

SMG220 Principles of Athlete Development

(3 credit hours)

Course Syllabus

Course Description

This course explores physical, psychological, emotional, and behavioral characteristics promoting health, fitness, and wellness for athletes and the general population. Concepts will address self-management, self-planning, physical activity planning, nutrition, body composition, and stress management for optimum performance and general health. Issues will also address athlete development influenced by substance abuse and off-field behaviors.

Course Learning Outcomes

By the end of this course, you will be able to:

1. Design a player development model from youth to elite level
2. Distinguish contributions to psychological, physiological, and sociological development of athletes
3. Compare similarities and differences in player development models from the US and another country
4. Recognize the zones of proximal development and how to improve each area
5. Identify theories of learning and implications for performance enhancement in sports activities

Required Textbook(s) and Resources

Corbin, C., Welk, G., Corbin, W., & Welk, K. (2023). Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach Lifestyles (13th edition). NY, NY: McGraw-Hill.

Be sure to also review the weekly **Explore** sections for additional library or web resources. For access to databases, research help, and writing tips, visit the [Tiffin University Library](#).

Time Commitment

Effective time management is possibly the single most critical element to your academic success. To do well in this online class you should plan your time wisely to maximize your learning through the completion of readings, discussions, and assignments. Because of our accelerated, seven-week term, TU online courses are designed with the expectation that you dedicate a little over **six (6) hours per credit hour** to course activities and preparation **each week**. For example, for successful completion of a three-credit, seven-week online course you should reserve roughly **twenty (20) hours per week**.

To help plan your time and keep on track toward successful course completion, note the distinctive rhythm of assignment due dates:

1. All times assume Eastern Time (GMT-4).
2. Weeks begin at 12:00 a.m. ET on Monday and end at 11:55 p.m. ET on Sunday.
3. Unless otherwise noted, initial assignments or discussion posts are due by **11:55 p.m. ET on Wednesdays.**
4. Additional assignments or follow-up discussion posts are due by **11:55 p.m. ET on Saturdays, and**
5. Major assignments and reflections are typically due by **11:55 p.m. ET on Sundays.**

Learning Activities

This course contains discussions, reflective papers based on lab assignments, and presentations.

Key Assessment (Taskstream Submission)

This TU course contains no “Key Assessments.”

Grading

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Total
Discussions Activity 1.1 (n/a) Activity 1.2 (20)	Discussions Activity 2.1 (20) Activity 2.2 (20)	Discussions Activity 3.1 (20) Activity 3.2 (20)	Discussions Activity 4.1 (20) Activity 4.2 (20)	Discussions Activity 5.1 (20) Activity 5.2 (20)	Discussions Activity 6.1 (20) Activity 6.2 (20)	Discussions Activity 7.1 (30) Activity 7.2 (20)	270
Assignments Activity 1.3 (50)	Assignments Activity 2.3 (50)	Assignments Activity 3.3 (50)	Assignments Activity 4.3 (50)	Assignments Activity 5.3 (50) Activity 5.4 (60)	Assignments Activity 6.3 (50)	Assignments Activity 7.3 (50)	410
Presentation Activity 1.4 (55)	Presentation Activity 2.4 (55)	(n/a)	(n/a)	(n/a)	(n/a)	(n/a)	110
Quiz Activity 1.5 (30)	Quiz Activity 2.5 (30)	Quiz Activity 3.4 (30)	Quiz Activity 4.4 (30)	Quiz Activity 5.5 (30)	Quiz Activity 6.4 (30)	Quiz Activity 7.4 (30)	210
155	175	120	120	180	120	130	1000

Grading Scale

A: 90-100% | B: 80-89% | C: 70-79% | D: 60-69% | F: <60%

Course Schedule and Weekly Checklist

Start Here

- MON: Activity 1.1: Introductory Discussion - Introductory Post

Week 1 – Principles of Athlete Development

- WED: Activity 1.1: Meet Your Peers – Secondary Post
- WED: Activity 1.2: Health Behavior- Introductory Post
- SAT: Activity 1.2: Health Behavior- Secondary Post
- SUN: Activity 1.3: Lab Reflection Paper
- SUN: Activity 1.4: LTAD Presentation
- SUN: Activity 1.5: Week 1 Quiz

