

Sports and Health (SPHE)

SPHE295 Foundations of Nutrition (3 semester hours)

This course introduces students to the scientific principles of nutrition pertinent to the function of nutrients in the body and the physiological processes involved in digestion and absorption. Students will attain knowledge of the nutrients that make up the food we eat; the anatomy and physiology of digestion and absorption; the function of the each macro and micro nutrient within the body; the interplay between foods, food substances and disease processes like heart disease, cancer, and obesity; the role of nutrition throughout the life cycle; and, our global food problems.

View the course schedule (<https://www.apus.edu/course-schedule/details.html?c=SPHE295>) to find out details about each course including prerequisites, course objectives, course materials, a snapshot of the syllabi, and session dates.

SPHE314 Exercise Physiology (3 semester hours)

This course is designed to provide students with the knowledge of the inner workings and physiological changes that occur in the body during exercise, after exercise, and during a training period. Topics include efficiency, needs and limitations of body systems and their interrelationships, gender roles in exercise, and developing a personalized exercise routine to meet your needs.

View the course schedule (<https://www.apus.edu/course-schedule/details.html?c=SPHE314>) to find out details about each course including prerequisites, course objectives, course materials, a snapshot of the syllabi, and session dates.

SPHE315 Training and Conditioning (3 semester hours)

This course concentrates on the science, planning, management, and analysis of training and conditioning as it relates to the human body.

Through a series of assignments and case studies, you will learn the theory of muscle growth and how muscle growth applies to your body. The course will answer many questions including how can you build an impressive, muscular physique using free weights? How, for example, can you customize your workouts according to your body type? And how should diet, including food supplements, factor into your fitness goals?.

View the course schedule (<https://www.apus.edu/course-schedule/details.html?c=SPHE315>) to find out details about each course including prerequisites, course objectives, course materials, a snapshot of the syllabi, and session dates.

SPHE317 Sports Medicine (3 semester hours)

This course in sports medicine explores the causes and prevention of common sports injuries. You will learn the prognosis and treatment of injuries by examining the anatomy of the injured area of the body through diagrams and interactive websites. Each section of the course covers a certain category of injuries; you will learn what sport or particular athlete is more at risk. Each student will be required to submit a course paper on a specific injury that includes case studies from appropriate references. It is recommended that students complete SPHE 421 Kinesiology before enrolling in this course. (Prerequisite: BIOL251)

View the course schedule (<https://www.apus.edu/course-schedule/details.html?c=SPHE317>) to find out details about each course including prerequisites, course objectives, course materials, a snapshot of the syllabi, and session dates.

SPHE318 Coaching Theory and Methodology (3 semester hours)

Students in this course will review Coaching Theory and Methodology within the coaching profession. They will examine theories specific sports teams, including the development of methodologies and the development of a team, principles for coaches to follow and pass on to teams, and the end of competitive careers in organized sports. Guiding questions include: What sport has done for the player and coach? Why is theory and methodology in sport important? How does leadership and strategy play a role? Students will develop a coaching philosophy that will drive their coaching theories and methods. Students will discover that teaching life lessons through sport is vital to the success of their athletes.

View the course schedule (<https://www.apus.edu/course-schedule/details.html?c=SPHE318>) to find out details about each course including prerequisites, course objectives, course materials, a snapshot of the syllabi, and session dates.

SPHE319 Sports and Drugs (3 semester hours)

This course is a broad investigation into the types and categories of pharmacological and nutritional performance enhancing substances used by athletes throughout history to present date. Students will use analytical techniques to identify, compare, and categorize the five major groups of performance enhancing drugs and nutritional supplements. They will discover the origins, physiological effects, prevalence, and usage trends of drug families, and from the information, the student will be able to formulate an understanding as to why certain drugs are used for specific sports, despite illegal consequences. Students will be able to list, define, explain, and fully understand therapeutic drugs, naturally produced hormones, nutritional supplements, cardiovascular enhancements, and stimulants, through individual and collaborative research, discussion, and presentation opportunities. Engaging debate and exploratory discussion options will provide students the chance to critique, appraise, and ultimately formulate individual conclusions surrounding the moral, ethical and social aspects of drug use in sport. Furthermore, students will have the opportunity to examine the legal aspects of drugs in sports, the administrative and political drug control processes, and how organizations have evolved over time, through increased awareness of the need to control or eliminate the use of drugs in sports performance. Students will investigate and explore the numerous current event issues, as well as the athletes, and professionals associated and implicated in the illegal use of drugs in athletic performance.

