**University of North Carolina at Charlotte**

**School of Data Science**

**College of Computing and Informatics**

**Course Number and Title:** SPOA 1120: Factors of Human Performance **Credits:** 3 credits

**Days/Time, Location**: TR 8:30-9:45, Fretwell 100

**Faculty Information**: Name: Abbey Thomas, PhD, ATC

Office: 231 Belk Gym

Office Hours: TBA

**Catalog Description:** Explores all aspects of human athlete performance ranging from nutrition and physiology to psychological considerations for the athlete.

**Course Objectives**:

The student will:

a) Describe the roles of all members of the sports performance team and how the sports analyst integrates with each team member.

b) Explain foundational principles of kinesiology, including nutrition and physiology. c) Describe the psychological considerations in human sports performance.

**Pre-Requisite:** SPOA major

**Instructional Method:** In-person lecture

**Required textbooks:** None all readings will be provided on Canvas

**Required Materials:** None

**Communication:**

Course related messages will be conveyed via Canvas and UNC Charlotte email, which is the official means of communication for the University. As a student, you are responsible for checking both Canvas and email on a regular basis.

**Evaluation Methods:**

Grading Scale and Criteria

The student’s final grade will be based on the scores from each of the following evaluations:

| **Assignment**  | **Points** |
| --- | --- |
| Exam 1  | 100 |
| Exam 2  | 100 |
| Exam 3  | 100 |

| Final Assignment  | 200 |
| --- | --- |

The student’s final grade will be awarded based on the following scale: ≥450 points 90-100% A

400-449 points 80-89.9% B

350-399 points 70-79.9% C

300-349 points 60-69.9% D

<300 points <59.9% F

**Assignments:**

You will take 3 written exams and complete 1 assignment throughout the semester related to the course content. Detailed instructions and a rubric for the assignment will be posted on Canvas.

• Exams 1-3: a combination of multiple choice, T/F, fill-in-the-blank, and multiple answer questions will be used to test your knowledge of the topics covered in class. Exams will be worth 100 points each and will be taken in person during class time using Canvas.

• Final Assignment: You will interview 2 professionals in the areas of nutrition, sport psychology, exercise physiology, and/or sports medicine (the 2 people cannot be in the same discipline). Based on your interview of these professionals, you will write a 3-5 page paper on the future of human performance. Detailed instructions can be found on Canvas.

**Syllabus Subject to Change**: The instructor reserves the right to alter this syllabus based on best practices that fit changing circumstances.

**Teaching Strategies:**

Teaching methods may include a combination of lectures and audiovisual presentations by faculty. Student participation in discussions, demonstration of problem solving, critical thinking exercises, and group collaboration will be utilized throughout the semester. All students are expected to contribute in a meaningful way to classroom discussions.

**Classroom Expectations:**

This syllabus contains the policies and expectations I have established for SPOA 1120. Please read the entire syllabus carefully before continuing in this course. These policies and expectations are intended to create a productive learning atmosphere for all students. Unless you are prepared to abide by these policies and expectations, you risk losing the opportunity to participate further in the course.

**Classroom Conduct:**

I will conduct this class in an atmosphere of mutual respect. I encourage your active participation in class discussions. Each of us may have strongly differing opinions on the various topics of class discussions. The conflict of ideas is encouraged and welcome. The orderly questioning of the ideas of others, including mine, is similarly welcome. However, I will exercise my responsibility to manage the discussions so that ideas and argument can

proceed in an orderly fashion. You should expect that if your conduct during class discussions seriously disrupts the atmosphere of mutual respect I expect in this class; you will not be permitted to participate further.

**Instructor’s absence or tardiness:** You must wait a full 20 minutes after the start of class before you may leave without being counted absent, or you must follow any written instructions I may give you about my anticipated tardiness.

**Electronic Devices within Classroom:**

The use of cell phones, smart phones, or other mobile communication devices is disruptive, and is therefore prohibited during class unless approved by instructor prior to class.

Students are permitted to use computers during class for note-taking and other class related work only. Those using computers during class for work not related to that class will be dismissed from class.

**Attendance and participation:** Everyone is expected to positively contribute to the overall learning experience over the course of the semester by asking questions, providing examples, and taking part in classroom discussions.

**UNIVERSITY, COLLEGE AND DEPARTMENTAL POLICIES**

**University Policies:**

**Code of Student Responsibility:** All students and the instructor are expected to engage with each other respectfully. Unwelcome conduct directed toward another person based upon that person’s actual or perceived race, actual or perceived gender, color, religion, age, national origin, ethnicity, disability, or veteran status, or for any other reason, may constitute a violation of University Policy 406, The Code of Student Responsibility. Any student suspected of engaging in such conduct will be referred to the Office of Student Conduct.

