

HHPK 530  
Spring 2025

<b>Week</b>	<b>Topics/Reading Assignment</b>	<b>Assignments Due</b>	<b>Due Date at 11:59p</b>
1/31	Course Introduction Ch 1: Structure & Functions of Body Systems	Intro Video & Discussion Quiz 1	1/21
1/20	Ch 3: Bioenergetics of Exercise & Training Ch 5: Adaptations of Anaerobic Training Ch 6: Adaptations to Aerobic Endurance Training	Quiz 2	1/27
1/27	Ch 7: Age- & Sex- Related Differences Ch 8: Psychology of Athletic Preparation & Performance	Quiz 3 Assignment 1	2/3
2/3	Ch 9: Basic Nutrition Factors in Health Ch 10: Nutrition Strategies for Maximizing Performance	Quiz 4 Assignment 2	2/10
2/10	Ch 12: Principles of Test Selection & Administration Ch 13: Administration, Scoring & Interpretation of Selected Tests	Quiz 5 Assignment 3	2/17
2/17	Ch 14: Warm-Up & Flexibility Ch 15: Exercise Technique for Free Weight & Machine Weight	Quiz 6 Assignment 4	2/24
	Midterm Exam (Chapters 1, 3, 5, 6, 7, 8, 9, 10, 12, 13, 14, 15)	Midterm Exam	3/3
2/24 & 3/3	Ch 17: Program Design for Resistance Training	Quiz 7 Assignment 5	3/17
3/17 & 3/24	Ch 18: Program Design for Plyometric Training	Quiz 8 Assignment 6	3/31
3/31 & 4/7	Ch 19: Program Design for Speed & Agility Training	Quiz 9 Assignment 7	4/14
4/14 & 4/21	Ch 20: Program Design for Aerobic Endurance Training	Quiz 10 Assignment 8	4/28
4/28	Ch 21: Periodization	Program Design Project	5/5
5/5	Final Exam (Chapters 17, 18, 19, 20, 21)	Final Exam	5/7