "click here**"** to submit an issue via email.

System Maintenance
D2L runs monthly updates during the last week of the month, usually on Wednesday. The system should remain up during this time unless otherwise specified in an announcement. You may experience minimal impacts to performance and/or look and feel of the environment.

Course & University Procedures/Policies

Class Participation
Systematic and timely on-line participation is expected. University policy notes that excused absences include (i) participation in an authorized university activity, (ii) illness verified by a physician, (iii) death in the immediate family, and (iv) verifiable, official court appearance.

Respect Differing Views
As with all courses, this course deals with ideas. Please be respectful of individuals with ideas and beliefs that differ from your own. If you disagree with someone then ask them why they believe as they do, and then listen to the answer. People can have complex reasoning for what is seen as, on the surface, a simple idea. Only civil and even tempered discussions will be permitted in class.

Academic Honesty
Plagiarism within an assignment will result in a failing grade for that assignment. I expect all assignments for this course to be original works produced specifically for this course. Work produced, whether in part or in whole, from assignments for other courses will not be accepted for credit.

Late Assignments
Late assignments will lose one letter grade (10%) per day late. The measurement of days ends at 11:59pm the following day of class. A new day begins at Midnight (12 am) at continues to 11:59 pm.

Examination Policy
Exams are timed but they are open book.

Religious Holidays Policy
Reasonable accommodation will be given to students who require homework extensions because of religious holidays. However, your best option is to complete the required work early, as this is a fast paced summer course and you will not want to get behind.

Dropping the Class
If you need to adjust your schedule by dropping this course, please follow university procedures to officially drop the class. If you fail to officially drop the class, a failing grade shall be assigned at the end of the course. Incompletes: Per university policy is granted only for circumstances beyond student's control which prevented the student from attending classes during Finals Week or the preceding three weeks (Policy A 12.07, 1998). The extension cannot exceed one semester. Failure to fulfill plan requirements within the specified time will result in an F.

Course Communication

Course communication will occur through your MyLeo Account. You will need to regularly and systematically review your e-mail on a timely basis.

Writing Center
Students are encouraged to visit the A&M-Commerce Writing Center for writing assistance. Visit the website at: http://web.tamuc.edu/academics/colleges/humanitiesSocialSciencesArts/departments/literatureLanguages/writingCenter/default.aspx

University Specific Procedures

Students with Disabilities
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, Room 132
Phone (903) 886-5150 or (903) 886-5835; Fax (903) 468-8148
StudentDisabilityServices@tamuc.edu
Student Disability Resources & Services

Student Conduct
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.