



TEXAS A&M
UNIVERSITY
CENTRAL TEXAS™

COURSE SYLLABUS

EPHP 4101 ADVANCED RESISTANCE TRAINING: MAY MINIMESTER 2021

COURSE DATES, MODALITY, AND LOCATION

This course meets 100% online through the Texas A&M-Central Texas Canvas Learning Management System [<https://tamuct.instructure.com/>].

Dates/Times: Students have the choice when to complete course work within the framework and specified due dates set by the instructor.

Location: Online

INSTRUCTOR AND CONTACT INFORMATION

Instructor: Chris Poole, Ph.D.

Office: Warrior Hall, 322Q (due to COVID, instructor will primarily work from home)

Phone: 254-519-5794

Email: poole33@tamuct.edu

Office Hours: MW 9:00am-12:00pm, Tues: 10:00am-12:00pm

I am available to meet via Zoom if a face-to-face meeting is desired during the listed office hours. Times other than these may also be available. Please email me (poole33@tamuct.edu) to set up a time.

Mode of instruction and course access:

The delivery of the course content will be primarily delivered using an online model. Students will need internet access and a computer and/or smart phone to access all course material and to complete all required assignments for the course. Students will be exposed to online lectures/notes, reading assignments, and quizzes to facilitate lower levels of learning (i.e. knowledge, remembering and understanding) Higher levels of learning (application, analyzing, and evaluation) intended to guide assimilation of that content into practice will be explored through discussions and program design development. Students are expected to be active participants in the learning process.

This course uses the A&M-Central Texas Canvas Learning Management System [<https://tamuct.instructure.com/>].

Student-instructor interaction:

Students are encouraged to use email as the primary method to contact the course instructor. I will usually respond within 24 hours to any student emails sent between normal business hours

Monday-Friday. Please see Office Hours sections for information regarding face-to-face meetings.

WARRIOR SHIELD

Emergency Warning System for Texas A&M University-Central Texas

Warrior Shield is an emergency notification service that gives Texas A&M University-Central Texas the ability to communicate health and safety emergency information quickly via email, text message, and social media. All students are automatically enrolled in Warrior Shield through their myCT email account.

Connect to Warrior Shield by [911Cellular](https://portal.publicsafetycloud.net/Account/Login) [https://portal.publicsafetycloud.net/Account/Login] to change where you receive your alerts or to opt out. By staying enrolled in Warrior Shield, university officials can quickly pass on safety-related information, regardless of your location.

COVID-19 SAFETY MEASURES

To promote public safety and protect students, faculty, and staff during the coronavirus pandemic, Texas A&M University-Central Texas has adopted policies and practices to minimize virus transmission. All members of the university community are expected to adhere to these measures to ensure their own safety and the safety of others. Students must observe the following practices while participating in face-to-face courses, course-related activities (office hours, help sessions, transitioning to and between classes, study spaces, academic services, etc.) and co-curricular programs:

- Self-monitoring—Students should follow CDC recommendations for self-monitoring. Students who have a fever or exhibit symptoms of COVID-19 should participate in class remotely and should not participate in face-to-face instruction. Students required to quarantine must participate in courses and course-related activities remotely and must not attend face-to-face course activities. Students should notify their instructors of the quarantine requirement. Students under quarantine are expected to participate in courses and complete graded work unless they have symptoms that are too severe to participate in course activities.
- Face Coverings— Face coverings must be worn inside of buildings and within 50 feet of building entrances on the A&M-Central Texas Campus. This includes lobbies, restrooms, hallways, elevators, classrooms, laboratories, conference rooms, break rooms, non-private office spaces, and other shared spaces. Face coverings are also required in outdoor spaces where physical distancing is not maintained. The university will evaluate exceptions to this requirement on a case by case basis. Students can request an exception through the Office of Access and Inclusion in Student Affairs.
 - o If a student refuses to wear a face covering, the instructor should ask the student to leave and join the class remotely. If the student does not leave the class, the faculty member should report that student to the Office of Student Conduct.

Additionally, the faculty member may choose to teach that day's class remotely for all students.

- Physical Distancing—Physical distancing must be maintained between students, instructors, and others in the course and course-related activities.
- Classroom Ingress/Egress—Students must follow marked pathways for entering and exiting classrooms and other teaching spaces. Leave classrooms promptly after course activities have concluded. Do not congregate in hallways and maintain 6-foot physical distancing when waiting to enter classrooms and other instructional spaces.
- The university will notify students in the event that the COVID-19 situation necessitates changes to the course schedule or modality.

