

**HPSS 3550 - Principles of Sports Fitness**  
**3 Credit Hours**

**Course Description:**

This course covers the scientific training principles that must be used to improve conditioning and performance. The theory and practice of training for basic fitness or specific sports with views on how athletes train to improve sport participation and performance will be discussed. The course is designed for health professionals, physical education teachers, coaches, and other individuals who desire to know how to plan and manage effective fitness training programs.

**Course Outcomes:**

This course is designed to help students learn the following knowledge, skills, and abilities:

1. The strategies for targeting and changing undesirable behaviors
2. How the body produces energy needed for physical activity
3. Use of the principle of readiness and the principle of adaptation
4. Use of the principle of progressive overload and the principle of specificity
5. How to assess flexibility, endurance, strength, and body composition.
6. Use frequency, rest, intensity, duration, and tasks to improve fitness
7. The most effective strategies for managing weight loss.
8. The steps needed to put together a complete fitness-training program.

**Prerequisites and Corequisites:**

None

**Course Topics:**

## UNIT I - PREPARATION

### Module 1 Fitness: Responses of the Body to Physical Activities

The Science of Fitness  
Levels of Structural Complexity  
Summary

### Module 2 The Dynamics of Fitness: Decreases, Maintenance, and Increases

Introduction  
The Principles of Fitness Training  
Lifestyle Management and Behavior Modification  
Health Benefits of Fitness Training  
Summary

### Module 3 Energy: Fuel, Work, and Fatigue

Introduction  
Energy Production and Work  
Three ATP and Energy Producing Systems  
Overcoming Fatigue  
Three Phases of a Training Session  
Periodization: Fitness Goals and Cycles  
Summary

### Module 4 Fitness Improvement: Essentials of Fitness Training

Introduction  
Proper Mechanics and Progressions for Best Results  
Stretching: Range of Motion in Joints  
Increasing Maximum Oxygen Consumption  
Developing Muscular Strength, Endurance, and Power  
Increasing Lean Mass and Decreasing Fat Mass  
Summary

## UNIT II - ANALYSIS

### Module 5 The Ultimate Goal: A Complete Fitness

Introduction  
Five Steps for Developing a Fitness Plan  
Readiness, Adaptation, Specificity, and Progressive Overload  
Fitness Goals and Periodization

Maximum Oxygen Consumption: The Foundation of Fitness  
Summary

Module 6 Flexibility: Effective Range of Motion in Joints

Introduction  
Joints and Joint Actions  
Measuring Range of Motion  
Benefits of Flexibility  
Summary

Module 7 Cardiorespiratory Endurance: Sustained and Oxygenated Performance

Introduction  
Heart, Lungs, Blood Vessels, and Blood  
The Role of Oxygen in the Body  
Maximum Oxygen Consumption  
Summary

Module 8 Muscular Strength: Maximum Resistance and Maximum Repetitions

Introduction  
Maximum Resistance  
Maximum Repetitions  
Speed Resistance  
Summary

Module 9 Body Composition: Percentages of Fat Mass and Lean Mass

Introduction  
Fat Mass  
Lean Mass  
Physical Activity and Body Composition  
Summary

UNIT II - DESIGN

Module 10 More on the Ultimate Goal: The Complete Fitness-Training Program

Introduction  
Increases in Aerobic Fitness Training  
Increases in Anaerobic Fitness Training  
Increasing Lean Mass and Decreasing Fat Mass  
Warm-Up  
Workout  
Cool Down  
More Sample Programs  
Summary

## Module 11 Creating, Implementing, and Evaluating a Complete Fitness Plan

Introduction  
Developing Your Individualized Fitness Plan  
Implementing Your Fitness Plan  
Evaluating the Progress of Your Fitness Plan  
The Final Project

### Specific Course Requirements:

All students are required to sign an Informed Consent Form, which is provided by the instructor, during the first week of class. The Informed Consent Form states that there are risks of injury to persons participating in physical activity or exercise and that neither the RODP administrators and staff nor Tennessee State University Administrators and staff nor the instructors of this course, HPSS 3550 - Principles of Sport Fitness, will be held liable, if a student incurs injury to himself or herself while exercising. Participation of students enrolled in this class in the activities of this course is strictly voluntary; students who fail to participate may do so without penalty in any way.

