



**HHPK 530 Sports Conditioning  
Spring 2026  
Section 01W, 01E, CRW; 3 semester hours**

**Instructor: Dr. Sarah M. Mitchell, PhD, ATC, LAT**

Office Location: Nursing & Health Sciences #116

Office Hours: By Appointment; TR 11a-2p; or Virtual

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Preferred Form of Communication: Email

Communication Response Time: 24-48 hours

**COURSE INFORMATION**

**Textbook:** Essentials of Strength Training and Conditioning, 4th Edition, ISBN-13: 978-1492501626 / ISBN-10: 9781492501626, Human Kinetics. 2016. (Inclusive Access for textbook, see D2L)

Bridge Athletic: free website for building strength & conditioning programs. Details and access will be shared in D2L.

**Course Description**

A study of the scientific basis of conditioning athletes. Focus will be on cardiovascular and resistance conditioning in the off-season, pre-season, and in-season. An introduction and utilization of appropriate equipment for cardiovascular conditioning and resistance training will be examined.

**Student Learning Outcomes**

1. Apply scientific knowledge to train athletes and clients for the primary goals of improving athletic performance and fitness.
2. Understand the adaptations that occur with aerobic and anaerobic exercise training.
3. Understand how to conduct sport-specific testing sessions.
4. Demonstrate and teach proper exercise techniques.
5. Design and implement safe and effective strength training and conditioning and personal training programs.

**COURSE REQUIREMENTS**

**Minimal Technical Skills Needed**

Students must have working knowledge of and know how to use the MyLeo Online: D2L Brightspace learning management system, and Microsoft Word/Excel/PowerPoint. Students

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must utilize their University assigned email (Leo mail) for all course communications. All email communication from the instructor will be sent to the student's Leo mail.

### **Student Responsibilities or Tips for Success in the Course**

Students can expect to do well in this course when they attend class on-time, complete all assignments/discussions/quizzes/exams, etc., and seek assistance when they do not understand course material. Students should also utilize the course resources provided through D2L, such as, course lecture notes, assignments, and course information. This course will require using D2L. It is the students responsibly to have internet access, check this site frequently, and become familiar with how it works. Students should check their MyLeo email often for course announcements.

### **Grading**

Each assignment will be worth a pre-determined amount of points. Upon the completion of the course, grades will be calculated by adding up the total number of points each student has earned and dividing it by the total amount of points available in the course. This will produce a percentage of points earned (Ex. Student earned 850 points out a possible 1000 in the course:  $850/1000 = 85\%$  "B"). Grades will be assigned based upon the percentages below.

Exams: 2 X 100 points each	Grading Scale:
Discussion: 20 points	A = 90-100%
Quizzes: 10 x 10 points each	B = 80-89%
Assignments: 8 x 50 points each	C = 70-79%
Sports Conditioning Program: 100 points	D = 60-69%
Total Points = 820 points	F = 0-50

Students are expected to earn points toward their final grade during the course of the semester with the assignments and tests that are scheduled. Extra Credit Assignments WILL NOT be given at the end of the semester. All students are graded based on the exact same criteria and no exceptions will be made for individual assignments, tests, or final point values.

Students will receive back all graded assignments in a timely manner (typically within 1 week of the due date). Students are encouraged to keep all graded assignments as well as keep up with their grades throughout the semester. Any questions or concerns about assignments/grades should be brought to the instructor's attention immediately (i.e. Do not wait until the end of the semester)

## **ASSESSMENTS**

### **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 exam.

### **Quizzes**

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Students will need to complete 10 online quizzes related to the chapters. Take note: All of the quizzes have due dates posted online (Mondays at 11:59p). Students will get one attempt for each quiz and will have a time limit. If you get locked out of the quiz accidentally, e-mail the instructor to have the quiz re-set, as long as it is before the due date.

### **Assignments**

Students will be responsible for obtaining all materials presented online and assigned readings from the textbook. Assignment instructions will be posted in D2L each week. Students are responsible for submitting assignments on time and to the correct submission folder.

### **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. Students will 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.

### **Late Work**

All assignments are due as assigned and must be turned in on or before the due date to receive full credit. Assignments turned in after the due date will receive zero (0) points. It is the student's responsibility to be aware of assignment due dates that are posted on D2L.