COURSE INFORMATION

Course Overview and description: This course provides an opportunity for students to develop an increased understanding for the mechanisms of muscular hypertrophy and the principles of resistance training.

Course Objective: The purpose of this course is to teach students the mechanisms of hypertrophic development, how the body structurally and hormonally changes when exposed to stress, and ways to most effectively design training programs. Additionally, students will be exposed to exercise technique for common resistance training movements.

Student Learning Outcomes:

1. Identify mechanisms of muscle hypertrophy and individual characteristics that play a role in its development.
2. Understand the role of resistance training variables in promoting hypertrophy.
3. Understand program design considerations and advanced training practices for hypertrophic development.
4. Demonstrate knowledge of proper exercise technique and ways to correct form based on technique errors.

Required Reading and Textbook(s):

- 1) Schoenfeld. Science and Development of Muscle Hypertrophy, 2nd Edition. Human Kinetics 2021. ISBN: 9781492597674
- 2) NSCA. Exercise Technique Manual for Resistance Training, 3rd Edition. Human Kinetics 2016. ISBN: 9781492506928

COURSE REQUIREMENTS

Course Requirements:

Discussions/Quizzes: Students will complete weekly assignments (discussions and quizzes) during the course. These will be described in writing and/or video in advance with detailed

expectations. Quizzes will relate back to the topics being covered in the lecture at the time. Discussions will cover exercise technique for various exercises of the upper/lower/full body. Assignments will be due by the dates specified on Canvas. All quizzes are closed book, closed note assessments of your learning and must be completed in one sitting by the due date in Canvas.

Program Design: Students will develop a resistance training program based on a provided client/athlete with a given scenario. The program will be 8 weeks in duration with the primary goal centered around muscle hypertrophy. Instructions will be provided through Canvas.

GRADING POLICY: The student will be graded as follows:

<u>Item</u>	<u>Weight</u>
Program Design	50 points
Discussions	50 points
<u>Quizzes</u>	<u>50 points</u>
Total	150 points

Letter Grade Conversion

135 – 150 points (90% - 100%) = A

120 – 134 points (80% - 89%) = B

105 – 119 points (70% - 79%) = C

90 – 104 points (60% - 69%) = D

Below 90 points (< 60%) = F

Grading Criteria Rubric and Conversion

Specific rubrics to be used for grading will be made available when the assignment is posted.

Posting of Grades

- Grades for all assignments will be posted on the Canvas Grade book for students to access. In addition to individual item grades, a running cumulative course grade will be available to view.
- All assignments will be graded within 1 week of the due date, unless otherwise specified by the professor.

COURSE OUTLINE AND CALENDAR

Complete Course Calendar

COURSE SCHEDULE: 1ST 8-WEEK TERM

WEEK 1 – (May 17 – May 21)

- SYLLABUS
 - Read syllabus and watch course introduction

- LECTURE
 - View Week 1 Overview Page
 - Read Chapters 2 & 4: Mechanisms of Hypertrophy; Resistance Training Variables in Hypertrophy
 - Lecture Recordings
 - Study Chapters 2 & 4 Notes
- ASSIGNMENTS
 - Any posted assignments (see Week 1 Overview) will be due Saturday, May 22

WEEK 2 – (May 24 – May 28)

- LECTURE
 - View Week 2 Overview Page
 - Read Chapters 5 & 8: Advanced Training Practices; Program Design for Hypertrophy
 - Lecture Recordings
 - Study Chapters 5 & 8 Notes
- ASSIGNMENTS
 - Any posted assignments (see Week 2 Overview) will be due Saturday, May 29

WEEK 3 – (May 31 – June 4)

- PROGRAM DESIGN
 - View Week 3 Overview Page
 - Complete Program Design Assignment and Submit (Due Friday, June 4)
- ASSIGNMENTS
 - Any posted assignments (see Week 3 Overview) will be due Friday, June 4

TECHNOLOGY REQUIREMENTS AND SUPPORT

Technology Requirements

This course will use the A&M-Central Texas Instructure Canvas learning management system. **We strongly recommend the latest versions of Chrome or Firefox browsers. Canvas no longer supports any version of Internet Explorer.**

Logon to A&M-Central Texas Canvas [<https://tamuct.instructure.com>].

