



HHPK 322 – Scientific Principles of Strength and Conditioning

Semester: Fall 2026

INSTRUCTOR INFORMATION

COURSE VALUE:	Three (3) credit hours
COURSE LOCATION:	01E – NHS 161 Tues/Thur 9:30am – 10:45am 02E – NHS 160B Tues/Thur 2:00pm – 3:15pm All Activity – NHS 175
PROFESSOR:	Hussien Jabai, MS, CSCS, TSAC-F, CPT
OFFICE:	NHS 118
OFFICE HOURS:	
PHONE :	(903) 886-5549
EMAIL:	hussien.jabai@etamu.edu

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook Required:

Essentials of Strength Training and Conditioning, 5th Edition

Author(s): NSCA -National Strength & Conditioning Association, G. Gregory Haff, N. Travis Triplett

ISBN: 9781718216273

Human Kinetics. 2027

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.

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 an online 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 online lectures, self-performed activities, and demonstrations centered on the concepts.

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 a program for that individual. Areas of

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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. Specifics will be illustrated within the course details.

Lab Activities: There will be 10 labs throughout the semester to cover topics that were emphasized in class, and to prepare you for the practical exam. You are responsible for finding the time and space/equipment to carry out the labs. This course requires you to have access to training equipment and fitness space. With such, you will need to acquire access to this space/equipment early on within the semester for lab completion.

Chapter Quizzes: Essentials of Strength and Conditioning Chapters – throughout the semester, you will be required to read chapters within your textbook, and to assist, watch brief online lectures covering a variety of topics within the discipline of strength and conditioning.

Note: This course provides these lectures as an overview and concept awareness segment, with additional program courses covering the individual chapters in their entirety and beyond.

Comprehensive Practical Exam: Students will display their knowledge and understanding of training through a recorded “practical” session, demonstrating competency in elements of coaching.

All methods of exercise prescription and testing CAN BE TESTED. You will be evaluated on the ability to apply knowledge and skills you have learned throughout the semester. This practical will be recorded and require understanding both content and context to apply knowledge.

Training Observation: You will be required to observe two (2) training sessions, group fitness classes, or physical fitness instruction-based settings conducted at a facility of their choosing. You will need to attend, observe, and analyze 2 sessions.

THERE WILL BE NO EXTRA CREDIT AT THE END OF THE SEMESTER!

Student Responsibilities or Tips for Success in the Course

Success in HPS - 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 your 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
Chapter Quizzes (15)	15% of Grade
Labs (10)	30% of Grade
Comprehensive Practical	25% of Grade
External Training Observation (2)	10% of Grade

ETAMU AI USE POLICY

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). For this course, the use of any form of AI for generating text, discussion boards, project information, and communication is prohibited and will be reported if used. 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

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>

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- 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, 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>

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.

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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>

ETAMU Attendance

For more information about the attendance policy please visit the Attendance webpage and Procedures 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 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>

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

East Texas A&M University

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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

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 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.

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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Class Policies

It is the student's responsibility to read through the class policies and adhere to the rules and regulations set forth by the instructor. Failure to follow the rules will result in the consequences outlined by this document. Additionally, actions that break university-wide policy will also result in the consequences outlined by the university system.

Email Communication

Communication between the student and instructor of record will be carried out in a professional manner.

Email Format

When emailing the instructor, the student will need to adhere to the following format:

Subject Line: [Class Name/Number/ID]

Email Body: Should include the following -

- Student name, CWID
- Name of assignment or Reference
- Question or comment regarding named item

Emails that do not follow this format, or are sent in an unprofessional manner, may be disregarded at that time.

Weekend Communication

I do not check emails on weekends.

- It is your responsibility to review the assigned work each week and ask any clarifying questions before the weekend. Waiting until the last minute to seek clarification, especially over the weekend, is not acceptable.
- The instructor will not be held responsible for information not obtained or work not turned in due to awaiting a response over the weekend. If the work is not turned in on time, it will be graded as zero.
- A typical workday ends at 5:00pm. Emails sent after this 5:00pm time frame will most likely be viewed the following workday.

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File Format

The student is required to submit assignments, or "graded item," in the designated file format outlined by the assignment instructions.