## Required Textbooks:

Please visit the [Virtual Bookstore](#) to obtain textbook information for this course. Move your cursor over the "Books" link in the navigation bar and select "Textbooks & Course Materials." Select your Program, Term, Department, and Course; then select "Submit."

## Supplementary Materials:

Instructors e-lectures (Section D of each Module) and handouts via e-mail and references on the Internet

## Hardware and Software Requirements:

Minimum hardware requirements can be found [here](#).

Minimum software requirements can be found [here](#).

### **Common applications you might need:**

To read a PDF file download the latest version of [Adobe Reader here](#)

Don't have Microsoft Word? Explore an alternative [OpenOffice here](#)

Accessing a PowerPoint file? Download the [PowerPoint Viewer here](#)

## Web Resources:

Purdue [OWL Online Writing Lab](#) (for APA, MLA, or Chicago style)

The Writing Center [Online Writer's Handbook](#)

## Student Resources:

- Technical support information can be found on the [TN eCampus Help Desk](#) page.
- Smarthinking virtual tutoring is available **FREE** of charge. to access Smarthinking, visit the course homepage and select Smarthinking under Course Resources. You also view [sample sessions](#) to see what Smarthinking offers and how it works.
- Information on other student issues or concerns can be located on the [TN eCampus Student Resources](#) page.

#### Instructor Information:

Please see "Instructor Information" in the Getting Started Module for instructor contact information, virtual office hours, and other communication information. You can expect to receive a response from the instructor within 24-48 hours unless notified of extenuating circumstances.

#### Testing Procedures:

All quizzes will be provided and completed on line as scheduled; instructions will be given for each module, as the class progresses.

#### Grading Procedures:

All assignments for Modules 1 - 10 and final the final project, Module 11, are required to be submitted to the instructor from each student on an individual basis. Although students are encouraged to assist each other all work must be performed independently. Appropriate time frames and due dates for requirements must be honored as they are scheduled. However, extensions of due dates may be granted for requests received up to the day before assignments are due.

Graded work will be evaluated for correctness and completeness. Assignments and quizzes for

lessons 1 - 10 are designed to facilitate the ability of students to learn and to understand important concepts and principles related to fitness training; the final examination or final project is a comprehensive test of what students have learned about the principles of sport fitness; it requires them to apply their knowledge of fitness by following the steps for creating a complete fitness-training program. The final project represents 28% of the final grade.

**Grading Scale:**

A	630-700 points
B	560-629 points
C	490-559 points
D	420-489 points
F	419 or less points
I	Class participation; all assignments or final project not completed

Additional points may be awarded, at the discretion of the instructor, to all students' final grade, due to the degree of difficulty caused by the wide disparity that exist in students' prior experience and familiarity with fitness concepts.

**Assignments and Projects:**

Assignment Name	Modules	Points	Total Points
Beginning Assignments	1-10	3 x 10 points each	30
Discussion	1-10	10 x 5 points each	50
Objectives	1-10	10 x 5 points each	50
Modules Quizzes	1-10	10 x 15 points each	150

Problems	1-10	10 x 20 points each	200
Final Project	11	1 @ 220 points	220
		Total Points	700

Additional points may be awarded, at the discretion of the instructor, to all students' final grade, due to the degree of difficulty caused by the wide disparity that exist in students' prior experience and familiarity with fitness concepts

#### Class Participation:

Students must participate in all aspects of this course, including assignments, quizzes, and the final project. Specific instructions will be given on all assignments. It is imperative that each student accept full responsibility to maintain contact through online communications and make progress through the course as scheduled. They can only achieve this goal by logging on and devoting appropriate time to assignments. Failure to maintain proper contact an progress is problematical.

#### Late Policy:

Students are expected to maintain punctuality by meeting all due dates. When this is done, there will be no reason to be concerned about punctuality; it is inherent in the schedule of this course. Problems related to due dates should be communicated, before not after the due date.