Username: Your MyCT username (xx123 or everything before the "@" in your MyCT e-mail address) Password: Your MyCT password

Canvas Support

Use the Canvas Help link, located at the bottom of the left-hand menu, for issues with Canvas. You can select "Chat with Canvas Support," submit a support request through "Report a Problem," or call the Canvas support line: 1-844-757-0953.

For issues related to course content and requirements, contact your instructor.

Online Proctored Testing

A&M-Central Texas uses Proctorio for online identity verification and proctored testing. This service is provided at no direct cost to students. If the course requires identity verification or

proctored testing, the technology requirements are: Any computer meeting the minimum computing requirements, plus web camera, speaker, and microphone (or headset). Proctorio also requires the Chrome web browser with their custom plug in.

Other Technology Support

For log-in problems, students should contact Help Desk Central.

24 hours a day, 7 days a week:

Email: helpdesk@tamu.edu

Phone: (254) 519-5466

[Web Chat](http://hdc.tamu.edu): [http://hdc.tamu.edu]

Please let the support technician know you are an A&M-Central Texas student.

UNIVERSITY RESOURCES, PROCEDURES, AND GUIDELINES

Drop Policy.

If you discover that you need to drop this class, you must complete the [Drop Request](#) Dynamic Form through Warrior Web.

[[https://dynamicforms.ngwebsolutions.com/casAuthentication.ashx?InstID=eaed95b9-f2be-45f3-a37d-](https://dynamicforms.ngwebsolutions.com/casAuthentication.ashx?InstID=eaed95b9-f2be-45f3-a37d-46928168bc10&targetUrl=https%3A%2F%2Fdynamicforms.ngwebsolutions.com%2Fsubmit%2FForm%2Fstart%2F53b8369e-0502-4f36-be43-f02a4202f612)

[46928168bc10&targetUrl=https%3A%2F%2Fdynamicforms.ngwebsolutions.com%2Fsubmit%2FForm%2Fstart%2F53b8369e-0502-4f36-be43-f02a4202f612](https://dynamicforms.ngwebsolutions.com/casAuthentication.ashx?InstID=eaed95b9-f2be-45f3-a37d-46928168bc10&targetUrl=https%3A%2F%2Fdynamicforms.ngwebsolutions.com%2Fsubmit%2FForm%2Fstart%2F53b8369e-0502-4f36-be43-f02a4202f612)].

Faculty cannot drop students; this is always the responsibility of the student. The Registrar's Office will provide a deadline on the Academic Calendar for which the form must be completed. Once you submit the completed form to the Registrar's Office, you must go into Warrior Web and confirm that you are no longer enrolled. If you still show as enrolled, FOLLOW-UP with the Registrar's Office immediately. You are to attend class until the procedure is complete to avoid penalty for absence. Should you miss the drop deadline or fail to follow the procedure, you will receive an F in the course, which may affect your financial aid and/or VA educational benefits.

Academic Integrity.

Texas A&M University -Central Texas values the integrity of the academic enterprise and strives for the highest standards of academic conduct. A&M-Central Texas expects its students, faculty, and staff to support the adherence to high standards of personal and scholarly conduct to preserve the honor and integrity of the creative community. Academic integrity is defined as a commitment to honesty, trust, fairness, respect, and responsibility. Any deviation by students from this expectation may result in a failing grade for the assignment and potentially a failing grade for the course. Academic misconduct is any act that improperly affects a true and honest evaluation of a student's academic performance and includes, but is not limited to, working with others in an unauthorized manner, cheating on an examination or other academic work, plagiarism and improper citation of sources, using another student's work, collusion, and the abuse of resource materials. All academic misconduct concerns will be referred to the university's Office of Student Conduct. Ignorance of the university's standards and expectations

is never an excuse to act with a lack of integrity. When in doubt on collaboration, citation, or any issue, please contact your instructor before taking a course of action.

For more [information regarding the Student Conduct process](https://www.tamuct.edu/student-affairs/student-conduct.html),
[https://www.tamuct.edu/student-affairs/student-conduct.html].

If you know of potential honor violations by other students, you may [submit a report](https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=0),
[https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=0].

Academic Accommodations.