**Academic Integrity Violations Including Plagiarism:** All students are required to read and abide by the Code of Student Academic Integrity. Violations of the Code of Student Academic Integrity, including plagiarism, will result in disciplinary action as provided in the Code. Definitions and examples of plagiarism are set forth in the Code and on the Student Accountability & Conflict Resolution website. The Code is available from the Dean of Students Office or online at legal.charlotte.edu/policies/up-407. Additional resources are available on the Student Accountability & Conflict Resolution website.

Faculty may ask students to produce identification at examinations and may require students to demonstrate that graded assignments completed outside of class are their own work.

**Students Rights and Responsibilities for Disability Accommodations**: Students in this course seeking accommodations to disabilities must first consult with the Office of Disability Services and follow the instructions of that office for obtaining accommodations.

**Title IX Reporting Obligations Regarding Incidents of Sexual Harassment, sexual assault, dating violence, domestic violence, or stalking:** UNC Charlotte is committed to providing an environment free of all forms of discrimination and sexual harassment, including sexual assault, domestic violence, dating violence, and stalking. If you (or someone you know) has experienced or experiences any of these incidents, know that you are not alone. UNC Charlotte has staff members trained to support you in navigating campus life, accessing health and counseling services, providing academic and housing accommodations, helping with civil protective orders, and more.

Please be aware that all UNC Charlotte employees, including faculty members, are expected to relay any information or reports of sexual misconduct they receive to the Title IX Coordinator. This means that if you tell me about a situation involving sexual harassment, sexual assault, dating violence, domestic violence, or stalking, I am expected to report the information to the Title IX Coordinator. Although I am expected to report the situation, you will still have options about how your case will be handled, including whether or not you wish to pursue a formal complaint. Our goal is to make sure you are aware of the range of options available to you and have access to the resources you need.

If you wish to speak to someone confidentially, you can contact the following on-campus resources, who are not required to report the incident to the Title IX Coordinator: (1) University Counseling Center (counselingcenter.charlotte.edu, 7-0311); or (2) Student Health Center (studenthealth.charlotte.edu, 7-7400). Additional information about your options is also available at titleix.charlotte.edu under the “Students” tab.

**University Policy on Withdrawals:** Students are expected to complete all courses for which they are registered at the close of the add/drop period. If you are concerned about your ability to succeed in this course, it is important to make an appointment to speak with me as soon as possible. The University policy on withdrawal allows students only a limited number of opportunities available to withdraw from courses. It is important for you to understand the financial and academic consequences that may result from course withdrawal.

**Course Credit Workload:** This 3-credit course requires 3 hours of classroom or direct faculty instruction and 6 hours of out-of-class student work each week for approximately 15 weeks. Out-of-class work may include but is not limited to: Required reading, written assignments, and studying for exams.

**Course Content Recording or Sharing Is Prohibited:** Electronic video and/or audio recording is not permitted during class unless the student obtains permission from the instructor. If permission is granted, *ANY* distribution of the recording is prohibited. Students with specific electronic recording accommodations authorized by the Office of Disability Services do not require instructor permission; however, the instructor must be notified of any such accommodation prior to recording. Any distribution of such recordings is prohibited.

All students are prohibited from copying and sharing old exams, course notes, tests, lecture slides, assignments, or online content on any other website, device, student groups, etc., as this infringes on the professor’s rights and is a copyright infringement. Sharing any content without explicit permission of the instructor will result in an Academic Integrity Violation.

**Policy on the Use of Unauthorized Materials:** The following materials, equipment, websites, or tools are prohibited for completing course assignments, quizzes or examinations, or other academic exercises unless I explicitly permit such use for legitimate pedagogical purposes: ChatGPT or other generative artificial intelligence tools as well as online course material suppliers like CourseHero or Chegg, etc.

**Last Date of Attendance:**

The United States Department of Education requires UNC Charlotte’s Office of Financial Aid to determine if a student who receives financial aid and fails to earn a passing grade in a course has actually attended and/or completed the course. If you earn an F or U grade, your last date of attendance will be reported to the United States Department of Education. *This may require you to pay back any financial aid funds received for this course.* (For additional information, see Last Date of Attendance FAQs on the Registrar's website.)

