American Public University System

The Ultimate Advantage is an Educated Mind

Department of Sports Management
SPHS698
Sports and Health Sciences Comprehensive Exam
3 Credit Hours
8 weeks
Prerequisite(s): Successful completion of all courses

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Instructor Information

(Biography)

Instructor:
Email:
Phone:
Office Hours:

Course Description (Catalog)

Comprehensive final examinations are for students in the Master of Arts in the Sports and Health Sciences. The Comprehensive Final Exam is tailored to each program and each student. It can only be taken after students have completed 36 hours of study (i.e. during the semester following the final course) and successfully completed before the award of a degree.
STUDENT WARNING: This course syllabus is from a previous semester archive and serves only as a preparatory reference. Please use this syllabus as a reference only until the professor opens the classroom and you have access to the updated course syllabus. Please do NOT purchase any books or start any work based on this syllabus; this syllabus may NOT be the one that your individual instructor uses for a course that has not yet started. If you need to verify course textbooks, please refer to the online course description through your student portal. This syllabus is proprietary material of APUS.

Each student will answer four questions: Two based on a practical application of learned concepts and two based on theoretical aspects of learned concepts.

### Course Objectives

After successfully completing this course, students will fulfill the following **Learning Objectives**:

1. Analyze qualitative and quantitative research methods and apply them to sports and health science issues and problems. (500)

2. Explore how the body adapts to physical activity during sports and exercise, and illustrate the potential for enhancement of muscle strength, muscular endurance, power, flexibility, and motor performance during anaerobic training. (501) Analyze sport movements and apply motor skill learning theory including feedback, retention, and transfer to the acquisition and performance of sport related movements. (502)

3. Recognize how macro and micronutrient influences performance, and assemble protein, carbohydrate, and fat recommendations for athletes and discern between dietary recommendations for disease prevention and recommendations for performance. (503)

4. Apply exercise prescription principles for training variation, injury prevention, and reconditioning. (504)

5. Demonstrate how mental training strategies can be an effective sport performance solution to psychological challenges such motivational, self-worth, stress, anxiety, and arousal challenges. (505)

6. Create sport specific training programs based on exercises categorized to develop the physiologic adaptation of strength including flexibility, core, balance, reactive, and resistance training. (509)

7. Examine research methods and procedures in sport, and physical activity designed to promote learning and positive health and quality of life. (600)

### Course Delivery Method

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This SPH5698 Sports and Health Sciences Comprehensive Exam course delivered via distance learning will enable students to complete academic work in a flexible manner, completely online. Course materials and access to an online learning management system will be made available to each student. Discussion Board questions (accomplished in groups through a threaded discussion board) are due each Sunday by 11:55 pm. Assigned faculty will support the students throughout this eight-week course.

Course Materials

Required Course Textbook:
No text required for this course. Reviewing texts from all core courses is recommended.

Required Readings:
See Course Outline

Additional Resources:
In the Course Materials folder there are additional course articles, and up to date APA handouts.

Websites
In addition to the required course texts the following public domain Websites are useful. Please abide by the university’s academic honesty policy when using Internet sources as well. Note web site addresses are subject to change.

<table>
<thead>
<tr>
<th>Site Name</th>
<th>Website URL/Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>The OWL at Purdue</td>
<td><a href="http://owl.english.purdue.edu/">http://owl.english.purdue.edu/</a></td>
</tr>
<tr>
<td>APA Style Homepage</td>
<td><a href="http://www.apastyle.org/index.aspx">http://www.apastyle.org/index.aspx</a></td>
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Evaluation Procedures

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<th>Evaluation Procedures</th>
<th>Assignments</th>
<th>Points</th>
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<tr>
<td>– Practice Question #1</td>
<td>P/NP</td>
<td></td>
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<tr>
<td>– Practice Question #2, if necessary</td>
<td>P/NP</td>
<td></td>
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<tr>
<td>– Discussion Forums</td>
<td>P/NP</td>
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<tr>
<td>– Comprehensive Exam</td>
<td>P/F</td>
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Exam Grading

Questions will be graded on:

- Organization and support (examples, APA documentation, and expert testimony)
- Correct grammar, punctuation, etc.
- Ideas, thoughts and application of learned concepts

Grades for the Graduate Final Comprehensive Exam
PD = "Passed Exam with Distinction" = passes 3 of 4/5 questions "with distinction," and passes the fourth/fifth question.
P = "Passed the Exam" = passes 3/4 of 4/5 questions.
FAIL = "Failed the Exam" = fails 2 or more questions.