At Texas A&M University-Central Texas, we value an inclusive learning environment where every student has an equal chance to succeed and has the right to a barrier-free education. The Office of Access and Inclusion is responsible for ensuring that students with a disability receive equal access to the university's programs, services and activities. If you believe you have a disability requiring reasonable accommodations please contact the Office of Access and Inclusion at (254) 501-5831. Any information you provide is private and confidential and will be treated as such.

For more information please visit our [Access & Inclusion](https://www.tamuct.edu/student-affairs/access-inclusion.html) web page
[https://www.tamuct.edu/student-affairs/access-inclusion.html].

Important information for Pregnant and/or Parenting Students.

Texas A&M University-Central Texas supports students who are pregnant and/or parenting. In accordance with requirements of Title IX and related guidance from US Department of Education's Office of Civil Rights, the Dean of Student Affairs' Office can assist students who are pregnant and/or parenting in seeking accommodations related to pregnancy and/or parenting. Students should seek out assistance as early in the pregnancy as possible. For more information, please visit the [Student Affairs](https://www.tamuct.edu/student-affairs/index.html) web page [https://www.tamuct.edu/student-affairs/index.html]. Students may also contact the institution's Title IX Coordinator. If you would like to read more about these [requirements and guidelines online](http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf), please visit the website [http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf].

Title IX of the Education Amendments Act of 1972 prohibits discrimination on the basis of sex and gender—including pregnancy, parenting, and all related conditions. A&M-Central Texas is able to provide flexible and individualized reasonable accommodation to pregnant and parenting students. All pregnant and parenting students should contact the Associate Dean in the Division of Student Affairs at (254) 501-5909 to seek out assistance. Students may also contact the University's Title IX Coordinator.

Tutoring.

Tutoring is available to all A&M-Central Texas students, on a remote online basis. Visit the Academic Support Community in Canvas to view schedules and contact information. Subjects tutored on campus include Accounting, Advanced Math, Biology, Finance, Statistics, Mathematics, and Study Skills. Student success coaching is available online upon request.

If you have a question regarding tutor schedules, need to schedule a tutoring session, are interested in becoming a tutor, success coaching, or have any other question, contact Academic Support Programs at (254) 501-5836, visit the Office of Student Success at 212F Warrior Hall, or by emailing studentsuccess@tamuct.edu.

Chat live with a tutor 24/7 for almost any subject from on your computer! Tutor.com is an online tutoring platform that enables A&M-Central Texas students to log in and receive online tutoring support at no additional cost. This tool provides tutoring in over 40 subject areas except writing support. Access Tutor.com through Canvas.

University Writing Center.

The University Writing Center (UWC) at Texas A&M University–Central Texas (TAMUCT) is a free service open to all TAMUCT students. For the Spring 2021 semester, all services will be online as a result of the COVID-19 pandemic. The hours of operation are from 10:00 a.m.-5:00 p.m. Monday thru Thursday with satellite hours Monday thru Thursday from 6:00-9:00 p.m. The UWC is also offering hours from 12:00-3:00 p.m. on Saturdays.

Tutors are prepared to help writers of all levels and abilities at any stage of the writing process. By providing a practice audience for students' ideas and writing, our tutors highlight the ways in which they read and interpret students' texts, offering guidance and support throughout the various stages of the writing process. While tutors will not write, edit, or grade papers, they will assist students in developing more effective composing practices. Whether you need help brainstorming ideas, organizing an essay, proofreading, understanding proper citation practices, or just want a quiet place to work, the UWC is here to help!

Students may arrange a one-to-one session with a trained and experienced writing tutor by making an appointment via [WOnline](https://tamuct.mywconline.com/) [<https://tamuct.mywconline.com/>]. In addition, you can email Dr. Bruce Bowles Jr. at bruce.bowles@tamuct.edu if you have any questions about the UWC and/or need any assistance with scheduling.

University Library.

The University Library provides many services in support of research across campus and at a distance. We offer over 200 electronic databases containing approximately 250,000 eBooks and 82,000 journals, in addition to the 85,000 items in our print collection, which can be mailed to students who live more than 50 miles from campus. Research guides for each subject taught at A&M-Central Texas are available through our website to help students navigate these resources. On campus, the library offers technology including cameras, laptops, microphones, webcams, and digital sound recorders.

Research assistance from a librarian is also available 24 hours a day through our online chat service, and at the reference desk when the library is open. Research sessions can be scheduled for more comprehensive assistance, and may take place on Skype or in-person at the library. Assistance may cover many topics, including how to find articles in peer-reviewed journals, how to cite resources, and how to piece together research for written assignments.

