

UT Dallas
College of Interdisciplinary Studies
Department of Health
HLTH 4380 Special Topics in Health Care: Health and Sport
Fall 2016

Instructor:

James Hawkins

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Office as needed

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Class Meetings:

Class Time: T R 10:00 – 11:15am

Classroom: CB2 1.204

Course Description: An overview of the field of health and sport which includes the exercise science, testing and evaluation, exercise technique, program design and organization.

Rationale: This course provides students a historical background and a knowledge base crucial for their professional pursuits. In addition, this course will prepare students for the variety of career options in the Health Care and Allied Health field.

STATE ADOPTED PROFICIENCIES FOR TEACHERS AND/OR ADMINISTRATORS/COUNSELORS:

- 1. LEARNER-CENTERED KNOWLEDGE:** The teacher possesses and draws on a rich knowledge base of content, pedagogy, and technology to provide relevant and meaningful learning experiences for all students.
- 2. LEARNER-CENTERED INSTRUCTION:** To create a learner-centered community, the teacher collaboratively identifies needs; and plans, implements, and assesses instruction using technology and other resources.
- 3. EQUITY IN EXCELLENCE FOR ALL LEARNERS:** The teacher responds appropriately to diverse groups of learners.
- 4. LEARNER-CENTERED COMMUNICATION:** While acting as an advocate for all students and the school, the teacher demonstrates effective professional and interpersonal communication skills.
- 5. LEARNER-CENTERED PROFESSIONAL DEVELOPMENT:** The teacher, as a reflective practitioner dedicated to all students' success, demonstrates a commitment to learn, to improve the profession, and to maintain ethics and personal integrity.

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, interactively.

Instructional Methods and Activities

- *Traditional Experiences:* Lecture, discussion, demonstration, video, guest speaker
- *Clinical Experiences:* Cooperative group activities and student presentations

Course topics:

The major topics that will be discussed will include:

- Exercise Science
- Evaluation
- 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 (*knowledge*), and mastery of selected skills. Knowledge and skills are evaluated by written examinations, course assignments, and service learning opportunities. Grades are awarded according to the EARNED percentage of the FINAL MAXIMUM POINT TOTAL.

Participation/Quizzes	300 pts
Written Assignments 3 @ 100 pts each	300 pts
<u>Exams</u> (4) @ 100 pts each	<u>400 pts</u>
Total	1000 pts

A = 90-100%

B = 80-89%

C = 70-79%

D = 60-69%

F = 50-59%

Text

- Essentials of Strength Training and Conditioning. Haff, G. Gregory and Triplett, N. Travis 4th Edition Human Kinetics

Course Schedule ((This schedule is tentative and can change at any time. It is up to you to be aware of any changes discussed in class).

08/22 Review of the Syllabus / Introduction to Evaluation

08/29 Sports Needs Analysis / Assessment (Ch.12 & 13)

09/05 Structure and Function of Systems (Ch. 1)

09/12 **Paper #1 Due / Test #1**

09/19 Proper Warm-Up and Flexibility / Mobility (Ch.14)

09/26 Aerobic Adaptations and Training (Ch.6 & 20)

10/03 Biomechanics / Understanding Forces (Ch. 2)

10/10 Anaerobic Adaptations and Training (Ch. 5 & 16)

10/17 **Paper #2 Due / Test #2**

10/24 Endocrine Responses to Resistance Exercise (Ch. 4)

10/31 Basic Nutrition Factors in Health (Ch. 9) / Nutrition Strategies for Maximizing Performance (Ch. 10)

11/07 Performance Enhancing Substances and Methods (Ch. 11)

11/14 **Paper #3 Due / Test #3**

11/24 No Class

11/28 Periodization (Ch. 21) / Rehabilitation and Reconditioning (Ch.22)

12/05 Test #4

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 set the bar extremely high for myself and ask you to do the same. For example, I will not argue with a student about a response on a test but do invite them to question a response in a professional manner whereby we may discuss it. If you have a more personal or salient problem, please make an appointment so we may discuss the issue in a private and professional manner outside of class. Also, I will never talk to someone while a student is speaking (e.g. presentation, making a point) and expect all students to extend that courtesy to all individuals in this class. Additionally, when I attend class I will either, leave my cell phone in the office, turn it off, or put it on "vibrate" prior to coming into the room. Finally, those who have laptops or using a computer in this class it is expected that the use of this technology will be for professional support and not personal. Students who do not adhere to this will lose the privilege of using a computer in class.

Attendance

Attendance is required and expected. No points will be deducted for the actual absence, but students will only be allowed to make up class product (e.g. test, and quizzes) if the absence is due to a religious holiday, or the student is on approved university business (e.g. athletic travel, student research conferences). However, in such cases if the professor is not notified ahead of time students will not be allowed to make up missed work.

Regardless if the student is excused or not they are responsible for the material covered (e.g. assignments, homework, and group work). Students should contact their fellow classmates find out what they missed.

If a situation arises for a student beyond what is identified above that causes them to miss class product they must the professor will decide if the situation warrants a make-up. However, as a matter of practice only tests and major assignments may be made up.

Tardy

Please do not come to class late. However, if you arrive do please enter in a professional and polite manner. Please be advised that quizzes start at the beginning of class. Therefore, in an effort to not take away from the class time of those people who made it on time, tardy students will not be allowed to take the quiz. In addition, if a student is tardy for a major test they may start the test but the time frame for the test will not be extended.

Quizzes

Quizzes are announced and usually are given in class. Material on a quiz will come only from the material in chapter, lecture, activity, guest speaker and/or homework from the previous class. 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.

Tests

Test questions come from the quizzes and are often worded exactly the same. If a student has notified the professor prior to missing a test, they must make arrangements with the professor to make it up within five class days. Typically, this should be the next day.

Cell Phones, Musical Technology, and other Non-class Related Equipment

(See Mutual Respect)

Guest Lecturers

Guest lectures may be unannounced due to their personal plights.

Assignments are due the day they are scheduled . No exceptions

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, or plagiarism. (Plagiarism is the presentation of the work of another as one's own work.)

Comet Creed

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