Week 2 – Moderate Physical Activity: A Lifestyle Approach and Cardiovascular Fitness

- WED: Activity 2.1: Walking Health- Introductory Post
- WED: Activity 2.2: Health Monitoring- Introductory Post
- SAT: Activity 2.1: Walking Health- Secondary Post
- SAT: Activity 2.2: Health Monitoring- Secondary Post
- SUN: Activity 2.3: Lab Reflection Paper
- SUN: Activity 2.4: Sport for Life Video
- SUN: Activity 2.5: Week 2 Quiz

Week 3 – Vigorous Aerobics, Sports, and Recreational Activities and Muscle Fitness and Resistance Exercise

- WED: Activity 3.1: College Student Physical Fitness- Introductory Post
- WED: Activity 3.2: Addiction and Substance Abuse- Introductory Post
- SAT: Activity 3.1: College Student Physical Fitness- Secondary Post

- SAT: Activity 3.2: Addiction and Substance Abuse- Secondary Post
- SUN: Activity 3.3: Lab Reflection Paper
- SUN: Activity 3.4: Week 3 Quiz

Week 4 – Flexibility and Body Mechanics: Posture, Questionable Exercises, and Care of the Back and Neck

- WED: Activity 4.1: Importance of Flexibility- Introductory Post
- WED: Activity 4.2: Preventative Spine Health- Introductory Post
- SAT: Activity 4.1: Importance of Flexibility- Secondary Post
- SAT: Activity 4.2: Preventative Spine Health- Secondary Post
- SUN: Activity 4.3: Lab Reflection Paper
- SUN: Activity 4.4: Week 4 Quiz

Week 5 – Nutrition and Managing Diet and Activity for Healthy Body Fatness

- WED: Activity 5.1: Using MyPlate- Introductory Post
- WED: Activity 5.2: Caloric Intake- Introductory Post
- SAT: Activity 5.1: Using MyPlate- Secondary Post
- SAT: Activity 5.2: Caloric Intake- Secondary Post
- SUN: Activity 5.3: Lab Reflection Paper
- SUN: Activity 5.4: Nutrition Paper
- SUN: Activity 5.5: Week 5 Quiz

Week 6 – Stress and Health and Stress Management, Relaxation, and Time Management

- WED: Activity 6.1: Life Stress- Introductory Post
- WED: Activity 6.2: Mental Health- Introductory Post
- SAT: Activity 6.1: Life Stress- Secondary Post
- SAT: Activity 6.2: Mental Health- Secondary Post
- SUN: Activity 6.3: Lab Reflection Paper
- SUN: Activity 6.4: Week 6 Quiz

Week 7 – Toward Optimal Health and Wellness: Planning for Healthy Lifestyle Change

- WED: Activity 7.1: Health and Heredity- Introductory Post
- WED: Activity 7.2: Learning Reflection- Introductory Post
- THURS: Activity 7.3: Lab Reflection Paper
- SAT: Activity 7.1: Health and Heredity- Secondary Post
- SAT: Activity 7.2: Learning Reflection- Secondary Post
- SUN: Activity 7.4: Week 7 Quiz

Tips for Success

Online learning requires self-discipline and self-direction. As seekers of the truth, we should be willing to challenge one another's academic work in a spirit of respectful comradery. Your course is a place for you to grow as you benefit from the expertise, experience, and diverse perspectives of your instructor and peers. Constructive feedback will challenge you to stretch your own thinking, thereby expanding your knowledge and understanding.

To get the most out of your learning experience, you should actively engage (participate) in **ALL** course activities. Course elements are arranged chronologically. To complete a week, simply work your way "down the page" through all of the course materials and activities.

For More Information:

Be sure to review the [Support, Policies, and Procedures](#) addendum.