Our 27,000-square-foot facility on the A&M-Central Texas main campus includes student lounges, private study rooms, group work spaces, computer labs, family areas suitable for all ages, and many other features. Services such as interlibrary loan, TexShare, binding, and laminating are available. The library frequently offers workshops, tours, readings, and other events. For more information, please visit our [Library website](http://tamuct.libguides.com/index) [http://tamuct.libguides.com/index].

For Spring 2021, all reference service will be conducted virtually. Please go to our [Library website](http://tamuct.libguides.com/index) [http://tamuct.libguides.com/index] to access our virtual reference help and our current hours.

OPTIONAL POLICY STATEMENTS:

A Note about Sexual Violence at A&M-Central Texas

Sexual violence is a serious safety, social justice, and public health issue. The university offers support for anyone struggling with these issues. University faculty are mandated reporters, so if someone discloses that they were sexually assaulted (or a victim of Domestic/Dating Violence or Stalking) while a student at TAMUCT, faculty members are required to inform the Title IX Office. If you want to discuss any of these issues confidentially, you can do so through Student Counseling (254-501-5955) located on the second floor of Warrior Hall (207L).

Sexual violence can occur on our campus because predators often feel emboldened, and victims often feel silenced or shamed. It is incumbent on ALL of us to find ways to actively create environments that tell predators we don't agree with their behaviors and tell survivors we will support them. Your actions matter. Don't be a bystander; be an agent of change. For additional information on campus policy and resources visit the [Title IX webpage](https://www.tamuct.edu/compliance/titleix.html) [https://www.tamuct.edu/compliance/titleix.html].

INSTRUCTOR POLICIES.

CLASSROOM USE OF ELECTRONIC DEVICES

Unauthorized and/or distracting use of electronic devices will not be tolerated in the classroom. Electronic devices include, but are not limited to, computers, cell phones, pagers, smart watches, and Tablets. Examples of unauthorized use include: "Instant-Messaging"; inappropriate internet browsing/surfing; playing games; talking on cell phones; e-mailing. Students are expected to turn off audio notification for cell phones and pagers. ***A student who engages in distracting or unauthorized use of electronic equipment in class is considered to be in violation of the MU DPT professional behaviors and will be asked to immediately leave class.*** Being dismissed from class will count as an absence. Further sanctions will be applied for repeat offenses.

COMPUTER ISSUES

Many students utilize personal laptops or tablets for note and examination taking, and for submitting assignments electronically to Canvas or other online programs. If a student should have issues regarding submission of assignments due to technical computer issues (i.e. computer

malfunction, network outage, etc.), the student is responsible for submitting the assignment on time. They should email or phone their course instructor to notify them of the issue and attempt to submit the assignment via email or other means as decided by the course instructor. Submission of a late assignment due to technical computer issues as described above will follow the Late Work Policy. No exceptions will be made for technical problems involving the internet, email, or Canvas.

If a student has technical issues and requires an additional computer/laptop for examination, it is their responsibility to notify the course instructor to attain the necessary equipment. Notification should be given at least 24 hours prior to the examination date/time, if possible.

LATE WORK

Students should turn assignments in by their due date and time as indicated by the course instructor or syllabus. In the event that assignments are turned in after the appropriate designated date/time without prior approval by the course instructor, the following course policy applies:

- On the first offense, the student will receive a decrease in their grade on the assignment by one letter grade in addition to any missed points on the assignment.
- On the second late offense, or any thereafter, the student will receive a “0” for the assignment.

No exceptions will be made for technical problems involving the internet, email, or Canvas. Emergency or illness are some of the only exceptions to this policy. All potential exceptions will be dealt with on an individual basis.

EXAMINATION REVIEW

Students will be provided with **ONE** opportunity to review their examination. The review will be at the discretion of the course coordinator. Students are not permitted to copy, write, reproduce, photograph or identify in any way examination questions, answers and/or rationale (hard or electronic format) provided during an examination/quiz review and will be considered an honor code violation if done so.

Copyright Notice.

Students should assume that all course material is copyrighted by the respective author(s). Reproduction of course material is prohibited without consent by the author and/or course instructor. Violation of copyright is against the law and Texas A&M University-Central Texas’ Code of Academic Honesty. All alleged violations will be reported to the Office of Student Conduct.

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