

THE UNIVERSITY OF TEXAS AT EL PASO
COLLEGE OF HEALTH SCIENCES
KINESIOLOGY PROGRAM
KIN 4340: Scientific Principles of Strength Training and Conditioning
CRN: xxxxx

Course Description

Analysis of the conceptual, theoretical, and technical considerations of assessing, designing, and implementing strength training and conditioning programs. Includes analysis and application of contemporary periodization concepts.

Course Prerequisites

BIOL 2311, KIN 3331, KIN 4312, and department approval. KIN 4312 may be taken concurrently.

Course Objectives

This course is designed to provide individuals from allied healthcare professions and physical activity domains with a comprehensive view of the anatomical and physiological basis of human movement and an understanding of how to stress the human body to achieve development in sport performance. The course will lean heavily on prerequisite coursework and a working knowledge of anatomical and physiological terminology is expected. At the conclusion of this course, the student should be able to:

1. Discuss and describe the importance of basic physiology, anatomy, bioenergetics, and biochemistry on the development of a holistic conditioning program for the competitive athlete.
2. Discuss proper testing protocols and the correct application of each for establishing baseline and follow-up test levels.
3. Demonstrate and describe proper lifting and spotting techniques for the most common resistance training exercises.
4. Discuss training factors that must be manipulated in the development of athletic speed, power, endurance, strength, agility, and flexibility.
5. Discuss the importance of periodization in the development of a comprehensive training program as well as how the concepts of periodization should be applied.

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Office hours

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Class Meetings

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Required Textbook

Baechle, T. R., & Earle, R. W. (2008). Essentials of Strength and Conditioning. Champaign, IL: Human Kinetics

Attendance Policy

Students are expected to come to class on a regular basis. Failure to attend in lectures will result in serious consequences. Students have **TWO** absences for the semester “for free”, without stating the reason of absence and without having any consequence of it. Every additional absence will result in point deduction, affecting the grade. Any absences beyond *two* (2) in the lectures will result in ***one-half of a grade-letter*** penalty per incident. Students who skip class more than eight times will be automatically dropped from the course. Students should always notify the instructor regarding absences ahead of time. The instructor will cooperate with students who miss classes with acceptable excuse. Making up a class is only possible if the student has reasonable excuse for the absence. Excused absences **MUST BE MADE UP** as well, or else these will also affect students’ grades.

Tardy Policy

Students are expected to be on time for all lectures and labs. Students are expected to be in the classroom early and prepare for the lessons. The instructor will tolerate each student showing up a few minutes late ***twice*** for lecture throughout the semester. Subsequent tardiness will result in the student’s final grade being lowered by ***one-quarter of a grade-letter*** per incident labs. Students who are late more than twelve times will be automatically dropped from the course. Students ***cannot enter*** the classroom ***after ten minutes*** into the class time! Tardies may be made up by performing specific make-up assignments by the following class. No end-of-semester make-up assignments will be given!

Preparation for Classes

Students will have reading assignments on a regular basis and will be expected to prepare for classes thoroughly. This is important in order to cover the vast amount of material in this course. The instructor will strive to cover all the major materials and provide abundant amount of information, however, due to the limits of class time and other influencing factors, students will be expected to attain information and conduct some research on their own. This will require extra preparation. Furthermore, the instructor will expect students to actively participate in class discussions, which also requires appropriate student-preparation.

In-class Participation

Students are expected to actively participate in all classroom discussions and physical activities, and the level of participation will be taken into consideration for the final grade calculation. Discussions and in-class activities will be applied in order to better understand the given material, enhance and speed-up learning, practice communication skills and demonstrate knowledge without paper or text.