**Absenteeism or Tardiness Policy:** Students are expected to attend every class and remain in class for the duration of the session. Failure to attend class or arriving late may impact your ability to achieve course objectives which could affect your course grade. An absence, excused or unexcused, does not relieve a student of any course requirement. Regular class attendance is a student’s obligation, as is a responsibility for all the work of class meetings, including tests and written tasks. Any unexcused absence or excessive tardiness may result in a loss of participation points.

**Class Absence(s):** The instructor has the authority to excuse a student’s class absence(s) and to grant a student an academic accommodation (turn in a late assignment, provide extra time on an assignment, reschedule an exam, etc.). However, under Academic Affairs Policy on Course Attendance and Participation, University-sanctioned events or activities are considered excused absences. A University-sanctioned event or activity is one in which a student formally represents the University to external constituencies in athletic or academic activities. This policy does not supersede individual program attendance and/or participation requirements that are aligned with accreditation or licensure. For more information and student responsibilities to account for such an absence, see provost.charlotte.edu/policies procedures/academic-policies-and-procedures/course-attendance-and-participation.

Students are encouraged to work directly with their instructors regarding class absences for **medical appointments, military/court orders, and/or personal and family emergencies**, such as a death in the immediate family, where a student is able to provide an instructor with appropriate supporting documentation of the absence. The final decision for approval of absences and missed work or make-up work is determined by the instructor.

For absences due to **religious observances**, students must provide the instructor with written notice of requested accommodations no later than the 10th day of instruction for the

semester. The instructor and the student should then discuss what a reasonable accommodation should be in the given case and then document this agreed-upon accommodation. University Policy 409 provides more details about this procedure. The Office of Civil Rights and Title IX is available as a resource if students or faculty have questions about the process.

The Office of Student Assistance and Support Services (SASS) can provide notification to faculty of **emergency situations**, when a student is unable to do so and when the office has been made aware of such emergencies. In such situations, the SASS office may also be able to assist with verification of such emergencies, once a student is able to return to classes. The SASS office does not provide verification of absences for car trouble, weather issues, personal activities, work, weddings, vacations, or University-sponsored events. Absences related to such activities should be discussed directly with the faculty member.

Should a student need assistance from the SASS office in verifying an emergency situation, they can submit an online request form (sass.charlotte.edu/services/absence-verification) and attach supporting documentation. Please note that students are not required to go through the SASS office at any time regarding absence verification, and the SASS office does not have the authority to excuse absences, allow for make-up work, or provide other academic accommodations.

In cases of absence due to **pregnancy or parenting** (pregnancy, childbirth, false pregnancy, termination of pregnancy, or recovery from any of these conditions), students should contact the Office of Civil Rights and Title IX to obtain absence verification by completing the online form at http://bit.ly/332eaGd.

**Disability Accommodations:** UNC Charlotte is committed to access to education. If you have a disability and need academic accommodations, please provide a letter of accommodation from Disability Services early in the semester. For more information on accommodations, contact the Office of Disability Services at 704-687-0040 or visit their office in Fretwell 230.

All students are required to abide by the UNC Charlotte Sexual Harassment Policy (http://legal.uncc.edu/policies/up-502) and the policy on Responsible Use of University Computing and Electronic Communication Resources (http://legal.uncc.edu/policies/up 307). Sexual harassment, as defined in the UNC Charlotte Sexual Harassment Policy, is prohibited, even when carried out through computers or other electronic communications systems, including course-based chat rooms or message boards.

**Religious Accommodation**: It is the obligation of students to provide faculty with reasonable notice of the dates of religious observances on which they will be absent by submitting a Request for Religious Accommodation Form to their instructor prior to the census date for enrollment for a given semester http://legal.uncc.edu/policies/up-409. The census date for each semester (typically the tenth day of instruction) can be found in UNC Charlotte’s Academic Calendar (http://registrar.uncc.edu/calendars/calendar.htm

**Preferred Gender Pronoun:** This course affirms people of all gender expressions and gender identities. If you prefer to be called a different name than what is indicated on the class roster, please let me know. Feel free to correct me on your preferred gender pronoun. If you have any questions or concerns, please do not hesitate to contact me.

**Campus Emergencies:** UNC Charlotte and your instructor have a primary responsibility for ensuring student safety. Students are notified of impending or imminent threats via the NinerAlert system. In the event of an imminent emergency, please follow all university and/or instructor guidelines.

Disruptions to university operations are communicated via the NinerNotice system. All students are automatically enrolled in NinerNotice to receive important texts and other UNC Charlotte communications.