- Spreadsheets must be in .csv or .xls
- Images/Pictures must be in .jpg or .png format
- Word Documents/Papers must be in .doc/.docx

It is the student's responsibility to convert the file into the appropriate file format prior to submission.

- Assignments that are turned in / submitted in the wrong file format, will be disregarded and marked as a "zero" within the gradebook.
- File formats, such as .pages, can not be opened and will receive an automatic zero.

Deadline Policy

There is a ZERO-TOLERANCE Policy for student work, assignments, or graded material that is turned in after the established deadline ("due date").

- There will be ZERO partial credit awarded to students for not following instructions and guidelines. If the student submits an assignment or attempts to submit an assignment through email after the deadline, the item in question will NOT be considered for grading and receive an automatic ZERO.
- Do NOT wait until the night that the assignment is due, to then encounter tech/uploading errors. Waiting till the last minute and then running into an error is NOT the instructor's fault. You had plenty of time prior to the assignment to complete the work. It is the student's responsibility to initiate the submission process well in advance, in case a circumstance requires troubleshooting and communication.
- If a student is encountering submission errors or issues, the student will need to reach out to the instructor no later than 48 hours prior to the assignment deadline. If the student sends an email the night that the assignment is due, the email will be disregarded.

Grade Integrity

Your grade in this class reflects the quality of the work you produce and submit on time (this means prior to the deadline). The following rules will be upheld and reinforced:

- There will be a ZERO-TOLERANCE POLICY regarding negotiating, begging, or pressure for a grades change, round up, or reconsider grades once they have been posted/submitted.

Including comments such as the following will NOT influence instructors to "give in" to your requests or bargaining. No matter the circumstance, when it comes to holding standards, we hold everyone to the same standard of grading integrity.

- "I am in honors college and need to maintain my GPA"
- "I am about to graduate / walk the stage and need to pass this class"
- "I need to pass / make a ____ in order to be able to play ball"

Your situation does NOT change the integrity of grading.

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You KNEW your situation at the beginning of the course you had registered for. It is your responsibility to create the best lifestyle, actions, and communication to acquire the grade that you need for your circumstance.

Minimum Word Count

Minimum word counts associated to an open-ended response question is exactly that, "a minimum." For questions or graded items that involve "minimum word counts," the following rules will apply:

- For the question to be graded, the question must first pass the initial word count minimum established on the assignment.
- If the word minimum is NOT met for the specific question, the question will be marked "INCORRECT," and the student will lose points on the assignment based on the established value of that question.
- Secondly, just because a response/answer to a question meets the minimum criteria for the word count, does NOT mean your answer is correct. After meeting the minimum word count (quantity), the response will then be evaluated for the content within the answer (quality).

Class-Specific Prohibition of AI Use

- The use of AI tools, including large language models, is strictly prohibited unless explicitly instructed by the professor.
- Suspected use of AI for assignments will result in an IMMEDIATE ZERO and a formal report with referral to the provost's office for academic dishonesty.
- This institution does NOT award degrees based on your ability to look up information or submit AI-generated responses as your own. Degrees are awarded based on learned knowledge and individual proof of understanding demonstrated through original coursework.
- All submitted work must be your own, and you must ensure it adheres to the academic integrity standards of this university.

Any use of AI tools for an assignment/project, will not only result in a zero for that graded item, but the act will be reported due to academic integrity violation.

It would be easier, and more valuable in my opinion, to:

1. learn the skill for the assignment
2. apply the skill to the assignment
3. develop a skill for your workforce

Attendance Policy (face-to-face / "in-person" class)

Attendance is mandatory for all face-to-face courses.

Failure to attend class will result in removal from the course and the requirement to retake it later.

- Students that have athletic, recreational, or occupational reasons for consistently missing class sessions, should consider an alternative class, semester, or modification of external schedule to ensure ability to be present within the designated course. Students will NOT be allowed to register for a class that they know they will not be able to attend.

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- Those that attend, but do NOT engage or make any effort in activity/lab participation, will be dismissed from the class and considered absent. You do NOT get "participation credit" for just showing up. You must engage and become involved. If this class session consists of a lab, the student will receive a ZERO for that lab assignment.
- Do not disturb other students or engage in off-task behavior. Those misbehaving, talking during instruction, or not following instructions, will be asked to leave.

