

**UT Dallas**  
**College Of Interdisciplinary Studies**  
**Department of Health**  
**HLTH 4306 - Special Topics in Health Care: Health and Sport**  
**Fall 2022**

Instructor

Ryan Savard

Phone: 214-808-4912 (cell)

Classroom: ML2 1.216

Office Location: HH 2.302 (as needed)

Email: [ryan.savard@utdallas.edu](mailto:ryan.savard@utdallas.edu), [rrsavard@gmail.com](mailto:rrsavard@gmail.com)

Class Meetings

Class Time: Tu/Th 8:30-9:45am (4306.002)

Tu/Th 10-11:15am (4306.001)

Course Description

An overview of health and sport from the eyes of a strength and conditioning specialist with emphasis on the exercise sciences (including anatomy, exercise physiology, and biomechanics), nutrition, exercise technique, and program design.

Course Objectives

- To explain the meaning, significance, and scope of Health and Sport.
- To discuss the spheres of scholarly study that integrates Health and Sport.
- To experience Health and Sport firsthand.

Instructional Methods and Activities

- Lecture, discussion, demonstration, videos, podcasts

Course Topics

Including but not limited to:

- Exercise Science
- Biomechanics
- Energy Systems
- Exercise Technique
- Program Design
- Sports Nutrition

Evaluation and Grade Assignment

Course evaluation is based upon the assessment of each student's mastery of the course content and selected skills. Knowledge and skills are evaluated by multiple choice examinations. Grades are awarded according to the earned percentage of the final maximum point total. Once semester grades are posted they are final.

Quizzes (5 at 20 points each)	100
Exams (4 at 100 points each)	<u>400</u>
Total	500

Please note your ability to drop a quiz and test as outlined in the “Quizzes” and “Tests & Final Exam” sections below.

### Semester Grade Breakdown

A & A+ = 94 - 100%	470-500 total points
A- = 90 - <94%	450-469
B+ = 87 - <90%	435-449
B = 84 - <87%	420-434
B- = 80 - <84%	400-419
C+ = 77 - <80%	385-399
C = 74 - <77%	370-384
C- = 70 - <74%	350-369
D+ = 67 - <70%	335-349
D = 64 - <67%	320-334
D- = 60 - <64%	300-319
F = 0 - <60%	0-299

### Textbook

*Essentials of Strength Training and Conditioning* / National Strength and Conditioning Association; G. Gregory Haff, N. Travis Triplett - 4th Edition

### Course Schedule

*Month/Tu & Th date - Tuesday material / Thursday material*

1/17 & 19 - Review of Syllabus / CH1: Structure and Function of Systems

1/24 & 26 - CH1 / CH2: Biomechanics of Resistance Training

1/31 & 2/2 - CH2 / CH3: Bioenergetics of Exercise and Training

2/7 & 9 - CH3 / CH4: Endocrine Responses to Resistance Training

2/14 & 16 - CH4 & Test Preview / **Test #1**

2/21 & 23 - Test 1 Review / CH5: Adaptations to Anaerobic Training Programs

2/28 & 3/2 - CH6: Adaptations to Aerobic Endurance Training Programs / CH9: Basic Nutrition Factors in Health

3/7 & 9 - CH10: Nutrition Strategies for Maximizing Performance / CH11: Performance-Enhancing Substances and Methods (Part 2 - Dietary Supplements)

3/14 & 16 - **No Classes (Spring Break)**

3/21 & 23 - Test Preview / **Test #2**

3/28 & 30 - CH 14: Warm-Up and Flexibility Training / CH15: Exercise Technique for Free Weight and Machine Training

4/4 & 6 - CH16: Exercise Technique for Alternative Modes and Nontraditional Implement Training / CH17: Program Design for Resistance Training

4/11 & 13 - CH17/ CH20: Program Design and Technique for Aerobic Endurance Training

4/18 & 20 - CH11: Performance-Enhancing Substances and Methods (Part 1 - Hormones) & Test Preview / **Test #3**

4/25 & 27 - CH21: Periodization / CH22: Rehabilitation and Reconditioning

## 5/2 & 4 - Test Preview / **Test #4 (Comprehensive)**

*\*This is tentative and subject to change depending on the flow of material*

### Extra Credit

I will be presenting an opportunity for extra credit at some point during the semester so be on the lookout! If completed, the extra credit assignment will add an additional 20 points to your point total.

### Quizzes

Quizzes will be conducted online via eLearning. Students will have at least a 3 day notice before a quiz is posted and active to take. Quizzes will be posted on Tuesdays or Thursdays after class at 12pm and expire the following day at 12pm which totals to a 24 hour window. Once started, students will have 10 minutes to complete each quiz. Material on a quiz will come from the material in the previous chapter or lecture. All students are responsible for the quiz material regardless if they attended the previous class or not. Quizzes are directly related to each major test. There will be six quizzes in total with the best five scores taken, meaning you can drop your lowest quiz grade of the 6. Quizzes will total 20 points each and account for 100 points in total over the course of the semester.

### Tests & Final Exam

Test questions may come from chapter material, quizzes, chapter review questions, and lecture. If a student has notified the professor prior to missing a test (for reasons outlined in the "Attendance" section), they must make arrangements with the professor to make it up within five class days through the testing center. Typically this should be as soon as possible and will only be granted should the student have a valid reason for missing.

**The final exam is cumulative with a small amount of new material. *It can replace one lower previous test grade if the final exam grade is higher.***

### Attendance

Attendance is not required but is expected. Students will only be allowed to make up tests if the absence is due to a religious holiday or the student is on approved university business (e.g. athletic travel, student research conferences). If I am not notified ahead of time in such cases then the student will not be allowed to make up missed work.

If a situation arises for a student that is beyond what is identified above that causes them to miss class, I will decide if the situation warrants a make-up. It is up to the student to let me know ASAP if such a situation arises.

### Tardiness

Please do not come late to class especially on test days. If you do arrive after class has started, please enter in a professional and polite manner.

### Mutual Respect

It is an expectation of this course that all individuals involved (e.g. professor, students, guest speakers) treat each other in a respectful fashion. I will never talk while a student is talking and expect all students to extend that courtesy to all individuals in the classroom. Additionally, when I attend class I will leave my cell phone off or on vibrate and expect the same from everyone else. Finally, those who have laptops or tablets (or any other type of computer) are expected to use them in a professional manner.

#### Grade Appeals

As stated in university rules.

#### Academic Honesty

University students are expected to conduct themselves in accordance with the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating, such as illicit possession of examinations or examination materials, forgery, and plagiarism.

#### Comet Creed

*"As a Comet, I pledge honesty, integrity and service in all I do"*