**Safety and Security Information:** UNC Charlotte’s Department of Safety and Security offers the following safety tips:

● Ensure your cell phone number is in the Banner Self-Serve system (Emergency Text Phone Number box) to receive text message NinerAlerts. NinerAlerts are sent via a variety of methods when there is a threat to campus safety or a change in operating condition.

● For every NinerAlert that is issued, an action directive is also included in the body of the message. Action Directives can include run, hide, fight; seek shelter; or evacuate. Visit emergency.uncc.edu for more information on what each directive means.

● Download the Livesafe app. This connects you to campus police via phone or text 24/7.

○ 911 dialed from a mobile phone connects to CMPD and can slow down response.

○ Alternatively, you can put the UNC Charlotte Police emergency number in your phone: 704-687-2200.

● Always be aware of your surroundings and know the quickest escape routes: exit doors, windows, etc.

● Safety and Security offers a variety of trainings to students. For more information, visit: https://police.uncc.edu/crime-prevention-safety

● Remember: Personal pepper spray is allowed on campus. However, guns and knives are not.

**Action Directives included in NinerAlerts:**

**Run-Hide-Fight** is the action directive for an active assailant.

● **RUN:** If outside or in a building and it is safe to flee, run and leave the campus if possible.

● **HIDE:** If you are in a building and unsure of where the threat is, find the closest room in which to hide. Close, lock and/or barricade doors if they do not lock. Do not huddle in one location. Remain quiet.

● **FIGHT:** This is a last-resort option. Do not seek the assailant. If you come into direct contact with the individual, use any means necessary to defend yourself.

A **Seek Shelter** directive is normally issued during severe weather or hazardous material releases.

If a Seek Shelter is ordered:

● Stay inside if you are indoors.

● If outside, quickly go to the nearest building.

● Once indoors, find a space in the building to shelter. Stay away from windows. ● In a tornado, go to the lowest floor of the building and find an interior room or hallway to shelter in. Stay away from windows.

An Evacuation can be for either a single building, area or the entire campus. Further information and direction will be included in the NinerAlert.

**Food Insecurity Statement:** Food insecurity is defined by the USDA as “a lack of access to enough food for an active, healthy life.” Food insecure categories include: reduced caloric intake, reduced food quality, lack of variety in diet, disrupted eating patterns, and hunger. Research shows that college students experience food insecurity at higher rates than the American household rate, and that food insecurity can negatively impact academic performance and persistence. In recognition of this problem, UNC Charlotte offers assistance to students facing food insecurity through an on- campus food pantry. The Jamil Niner Student Pantry (JNSP) is located on the east edge of campus at 1224 John Kirk Road. It has regular hours which may change from semester to semester; please see the website at https://ninerpantry.uncc.edu/ for schedule and details on its services, as well as resources about hunger and food insecurity among college students.

**Topical/Unit Outline**

| **Week**  | **Date**  | **Class Activity/Topic** |
| --- | --- | --- |
| 1  | 8/20  | Introduction to Human Performance |
| 8/22  | Importance of Physical Activity |
| 2  | 8/27 |
| 8/29  | History and Philosophy of Physical Activity |
| 3  | 9/3 |
| 9/5  | History of Performance Enhancement |
| 4  | 9/10 |
| 9/12  | Psychology of Human Performance |
| 5  | 9/17 |
| 9/19  | Exam 1 |
| 6  | 9/24 | Nutrition of Human Performance |
| 9/26  |
| 7  | 10/1 |
| 10/3 | Physiology of Human Performance  |
| 8  | 10/8 |
| 10/10 |
| 9  | **10/15**  | **No Class Fall Break** |
| 10/17  | Exam 2 |
| 10  | 10/22 | Strength Training for Human Performance |
| 10/24  |
| 11  | 10/29 |
| 10/31 | Sports Medicine for Human Performance  |
| 12  | 11/5 |
| 11/7 |
| 13  | 11/12 | Monitoring Human Performance  |
| 11/14 |
| 14  | 11/19 |
| 11/21 |
| 15  | 11/26  | Exam 3 |
| **11/28**  | **No Class Thanksgiving Break** |
| 16  | 12/3  | The Performance Team |

**FINAL EXAM BLOCK: December 10, 8-10:30am (final assignment due)**

**Course Schedule/Outline** (subject to change at instructor’s discretion): \*\* **Syllabus Subject to Change**: The standards and requirements set forth in this syllabus may be modified at any time by the course instructor. Notice of such changes will be by announcement in class, written or email notice, or by changes to this syllabus posted on Canvas.