

Mayville State University

HPER 368 – Principles of Conditioning

Professor: Billy Tomblin

Spring 2025

Semester Hours: 3

Contact Information:

Office FH 134, e-mail: William.tomblin@mayvillestate.edu

Hours of Availability:

By appointment

Instruction Mode: Face to Face

Time Zone: CST

How to address your instructor: Billy

Meeting Times and Location:

Lecture: FH 142, MWF 8:00am – 8:50am

Course Description: The "Principles of Conditioning" class emphasizes developing personal fitness and lifelong lifestyle changes that promote health, fitness, and wellness. Students will engage in various discussions and lectures about lifting weights, diets, and workouts. Students will also learn the muscles that are used for each of these activities and how nutrition plays a part in muscle growth and development. Students will be able to identify the proper terms used for muscles and techniques that are used in various workouts.

Course Objectives:

To successfully complete this course, the learner will be expected to meet the following objectives, as aligned to Health Education Program Approval Standards through North Dakota's Education Standards and Practices Board ([ND ESPB](#)):

1. To increase your understanding of what muscles are used during each specific lift in a workout program. (INTASC 1, 6, 9)
2. To increase your understanding of how to put together a workout program. (INTASC 1, 6, 9)
3. To help you acquire skills and knowledge to help you feel comfortable in a setting such as a gym or with an athletic team that is trying to improve its overall strength. (INTASC 1, 6, 9)

Standards Alignment (Health Education Program Approval Standards-ND ESPB):

- 18015.1 Content Knowledge-Component 1.a: Candidates demonstrate knowledge acquisition in multiple health content areas.

Required/Recommended Materials

1. **Zatsiorsky, V.M. & Kraemer, W.J. (2020) *Science and Practice of Strength Training* (3rd edition). Champaign: Human Kinetics**
2. **Evans, Nick. Bodybuilding Anatomy. 1st Edition, Human Kinetics**

Course Expectations

Instructor/Student Communication

- Students are accountable for all academic communications sent to their Mayville State University e-mail address.
- Students will be expected to check their Mayville State University e-mail account on a regular basis, especially the day of a class taking place (everyday would be preferable).
- Email is the preferred method of communication, but office visits are always welcome. Students can typically expect an email response within 24 hours during a school week, or 48 hours if over a weekend.
- Please make use of my office hours or appointments for in person visits and phone calls.

Student Classroom Computer Usage:

Students have the privilege to use a Tablet, PC, or computer in the classroom for academic purposes. The privilege can be revoked as deemed appropriate by the professor teaching the course. On occasion, the professor may require the use of the computer to cease based on course content for the instructional period.

Assignments and Assessments

- Each assessment item may consist of multiple choice, true/false, matching questions, labeling, short answer, long answer, and/or essay questions randomly selected from the sections covered. Questions will require the application of information given during lecture, within the text, and from assigned readings or websites. Quiz material will generally be based on information covered since the previous exam, although some information will be cumulative and therefore included.
- Exams will take place during regular class sessions. In the event an exam will be missed, PRIOR arrangements MUST be made to ensure your chance to take the exam. **NO MAKE UPS WILL BE PERMITTED WITHOUT APPROPRIATE DOCUMENTATION.** There are no make-up exams for individuals who have a missed exam after the exam has been given (**athletic events included**).
- Quizzes will be given periodically in class via LMS (Black Board) **prior to beginning new content at the beginning of each class.** Each quiz will be worth 10 points and will be based on your current chapter readings. **Quizzes may NOT be made up if absence is unexcused. Missed quizzes must be made up prior to the next scheduled class unless PRIOR arrangements are made (This includes athletic events).**
- Labs and projects are due as assigned. **Late assignments are NOT accepted past due date and time, period.** Students will be expected to dress appropriately for any labs to be conducted. Any and all

work submitted must be of upper level college quality to be acceptable for grading Hard/stapled copies of lab assignments are due at the beginning of class – no e-mails please, unless requested.

Method of Evaluation/Grading

Grading Policies

Typical turnaround time for grading is typically one week, with larger projects requiring more time.

Attendance/Participation Policies

Regular attendance and participation are expected for successful completion of the course/semester.

Grading Scale

Final course grades will be determined using the scale below. **There will be no rounding off or extra points granted. No exceptions.** There will be no adjustments to this policy, and there may or may not be any extra-credit opportunities in class, therefore all grades will stand as marked. **The grade you receive is the grade you earned.**

“A” ($\geq 90\%$)

“B” (80-89.9%)

“C”(70-79.9%)

“D” (60-69.9%)

“F” ($\leq 59.9\%$)

Instructional Strategies

The following is a list of strategies that can be used in the course for learning:

- Lecture
- In class examples/activities/labs
- Practical experiences
- Written and oral communication
- Quizzes
- Exams

Enrollment Verification

On-Campus Course Statement

The U.S. Department of Education requires instructors to conduct an activity which will validate student enrollment in this course. Class attendance will be used to verify enrollment in on-campus courses. If you do not attend, your enrollment in this course will be at risk.

Important Student Information

Instructions: Navigate to Blackboard > MaSU tab > Student Resources tab to find a document entitled, “Important Student Information,” which includes information about:

- ✓ Academic Grievance Concerns and Instructor English Proficiency
- ✓ Starfish - Student Success System
- ✓ Students with Documented Disabilities
- ✓ Student Learning Outcomes / Essential Learning Outcomes
- ✓ Academic Honesty
- ✓ Emergency Notification
- ✓ Continuity of Academic Instruction for a Pandemic or Emergency
- ✓ Family Educational Rights and Privacy Act of 1974 (FERPA)
- ✓ Diversity Statement (Title IX)

Coronavirus (COVID-19) Information for On-Campus Courses

The health and safety of our students, staff, and faculty is our top priority. Mayville State University is committed to continuing face-to-face instruction for on campus courses each semester while minimizing exposure risk and promote health and safety for students, faculty, and staff. Please refer to the *Comets Choose 2.0 Guidelines and the COVID-19 Classroom Guidelines for On-Campus Courses* documents for additional information regarding implementation procedures for *Comets Choose 2.0* and classroom expectations and modifications necessary to minimize exposure risk and promote health and safety for students and faculty within on-campus classes in light of COVID-19.

In the event of a rebound in COVID-19 local infections necessitates a change in course format, plans for remote options for this course include online synchronous content delivery via zoom meetings, YUJA or Respondus Lockdown Browser proctoring for quizzes/exams, and appropriate modifications to projects and assignments appropriate for remote learning.

- ❖ You, the student, are fully responsible for ALL information in this syllabus. This is a contract between the Instructor and the student. All rules will be closely adhered to and there will be no exceptions. If you fail to follow the guidelines, or simply are unaware, you will be responsible for the consequences.
- ❖ **Please note: This syllabus is subject to change due to progress in the course. Any changes will be announced and revisions will be provided.**