## **TECHNOLOGY REQUIREMENTS**

### **LMS**

All course sections offered by East Texas A&M University 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](https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm)

### **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@etamu.edu](mailto:helpdesk@etamu.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

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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, an ETAMU 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**

Email is the best way to contact the instructor if you need assistance with any aspect of the course. Instructor will typically respond to emails within 24 hours (except on weekends). Students are also welcome to utilize instructor's office hours if they prefer a face to face conversation. Please include HHPK 530 in the subject line of your email.

### **COURSE AND UNIVERSITY PROCEDURES/POLICIES**

#### **Attendance**

This is an online course. All assignments have deadlines which must be met; however, you can submit any assignment at any time before the deadline. It is the student's responsibility to be aware of assignment due dates as the dates are posted on D2L. In the case of missing deadlines due to unavoidable or emergency situations, or illness (including Covid), the student must promptly notify the instructor via email explaining the circumstances. Prompt notification (within three days) is required to have an absence excused; additionally, written documentation may be required to have the absence excused. Assignment deadlines may be modified for students with excused absences. Technical and/or computer problems associated with D2L are not a valid excuse for turning in an assignment late. **NO LATE ASSIGNMENTS WILL BE GRADED.**

#### **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](#).

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<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>

### **ETAMU Attendance**

For more information about the attendance policy please visit the [Attendance 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 East Texas A&M University 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>

### **AI Tools**

East Texas A&M University 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. Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Like an encyclopedia or a dictionary or Wikipedia, AI tools can be used to begin the process of writing; in other words, it is a tool for preliminary research, not a reliable source. Preliminary research assists writers in learning the basics about a topic so that they can research the specifics using credible, academic sources which can be cited in the assignment. Thus, AI is used to generate ideas in the same way that a brainstorm or a Freewrite is used in the prewriting stage of the writing process. While no one would drop a brainstorm into a formal document, the ideas that are generated from the brainstorm can be developed as part of a writing assignment. The same is true of AI. In any case, students are fully responsible for the content of

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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.

### **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**, Velma K. Waters Library Rm 162, Phone (903) 886-5150 or (903) 886-5835, Fax (903) 468-8148

Email: [studentdisabilityservices@etamu.edu](mailto:studentdisabilityservices@etamu.edu)

Website: [Office of Student Disability Resources and Services](http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

### **Nondiscrimination Notice**

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

### **Mental Health and Well-Being**

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.

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### COURSE OUTLINE / CALENDAR

<b>Week</b>	<b>Topics/Reading Assignment</b>	<b>Assignments Due</b>	<b>Due Date at 11:59p</b>
1/29	Course Introduction Ch 1: Structure & Functions of Body Systems	Intro Video & Discussion Quiz 1	2/2
2/2	Ch 3: Bioenergetics of Exercise & Training Ch 5: Adaptations of Anaerobic Training Ch 6: Adaptations to Aerobic Endurance Training	Quiz 2	2/9
2/9	Ch 7: Age- & Sex- Related Differences Ch 8: Psychology of Athletic Preparation & Performance	Quiz 3 Assignment 1	2/16
2/16	Ch 9: Basic Nutrition Factors in Health Ch 10: Nutrition Strategies for Maximizing Performance	Quiz 4 Assignment 2	2/23
2/23	Ch 12: Principles of Test Selection & Administration Ch 13: Administration, Scoring & Interpretation of Selected Tests	Quiz 5 Assignment 3	3/2
3/2	Ch 14: Warm-Up & Flexibility Ch 15: Exercise Technique for Free Weight & Machine Weight	Quiz 6 Assignment 4	3/16
	Midterm Exam (Chapters 1, 3, 5, 6, 7, 8, 9, 10, 12, 13, 14, 15)	Midterm Exam	3/23
3/16 & 3/23	Ch 17: Program Design for Resistance Training	Quiz 7 Assignment 5	3/30
3/30 & 4/6	Ch 18: Program Design for Plyometric Training	Quiz 8 Assignment 6	4/13
4/13	Ch 19: Program Design for Speed & Agility Training	Quiz 9 Assignment 7	4/20
4/20	Ch 20: Program Design for Aerobic Endurance Training	Quiz 10 Assignment 8	4/27
4/27	Ch 21: Periodization	Program Design Project	5/4
5/4	Final Exam (Chapters 17, 18, 19, 20, 21)	Final Exam	5/6

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