View the course schedule (<https://www.apus.edu/course-schedule/details.html?c=SPHE319>) to find out details about each course including prerequisites, course objectives, course materials, a snapshot of the syllabi, and session dates.

SPHE320 Nutrition (3 semester hours)

What should you eat? When should you eat it? Why? Nutrition plays an integral part of our daily life. A healthy diet can protect us from a number of diseases including heart disease and cancer. Nutrition also plays an integral part of the athlete's success; often making a difference between success and failure. Improper use of diet and/or ergogenic aids can result in poor performance. Students in this course will explore basic nutrition concepts, gaining an appreciation of the contribution of macro and micronutrients to a healthy diet and gaining an understanding of the importance of these nutrients as performance enhancers. They will identify a number of strategies for making healthy food selections, for integrating these selections into their lives, and for successfully maintaining a healthy diet. These concepts will be reinforced through the analysis of their own diets and the development of several new diets. The impact of excessive or deficient caloric intake on health and body composition will be determined. Finally, dietary supplements and performance enhancers are used by many people. Improper use of these can be detrimental to one's health as well as adversely impact athletic performance. Strategies for identifying and for using good and bad supplements/enhancers will be developed. (Prerequisite: SPHE295)

View the course schedule (<https://www.apus.edu/course-schedule/details.html?c=SPHE320>) to find out details about each course including prerequisites, course objectives, course materials, a snapshot of the syllabi, and session dates.

SPHE323 Sports Conditioning (3 semester hours)

This course will provide the student with the skills necessary to develop an annual training program for athletes of all levels. Emphasis will be placed on the principles of periodization and how to determine the appropriate training program for each sport. The topics of plyometrics, speed, agility, strength and power will be demonstrated in videos and through other course materials. Students will be required to complete a 52 week training plan for an athlete based on the principles of periodization.

View the course schedule (<https://www.apus.edu/course-schedule/details.html?c=SPHE323>) to find out details about each course including prerequisites, course objectives, course materials, a snapshot of the syllabi, and session dates.

SPHE324 Biomechanics (3 semester hours)

Students in this course will use qualitative and quantitative analysis to understand the biomechanics of human movement. This course will focus on biomechanics in sports and how biomechanical evaluation can improve performance and prevent injuries. Through the use of videos and personal observations, students will learn to apply mathematical equations to various sports skills to develop an understanding of how the laws of physics affect performance. Linear and angular kinematics and kinetics will be applied to sport skills. Students will complete a course project which will require the student to observe a sport skill, qualitatively analyze the athlete performing the skill and make recommendations for improvement. It is highly recommended that students complete College Algebra and Physics before taking this course. (Prerequisites: BIOL250 and BIOL251)

View the course schedule (<https://www.apus.edu/course-schedule/details.html?c=SPHE324>) to find out details about each course including prerequisites, course objectives, course materials, a snapshot of the syllabi, and session dates.

SPHE350 Coaching Baseball Technical and Tactical Skills (3 semester hours)

This course will help you learn how to teach the skills and strategies and techniques and tactics of baseball. You'll learn about approaches to coaching, including the games approach (an alternative to drills-based coaching), you'll develop a season plan and a series of practice plans; and you'll improve your ability to coach during games. This course is suitable for high school coaches and for serious club coaches, and college coaches.

View the course schedule (<https://www.apus.edu/course-schedule/details.html?c=SPHE350>) to find out details about each course including prerequisites, course objectives, course materials, a snapshot of the syllabi, and session dates.

