

**Note:**

**Course content may be changed, term to term, without notice. The information below is provided as a guide for course selection and is not binding in any form, and should not be used to purchase course materials.**

## ***COURSE SYLLABUS***

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### **EXSC 505**

#### **FOUNDATIONS OF HUMAN PERFORMANCE**

#### **COURSE DESCRIPTION**

This entry level graduate course will examine the physiological, biomechanical, measurement and evaluation, and program design theories and principles that are associated with numerous aspects of human performance.

#### **RATIONALE**

The purpose of this course is to provide students with theoretical and practical knowledge of the physiological, biomechanical, measurement and evaluation, and administrative aspects of designing, implementing, and supervising strength training and conditioning programs for various populations. Students who have not completed prerequisite courses for EXSC 510, EXSC 520, and EXSC 550 have the option of completing this course in place of completing the required undergraduate prerequisite course(s). The completion of this course will provide students access to the relevant human performance academic content necessary for taking the higher level courses in the Human Performance and Exercise Science and Wellness graduate degrees.

#### **I. PREREQUISITE**

For information regarding prerequisites for this course, please refer to the [Academic Course Catalog](#).

#### **II. REQUIRED RESOURCE PURCHASE**

Click on the following link to view the required resource(s) for the term in which you are registered: <http://bookstore.mbsdirect.net/liberty.htm>

#### **III. ADDITIONAL MATERIALS FOR LEARNING**

- A. Computer with basic audio/video output equipment
- B. Internet access (broadband recommended)
- C. Blackboard [recommended browsers](#)
- D. Microsoft Office

#### **IV. MEASURABLE LEARNING OUTCOMES**

Upon successful completion of this course, the student will be able to:

- A. Describe the basic physiological factors associated with the design and implementation of a strength training and conditioning program.

- B. Describe the basic biomechanical factors associated with the design and implementation of a strength training and conditioning program.
- C. Properly administer safe and effective strength training and conditioning programs, which includes aspects such as: facility design, equipment selection, personnel, and daily operations.
- D. Assess the fitness level of subjects and prescribe a safe and effective strength training and conditioning programs.
- E. Adapt strength training and conditioning programs to the specific needs of special populations.
- F. Evaluate research studies from strength training and conditioning and human performance related journals.
- G. Understand human performance concepts as taught through a biblical world view.

**V. COURSE REQUIREMENTS AND ASSIGNMENTS**

- A. Textbook readings and video presentations
- B. Course Requirements Checklist

After reading the Course Syllabus and [Student Expectations](#), the student will complete the related checklist found in Module/Week 1.

- C. Discussion Board Forums (2)

Discussion boards are collaborative learning experiences. Therefore, the student is required to create a thread in response to the provided prompt for each of the 2 assigned forums. Each thread must be no less than 350 words, no more than 700 words, demonstrate course-related knowledge and include 1 citation in current APA format. In addition to the thread, the student is required to reply to 2 other classmates' threads. Each reply must be no less than 200 words, no more than 600 words, and include 1 citation in current APA format.

- D. Exams (5)

Each exam will cover the Reading & Study material for the assigned module(s)/week(s), be open-book/open-notes, and contain 30–50 multiple-choice and 2 essay questions.

- E. Program Design

Each student will prepare a program design with major emphasis on Strength/Weight/Resistance Training, appropriate for a “self-selected” hypothetical client who has never participated in a resistance training program before. The program design must be no fewer than 5 and no more than 8 pages, double-spaced, with 12 Font Times New Roman font.

**VI. COURSE GRADING AND POLICIES****A. Points**

Course Requirements Checklist	10
Discussion Board Forums (2 at 100 pts each)	200
Exams (5 at 120 pts each)	600
Program Design	200
<b>Total</b>	<b>1010</b>

**B. Scale**

A = 940–1010   A- = 920–939   B+ = 900–919   B = 860–899   B- = 840–859  
 C+ = 820–839   C = 780–819   C- = 760–779   D+ = 740–759   D = 700–739  
 D- = 680–699   F = 0–679

**C. Disability Assistance**

Students with a documented disability may contact Liberty University Online's Office of Disability Academic Support (ODAS) at [LUOODAS@liberty.edu](mailto:LUOODAS@liberty.edu) to make arrangements for academic accommodations. Further information can be found at [www.liberty.edu/disabilitysupport](http://www.liberty.edu/disabilitysupport).

## ***COURSE SCHEDULE***

### **EXSC 505**

Textbook: Haff and Triplett, *Essentials of Strength Training and Conditioning* (2016).

<b>MODULE/ WEEK</b>	<b>READING &amp; STUDY</b>	<b>ASSIGNMENTS</b>	<b>POINTS</b>
<b>1</b>	Haff & Triplett: chs. 1–3 1 presentation	Course Requirements Checklist Class Introductions Exam 1	10 0 120
<b>2</b>	Haff & Triplett: chs. 4–6 1 presentation	Exam 2	120
<b>3</b>	Haff & Triplett: chs. 7–9 1 presentation	Exam 3	120
<b>4</b>	Haff & Triplett: chs. 10–12 1 presentation	DB Forum 1	100
<b>5</b>	Haff & Triplett: chs. 13–15 1 presentation	Exam 4	120
<b>6</b>	Haff & Triplett: chs. 16–18 1 presentation	Exam 5	120
<b>7</b>	Haff & Triplett: chs. 19–21 1 presentation	Program Design	200
<b>8</b>	Haff & Triplett: chs. 22–24 1 presentation	DB Forum 2	100
<b>TOTAL</b>			<b>1010</b>

DB = Discussion Board

**NOTE:** Each course module/week begins on Monday morning at 12:00 a.m. (ET) and ends on Sunday night at 11:59 p.m. (ET). The final module/week ends at 11:59 p.m. (ET) on **Friday**.