Lock-out Policy

A lock-out policy is in place for all classes instructed by Hussien Jabai.

- Access to the class will close at the first minute of class start.
- Any student who is late to class will be denied entry.
- Plan accordingly to ensure arrive on time and access to the class.
- Punctuality and attendance are critical for success in both the academic and professional world.

Phone Policy

Phone use is entirely prohibited within in-person class sessions.

- The only time a phone may be considered for use is when the class activity requires a calculator or timer, and the instructor has given class approval to use their phones.
- When the instructor provides approval for usage of phones for in-class activities, the student is responsible for ONLY using their device for such. Any other usage on the device, aside from the activity intended use, will be written and administered as a violation to the phone policy.

Violation of the phone use policy:

- **1st violation** - verbal and written warning
- **2nd violation** - 2nd documented offense and dismissed from class. (Any labs, quizzes, exams, graded items, or attendance associated to that day of class will receive an automatic zero.)
- **3rd violation** - consideration for removal from course

D2L Submission Folder Policy

D2L Submission Folders are the official location for assignment/project submission.

- Assignments submitted through email will NOT be considered for grading
- Assignments submitted in wrong submission folders will NOT be considered for grading
- Submission folders will NOT be modified to allow access of submission after the designated deadline.
- If the student has issues submitting material through the submission folder, the student should consult with the instructor via email at least 48 hours prior to the deadline. (This does NOT apply to weekend days).

Fitness-Based Classes

Students are required to wear appropriate athletic attire for physical activity classes.

- Professional athletic attire is required (and mandatory) to enter/participate in the class

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- Footwear is a portion of professional athletic attire, as non-weightlifting/conditioning shoes will not be acceptable within physical activity courses
- Students that arrive at class in non-acceptable attire will not be allowed to participate/attend the class session for that day;
Note: This will result in getting a zero for attendance or any grade that occurs on or in association with the day of occurrence.

ASSUMPTION OF RISK FOR PARTICIPATING IN PHYSICAL ACTIVITY CLASS

Participating in any physical activity class may pose a physical risk. "By continuing participation in the course, the student waives any claim resulting from participation in the above-mentioned course. The participating student agrees to indemnify, defend, and hold harmless the State of Texas, the Texas A&M University System, East Texas A&M University, and the Department of Health and Human Performance, and all of the officers, trustees, directors, agents, representatives, and employees of the foregoing entities against any and all claims, including attorneys' fees and costs, which may be brought against any of them by anyone claiming to have been injured as a result of the student's participation in the course." If you have any questions about this statement, please ask the instructor.

Lab Activities (10)

- Flexibility/Mobility Techniques
- Movement Analysis – In-Field Movement Screening and Discussion
- Strength/Power Testing
- Aerobic Capacity Testing
- Anaerobic Capacity Testing
- Speed and Agility Techniques and Testing
- Resistance Training Techniques and Spotting
- Plyometric Techniques
- Muscular Endurance Testing
- Program Design

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Curriculum/Lecture Schedule:

Week	Required Textbook Reading	Lab Activity (Tentative)	Graded Items
1	Chapters 1 & 2		
2	Chapter 3	Movement Analysis Lab	Quiz
3	Chapter 15	Flexibility Lab	Quiz
4	Chapter 16	Resistance Training Lab	Quiz
5	Chapters 13 & 14		Quiz
6	Chapter 17	Muscle Endurance Lab	Quiz
7	Chapters 18 & 19	Plyometrics Lab	Quiz
8	Chapters 4, 5, 6	Speed and Agility Lab	Quiz
9	Chapters 7 & 8	Anaerobic Capacity Lab	Quiz
10	Chapter 9	Aerobic Capacity Lab	Quiz
11	Chapter 10	Strength/Power Test	Quiz
12	Chapters 11 & 12		Quiz
13	Chapters 20 & 21		Quiz
14	Chapter 22	Program Design Lab	Quiz
15	Chapters 23 & 24	Comprehensive Practical	Quiz
16	Chapters 25 & 26		• Quiz • Program Design Due • External Observations Due

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