SPHE351 Coaching Basketball Technical and Tactical Skills (3 semester hours)

This course will help you learn how to teach the skills and strategies, and techniques and tactics of basketball. You'll learn about approaches to coaching, including the games approach (an alternative to drills-based coaching), you'll develop a season plan and a series of practice plans; and you'll improve your ability to coach during games. This course is suitable for high school coaches and for serious club coaches, college coaches, and advanced coaches at the youth level.

View the course schedule (<https://www.apus.edu/course-schedule/details.html?c=SPHE351>) to find out details about each course including prerequisites, course objectives, course materials, a snapshot of the syllabi, and session dates.

SPHE352 Coaching Football Technical and Tactical Skills (3 semester hours)

Students in this course will explore the techniques and tactical skills within the sport of American Football. Basic offensive, defensive, and special team skills are taught while exploring various teaching strategies for effective implementation. Football is a game that goes well beyond the obvious physical struggle on the field of play. Below the surface is a complex game which calls for strategic learning and specific methods of movement in accordance to the basic laws of physics. Coaching football calls for an understanding of these concepts in addition to strong organizational and instructional abilities. This course is designed for coaches at all levels. For coaches just beginning in the profession or looking to begin in the future, this course will discuss a number of basic areas that are essential to being successful such as coaching philosophy, practice planning, and game preparation. For those individuals that have been coaching for some time, this course will give you a chance to re-evaluate your philosophy, technique, style, and communication ability. In summary, the approach is toward teaching the student the theory, principles, concepts, and practices that can be applied in the dynamic, ever changing, challenging, and rewarding field of coaching football.

View the course schedule (<https://www.apus.edu/course-schedule/details.html?c=SPHE352>) to find out details about each course including prerequisites, course objectives, course materials, a snapshot of the syllabi, and session dates.

SPHE405 Sports First Aid (3 semester hours)

Sports First Aid is the recognition and emergency treatment of sports injuries sustained during the participation in a sporting event. Students in this course will learn basic first aid principles in order to provide emergency care to injured athletes. Students will develop a basic knowledge of common sports injuries to be able to administer appropriate sports first aid. This course will introduce the role of the coach as well as other medical professionals that provide first aid to athletes. Focus will be placed on techniques and concepts used to treat these sports injuries. Students taking this course will become a competent first aid responder for basic athletic injuries.

View the course schedule (<https://www.apus.edu/course-schedule/details.html?c=SPHE405>) to find out details about each course including prerequisites, course objectives, course materials, a snapshot of the syllabi, and session dates.

SPHE417 Leadership Concepts in Coaching (3 semester hours)

This course will introduce Coaching Leadership on a sports level but show how that leadership can relate to personal, business and everyday successes for individuals. Creating success in the sports arena, a leader has to communicate, to bring a set of individuals together to accomplish one common goal. To be a good leader and coach, one must motivate teamwork and reveal the powerful characteristics of success. Leadership can be universal and used in any walk of life. Coaches are faced with many hurdles to overcome on different levels. The best coaches are able to work through these barriers and develop systems that bring teammates together with a common purpose. Course objectives will be reached by means of selected case studies and focused assignments, reinforced by study of proven coaching leaders.

View the course schedule (<https://www.apus.edu/course-schedule/details.html?c=SPHE417>) to find out details about each course including prerequisites, course objectives, course materials, a snapshot of the syllabi, and session dates.

SPHE420 Exercise Programming and Testing (3 semester hours)

This course is designed for the undergraduate degree in Sports and Health Sciences. Students will combine knowledge from prior classes such as Anatomy, Exercise Physiology, Nutrition and Training and Conditioning and will be prepared to implement their knowledge in a professional setting. Application of basic exercise training principles will be expanded as the course progresses, allowing the student to execute a wide range of personal fitness training principles such as fundamentals of human movement science, client/athlete assessment, exercise training concepts, program design, nutrition and supplementation. This course incorporates advanced exercise programming techniques utilizing the Optimum Performance Training Model (OPT Model) and prepares students for the Certified Personal Training examination offered by the National Academy of Sports Medicine (NASM-CPT). Upon successful completion of this course and with a valid CPR certification students are eligible to sit for this examination. (Prerequisite: BIOL251)

View the course schedule (<https://www.apus.edu/course-schedule/details.html?c=SPHE420>) to find out details about each course including prerequisites, course objectives, course materials, a snapshot of the syllabi, and session dates.

