

# **REINHARDT UNIVERSITY**

## **Sport Studies Program**



SSP 325 (010): Introduction to Sport Studies (3 Credits)

Fall **2023**

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### **General Course Information**

**Class Time/Days:** 12:00 – 12:50 MWF

**Instructor:** Kelley Horton

**Office Hours:** As Posted or by Appointment

**Location:** Brown Gym 203

**Office:** 213

**Phone:** 770-720-5615

**Email:** [KRH@reinhardt.edu](mailto:KRH@reinhardt.edu)

### **Catalog Course Description**

This course addresses the essentials of strength and conditioning including testing, performance, fitness evaluation, and program design. It is appropriate for students interested in pursuing coaching, strength and conditioning certification, or personal fitness training. No prerequisite.

### **Reinhardt Credit Hour Statement**

Over 15 weeks, students will spend 150 minutes per week in lectures, class discussions, and examinations (37.5 hours for the semester). Instructional time includes a 3-hour final exam. Out-of-class work includes homework and preparation for exams and quizzes and is estimated at around 300 minutes per week (75 hours for the semester).

**Text** - There is no required text for the course.

**Course Learning Management Login** - <https://reinhardtuniversity.instructure.com/login/canvas>

### **Purpose of the Course**

The purpose of the course is to provide an overview of the field of strength and conditioning as it pertains to high school and college coaches, and those interested in personal fitness training. The course includes safety guidelines, program design and implementation for competitive and fitness related athletes/clients, and assessment/evaluation of fitness improvements. The course should also be useful for students interested in pursuing ACSM certification in personal fitness training or certification as strength and conditioning coach (NSCA).

### **Course Learning Outcomes**

*Students completing this course should be able to:*

1. Effectively assess health and performance related fitness levels. (SLO 5)
2. Cite, implement, and teach safety guidelines as they pertain to strength and conditioning. (SLO 1)
3. Design and implement strength and conditioning programs with a sport-specific interest. (SLO 2)
4. Demonstrate and apply knowledge of exercise specificity for fitness components. (SLO 4)
5. Recognize special considerations for the training of athletes including weather (effects of heat and cold), nutrition, weight management, body composition, altitude, and climate. (SLO 2, 3)
6. Address the risks and issues associated with performance enhancers. (SLO 2, 3)
7. Properly perform and document an athlete need analysis. (SLO 1)
8. Properly perform and document an athlete need analysis. (SLO 1)

## **Sport Studies Program Goal**

The Sport Studies Program is designed to develop graduates with a broad cultural perspective of sport, with practical skills suitable for employment in sport-related settings, and with ethical and moral characteristics suitable for assuming leadership roles in contemporary society.

## **Sport Studies Program Outcomes**

*Students graduating with a degree in Sport Studies should be able to:*

1. Communicate effectively in academic courses and internship/practicum placements as evidenced by written, spoken, and visual examples.
2. Exhibit personal integrity and leadership skills as evidenced by documented experiences in academic courses and internship/practicum placements.
3. Recognize moral and ethical issues associated with sport (from contemporary and historical perspectives).
4. Analyze social, cultural, and historical factors influencing the development of sport organizations, and the decision-making processes for sport leaders in those organizations.
5. Work collaboratively and in leadership roles in a sport-related professional career setting.

## **Reinhardt University General Education Learning Outcomes addressed in this course**

### *Communication*

- ☐ Students will demonstrate effective expression of ideas through writing, speech, and visual media.

### *Society and Culture*

- ☐ Knowledge of the traditions of Western civilization.
- ☐ Knowledge of the diversity of societies and cultures; the ability to view themselves and the world from cultural and historical perspectives other than their own.

## **Course Communication**

The instructor will communicate with students using course announcements and email. Students with personal concerns or questions may contact the instructor via the course email option in Canvas. The instructor will respond to all student emails within 24-48 hours and return all voice mails within 24 to 48 hours. Please provide a phone number and good time to return your call.

## **Course Requirements/Assignments/Evaluation**

Assignment Type	Percentage of Final Grade
○ Quizzes/Exams	35%
○ Sport Specific Training Program	25%
○ Strength and Conditioning Labs/Case Studies	20%
○ Research Article Reviews	10%
○ Participation, Professionalism, and Credibility	10%

## **Grade Scale**

Grade	Percentage
A	90% and above
B	80% to 89%
C	70% to 79%
<b>NOTE: Sport Studies Majors must earn grade of C or higher in all majors required courses. Grade of D will earn 3 credits but must be repeated for degree purposes.</b>	
D	60% to 69%
F	Below 60%

### **Academic Integrity**

Students are expected to adhere to the *Reinhardt University Honor Code* regarding academic integrity. Instances of academic dishonesty (cheating, plagiarism, etc.) will result in a course grade of "F" and any other penalties imposed by Reinhardt University.