## Course Ground Rules:

*The following two statements (1., 2.) were derived from the TBR System-wide Student Rules document, released January 2012:*

### RULES OF THE TENNESSEE BOARD OF REGENTS STATE UNIVERSITY AND COMMUNITY COLLEGE SYSTEM OF TENNESSEE SYSTEMWIDE STUDENT RULES CHAPTER 0240-02-03 STUDENT CONDUCT AND DISCIPLINARY SANCTIONS

[Read the document in its entirety here.](#)

#### **1. Standards of Conduct:**

- Students are required to adhere to the same professional, legal and ethical standards of conduct online as on campus. In addition, students should conform to generally accepted standards of "netiquette" while sending e-mail, posting comments to the discussion board, and while participating in other means of communicating online. Specifically, students should refrain from inappropriate and/or offensive language, comments and actions.

#### **2. [Review the TN eCampus Academic Integrity/Academic Honesty Policy:](#)**

- In their academic activities, students are expected to maintain high standards of honesty and integrity. Academic dishonesty is prohibited.

Such conduct includes, but is not limited to:

- an attempt by one or more students to use unauthorized information in the taking of an exam
- to submit as one's own work, themes, reports, drawings, laboratory notes, computer programs, or other products prepared by another person,
- or to knowingly assist another student in obtaining or using unauthorized materials.

Plagiarism, cheating, and other forms of academic dishonesty are prohibited.

Students guilty of academic misconduct, either directly or indirectly through participation or assistance, are subject to disciplinary action through the regular procedures of the student's home institution. Refer to the student handbook provided by your home institution to review the student conduct policy.

In addition to other possible disciplinary sanctions that may be imposed, the instructor has the authority to assign an "F" or zero for an activity or to assign an "F" for the course.

### **Other Course Rules:**

Students are expected to:

- Participate in all aspects of the course
- Communicate with other students
- Learn how to navigate in Brightspace
- Keep abreast of course announcements
- Use the assigned course management (Brightspace) email address rather than a personal email address
- Address technical problems immediately:
  - [Contact Technical Support](#)
  - [View Term Calendar here](#)
- Observe course netiquette at all times.

### **Guidelines for Communications:**

#### **Email:**

- Always include a subject line.
- Remember without facial expressions some comments may be taken the wrong way. Be careful in wording your emails. Use of emoticons might be helpful in some cases.
- Use standard fonts.
- Do not send large attachments without permission.
- Special formatting such as centering, audio messages, tables, html, etc. should be avoided unless necessary to complete an assignment or other communication.
- Respect the privacy of other class members

#### **Discussions:**

- Review the discussion threads thoroughly before entering the discussion. Be a lurker then a discussant.
- Try to maintain threads by using the "Reply" button rather starting a new topic.
- Do not make insulting or inflammatory statements to other members of the discussion group. Be respectful of other's ideas.
- Be patient and read the comments of other group members thoroughly before entering your remarks.
- Be cooperative with group leaders in completing assigned tasks.
- Be positive and constructive in group discussions.

- Respond in a thoughtful and timely manner.

#### Library:

The [Tennessee Virtual Library](#) is available to all students enrolled in TN eCampus programs and courses. Links to library materials (such as electronic journals, databases, interlibrary loans, digital reserves, dictionaries, encyclopedias, maps, and librarian support) and Internet resources needed by learners to complete online assignments and as background reading will be included within the course modules. To access the Virtual Library, go to the course homepage and select the **Virtual Library** link under Course Resources.

#### Students with Disabilities:

Qualified students with disabilities will be provided reasonable and necessary academic accommodations if determined eligible by the appropriate disability services staff at their home institution. Prior to granting disability accommodations in this course, the instructor must receive written verification of a student's eligibility for specific accommodations from the disability services staff at the home institution. It is the student's responsibility to initiate contact with their home institution's disability services staff and to follow the established procedures for having the accommodation notice sent to the instructor.

#### Syllabus Changes:

The instructor reserves the right to make changes as necessary to this syllabus. If changes are necessitated during the term of the course, the instructor will immediately notify students of such changes both by individual email communication and posting both notification and nature of change(s) on the course bulletin board.

#### Disclaimer

The information contained in this syllabus is for general information purposes only. While we endeavor to keep this information up-to-date and accurate, there may be some discrepancies between this syllabus and the one found in your online course. The syllabus of record is the one found in your online course. Please make sure you read the syllabus in your course at the beginning of the semester. Questions regarding course content should be directed to your instructor.