SPHE421 Kinesiology (3 semester hours)

Kinesiology develops a practical understanding of the neuromotor system in relation to anatomical structures responsible for human movement along with their respective functions. Students will learn how to analyze movement and determine specific muscles responsible for a particular movement along with the associated joint action and neural control mechanisms. Students will contrast movements and exercises to determine their appropriateness and fit for specific and common goals in real world settings. Additionally, students will discuss Kinesiology principles and critical concepts as they relate to athletics, rehabilitation, and recreational exercise. The course will also explore how to improve human performance through effective exercise and training program design. Students learn concepts in this course which apply in coaching, athletics, rehabilitation, and fitness settings. (Prerequisite: BIOL251)

View the course schedule (<https://www.apus.edu/course-schedule/details.html?c=SPHE421>) to find out details about each course including prerequisites, course objectives, course materials, a snapshot of the syllabi, and session dates.

SPHE425 Therapeutic Exercise (3 semester hours)

This course examines the physiology of healing as well as exercise protocols for orthopedic and musculoskeletal injuries. The course provides students with a solid foundation of the theory and practice associated with the design, implementation, progression, and supervision of healing and reconditioning programs. Content includes skillful examination of the process of healing and identifying pertinent stages in order to develop evidence-based programs. Techniques include progression and sequencing, examination and assessment, and application of soft tissue and joint mobilization; range of motion and flexibility, strength and muscle endurance exercises; balance, coordination and agility activities as well as function return to play exercises for full return to play participation.

View the course schedule (<https://www.apus.edu/course-schedule/details.html?c=SPHE425>) to find out details about each course including prerequisites, course objectives, course materials, a snapshot of the syllabi, and session dates.

SPHE460 Business Aspects of Fitness and Wellness (3 semester hours)

This course provides the student with the tools to pragmatically conduct business within the fitness and wellness industry. The student will develop parameters of management within a business structure including financial, facility, marketing, risk management, leadership, and personnel.

View the course schedule (<https://www.apus.edu/course-schedule/details.html?c=SPHE460>) to find out details about each course including prerequisites, course objectives, course materials, a snapshot of the syllabi, and session dates.

SPHE461 Current Issues and Trends in Fitness and Wellness (3 semester hours)

This course is designed to explore the growing field of Sports and Health Sciences and its cultural impact on the United States and International health and wellness. The student will gain the tools necessary to assess the fitness, sport, and health industry and its relationship to health and wellness management.

View the course schedule (<https://www.apus.edu/course-schedule/details.html?c=SPHE461>) to find out details about each course including prerequisites, course objectives, course materials, a snapshot of the syllabi, and session dates.

SPHE490 Senior Seminar in Sports and Health Science (3 semester hours)

This senior capstone class is the final course in the degree sequence for students majoring in Sports and Health Sciences. In this dynamic and interactive course, learners will review, assess and then apply many of the concepts they have researched during undergraduate studies through the creation of a customized graduation portfolio. This portfolio can be used for future career or academic goals and serve as a tangible job aid that houses previously acquired knowledge.

Real life, hands on tools for career advancement will be examined and then applied, including the creation of a professional resume.

An investigation of the job market in the field of sports and health will also take place through case study analysis and lively, career focused discussions. Alternative career paths for sports and health sciences degree holders will also be explored. (Prerequisite: Completion of a minimum of 105 hours towards your program)

View the course schedule (<https://www.apus.edu/course-schedule/details.html?c=SPHE490>) to find out details about each course including prerequisites, course objectives, course materials, a snapshot of the syllabi, and session dates.