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<th>Week</th>
<th>Topic(s)</th>
<th>Learning Objective(s)</th>
<th>Reading(s)</th>
<th>Assignment(s)</th>
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<tbody>
<tr>
<td>1</td>
<td>Statistical Analysis Application</td>
<td></td>
<td>Students should use textbooks and lesson packets from respective courses each week.</td>
<td>Forum 1 Bio and Statistics</td>
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<tr>
<td>2</td>
<td>Physical Activity During Sport &amp; Exercise</td>
<td>2,4,6,7</td>
<td>Forum 2 Exercise Physiology applied to sport</td>
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<td>3</td>
<td>Motor Learning</td>
<td>2</td>
<td>Forum 3 Motor learning</td>
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<td>4</td>
<td>Nutrition Principles That Guide Performance</td>
<td>3,6,7</td>
<td>Forum 4 Nutrition and sport performance</td>
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<td></td>
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<td></td>
<td>Practice Question #1 Due</td>
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<th>Psychological Skills Training (PST)</th>
<th>5</th>
<th>Forum 5 Sport Psychology</th>
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<tr>
<td>6</td>
<td>Sport Specific Training Programs: Strength and conditioning</td>
<td>2,6</td>
<td>Forum 6 Strength training in sport</td>
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<tr>
<td>7</td>
<td>Research Methods in Sport and Physical Activity</td>
<td>1,7</td>
<td>Forum 7 Research methods in sport and physical activity</td>
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<td>8</td>
<td>Comp Exam</td>
<td>1 - 7</td>
<td>Take Comprehensive Exam</td>
</tr>
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Policies
Please see the Student Handbook to reference all University policies. Quick links to frequently asked question about policies are listed below.

- Drop/Withdrawal Policy
- Plagiarism Policy
- Extension Process and Policy
- Disability Accommodations

WRITING EXPECTATIONS
All written submissions should be submitted in a font and page set-up that is readable and neat. It is recommended that students try to adhere to a consistent format, which is described below.

- Typewritten in double-spaced format with a readable style and font and submitted inside the electronic classroom (unless classroom access is not possible and other arrangements have been approved by the professor).
- Arial 11 or 12-point font or Times New Roman styles.
- Page margins Top, Bottom, Left Side and Right Side = 1 inch, with reasonable accommodation made for special situations and online submission variances.

CITATION AND REFERENCE STYLE
Attention Please: Students will follow the APA Style Manual, 6th Edition as the sole citation and reference style used in written work submitted as part of coursework to the University. Assignments
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completed in a narrative essay or composition format must follow the citation used in the APA Style Manual, 6th Edition.

LATE ASSIGNMENTS
Students are expected to submit classroom assignments by the posted due date and to complete the course according to the published class schedule. As adults, students, and working professionals I understand you must manage competing demands on your time. Should you need additional time to complete an assignment please contact me before the due date so we can discuss the situation and determine an acceptable resolution. Routine submission of late assignments is unacceptable and may result in points deducted from your final course grade.

NETIQUETTE
Online universities promote the advance of knowledge through positive and constructive debate--both inside and outside the classroom. Discussions on the Internet, however, can occasionally degenerate into needless insults and “flaming.” Such activity and the loss of good manners are not acceptable in a university setting--basic academic rules of good behavior and proper “Netiquette” must persist. Remember that you are in a place for the fun and excitement of learning that does not include descent to personal attacks, or student attempts to stifle the discussion of others.

- Technology Limitations: While you should feel free to explore the full-range of creative composition in your formal papers, keep e-mail layouts simple. The Educator classroom may not fully support MIME or HTML encoded messages, which means that bold face, italics, underlining, and a variety of color-coding or other visual effects will not translate in your e-mail messages.
- Humor Note: Despite the best of intentions, jokes and--especially--satire can easily get lost or taken seriously. If you feel the need for humor, you may wish to add “emoticons” to help alert your readers: ☺

DISCLAIMER STATEMENT
Course content may vary from the outline to meet the needs of this particular group.

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Academic Services

The Online Library is available to enrolled students and faculty from inside the electronic campus. This is your starting point for access to online books, subscription periodicals, and Web resources that are designed to support your classes and generally not available through search engines on the open Web. In addition, the Online Library provides access to special learning resources, which the University has contracted to assist with your studies. Questions can be directed to librarian@apus.edu.

- Charles Town Library and Inter Library Loan: The University maintains a special library with a limited number of supporting volumes, collection of our professors’ publication, and services to search and borrow research books and articles from other libraries.
- Electronic Books: You can use the online library to uncover and download over 50,000 titles, which have been scanned and made available in electronic format.
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- **Electronic Journals:** The University provides access to over 12,000 journals, which are available in electronic form and only through limited subscription services.

- **Turnitin.com:** Turnitin.com is a tool to improve student research skills that also detect plagiarism. Turnitin.com provides resources on developing topics and assignments that encourage and guide students in producing papers that are intellectually honest, original in thought, and clear in expression. This tool helps ensure a culture of adherence to the University's standards for intellectual honesty. Turnitin.com also reviews students' papers for matches with Internet materials and with thousands of student papers in its database, and returns an Originality Report to instructors and/or students.

- **Smarthinking:** Students have access to 10 free hours of tutoring service per year through Smarthinking. Tutoring is available in the following subjects: math (basic math through advanced calculus), science (biology, chemistry, and physics), accounting, statistics, economics, Spanish, writing, grammar, and more. Additional information is located in the Online Research Center. From the ORC home page, click on either the “Writing Center” or “Tutoring Center” and then click “Smarthinking.” All login information is available.

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The AMU/APU Library Guides provide access to collections of trusted sites on the Open Web and licensed resources on the Deep Web. These are specially tailored for academic research at APUS:

- Program Portals contain topical and methodological resources to help launch general research in the degree program. To locate, search by department name or navigate by school.
- Course Lib-Guides narrow the focus to relevant resources for the corresponding course. To locate, search by class code (e.g., SOCI111) or class name.

If a guide you need isn’t available yet, let us know by emailing the APUS Library: librarian@apus.edu