### **Accommodation Statement and Academic Support**

Students with disabilities who believe that they may need accommodation in this course are encouraged to contact the Academic Support Office as soon as possible to ensure that such accommodations are implemented in a timely fashion.

The Center for Student Success located on bottom floor of Lawson (room 035) is a free tutoring service available to all students. For appointments--go to Reinhardt webpage; click on "Academics" ... when the next page appears, click Center for Student Success. On that screen, click Student Appointment Form. Fill out required fields and then submit. If you would prefer to call, the number is 770-720-9232.

<https://www.reinhardt.edu/academic-resources/academic-support-office/aso-student-guide/>

### **Participation Requirements**

Students are expected to be in person in class on MWF during the allotted meeting times unless told differently by the instructor. Students are also highly encouraged to login regularly to Canvas. The instructor will monitor student activity within Canvas. Students are required to participate in all course activities including class meetings, discussion forums, zoom meetings, and group projects when applicable. It is recommended that students log in to Canvas 3 to 4 times a week to monitor and participate in course activities.

### **Technical Issues and Support**

Students needing technical support for Canvas, Microsoft 365, Reinhardt email, or any other technology issues should contact Reinhardt IT at 770-720-5555 or IT@reinhardt.edu. **Students should submit work via Microsoft Word documents unless instructed otherwise. In the event of Canvas problems, student work should be submitted via email.**

### **Schedule of Class Sessions**

- ☐ Dates/Topics are tentative and subject to change due to pace of course and instructor discretion
- ☐ Please see **course calendar** below

**Tentative Course Calendar** - Dates and topics may change due to pacing of class content. **Fall 2023**

<b>Class #</b>	<b>Date</b>	<b>Topic</b>
1	14-Aug	Welcome to Class
2	16-Aug	Course Information/Icebreakers
3	18-Aug	Introduction to Exercise
4	21-Aug	Athlete Needs Analysis
5	23-Aug	Athletic Needs Analysis
6	25-Aug	Athletic Needs Analysis
7	28-Aug	<b>Quiz/Test #1</b>
8	30-Aug	Athletic Testing
9	1-Sep	Athletic Testing Lab
10	4-Sep	No Class Labor Day
11	6-Sep	Dynamic Warm-up
12	8-Sep	Dynamic Warm-up Lab
13	11-Sep	Resistance Training
14	13-Sep	Resistance Training
15	15-Sep	Resistance Training Lab
16	18-Sep	Power Training
17	20-Sep	Power Training Lab - <b>Quiz/Test #2</b>
18	22-Sep	No Class
19	25-Sep	Anaerobic Conditioning
20	27-Sep	Anaerobic Conditioning Lab
21	29-Sep	Mid-term Review

**Tentative Course Calendar** - Dates and topics may change due to pacing of class content. **Fall 2023**

22	2-Oct	<b>MIDTERM EXAM</b>
23	4-Oct	FALL BREAK – No Class!
24	6-Oct	FALL BREAK – No Class!
25	9-Oct	Endurance Training
26	11-Oct	Endurance Training
27	13-Oct	Endurance Training Lab
28	16-Oct	<b>Advising Week – Out of Class Assignments</b>
29	18-Oct	<b>Advising Week</b>
30	20-Oct	<b>Advising Week</b>
31	23-Oct	Speed & Agility Training
32	25-Oct	Speed & Agility Training
33	27-Oct	Speed & Agility Training Lab
34	30-Oct	Balance & Stability Training
35	1-Nov	Balance & Stability Training
36	3-Nov	Balance & Stability Training Lab
37	6-Nov	Periodization and Program Design
38	8-Nov	Periodization and Program Design
39	10-Nov	Periodization and Program Design
40	13-Nov	Special Topic
41	15-Nov	Final Project Workday
42	17-Nov	Final Project Workday
43	20-Nov	Final Exam Review

**Final Exam - FRIDAY, DECEMBER 1st, 2023 - 8:00AM – 11:00AM**