Physical Training and Exercising:

All students majoring in Kinesiology are expected to live a healthy and physically active lifestyle. Students in all Kinesiology courses must value the importance of their personal cardiovascular, muscular, and flexibility fitness. In this course, in addition to general fitness, students are expected to improve their athletic performance, including their strength, power, speed, agility, and other components. In addition, according to the course schedule, several class sessions will be devoted to practical applications of strength training and conditioning, where students will be expected to participate in various physical activities, including resistance training, plyometrics, speed and endurance training, and stretching exercises. While all students are expected to participate, participation is voluntary and is at students' own risk.

Scholastic Honesty, Discipline, and Professional Conduct

Students are encouraged to study together and to share their knowledge freely during the learning process. However, during exams and quizzes, no assistance from other students or outside sources is allowed (materials such as books and notes may not be used). Students should handle their answer sheets discreetly by keeping them out of easy view of others. Scholastic dishonesty—which includes the attempt of any student to present the work of another as his or her own, or any work which s(he) has not honestly performed, or attempting to pass any examination by improper means—is a serious offense and will subject the student to disciplinary action. The aiding and abetting of a student in any dishonesty is held to be an equally serious offense. All alleged acts of scholastic dishonesty will be reported to the Dean of Students.

During this course, students will be expected to deal with subject area, colleagues, and themselves as professionals. Students are expected to demonstrate pride in the chosen profession through both actions and attitude. This includes being on time for class and coming to class prepared.

Do NOT copy any material into your own work regardless of where you obtained it. Cite, reference, quote, or paraphrase the information so you give credit where credit is due. In addition, when it is specified that a task needs to be performed individually, soliciting your classmates' help is considered scholastic dishonesty.

Note: The Kinesiology Program seeks to provide reasonable accommodations for all qualified individuals with disabilities with respect to equal educational opportunities.

Syllabus

It is recommended that students keep their syllabus in a safe place and consult it frequently. A course syllabus is like a map, telling students where the class is headed. Tentative schedule will be helpful in the preparation for classes.

Extra Credits

The Department of Kinesiology has set rules regarding extra credits rewarded to students. Accordingly, maximum extra credits earned should not exceed 2% of the overall semester grade. All extra credit opportunities for a given class should be relevant to the mission and vision of the department. Extra credits are provided by the instructor's discretion. While the instructor strives to provide equal opportunities to all students when offering extra credits, extra credit opportunities are the sole decision of the instructor.

Grading Scale

A: 90.00-100%; B: 80.00-89.99%; C: 70.00-79.99%; D: 60.00-69.99%; F: below 59.99%

Evaluation of Undergraduate Students

Final grade will be based on the cumulative number of points of the following:

Event:	Value:	Due date:
Final Exam	25%	XXXXXX
Quiz 1	7%	XXXXXX
Quiz 2	8%	XXXXXX
Homework assignments (chapter questions, etc.)	10%	XXXXXX
Research paper (literature review) (score based on rubric)	15%	XXXXXX
Preparatory assignments to periodization project	5% (5x1%)	XXXXXX
Periodization project manuscript (score based on rubric)	15%	XXXXXX
Self Evaluation	5%	XXXXXX
Class Participation and Performance Evaluation	10%	XXXXXX
Total	100 %	

Quizzes and the Final Exam:

Quizzes and the Final Exam will include materials covered in class as well as all reading assignments. The exams cannot be taken late but may be taken early under certain circumstances. Students will not be allowed to make-up missed exams, ***no exceptions***. Exam materials are detailed in tentative schedule, but may be adjusted as the class proceeds.

Homework Assignments:

Students will be asked to read assigned chapters from the textbook prior to the chapter presentation and discussion. Once the chapters are read, students are required to write three questions per book chapter, relevant to the reading material. These questions must be posted on WebCT, by midnight the day before the class. Questions posted late will not be accepted. Submission of questions via e-mail or paper hard copy will only be accepted if well justified. Questions will only be acceptable if they clearly reflect the reader's understanding and comprehension of the material! Additional homework assignments may be given throughout the semester per the instructor's announcement. Due dates are included in the below schedule.

Class Participation and Performance Evaluation:

Students in this course are expected to actively participate in all class discussions and physical activities. Students' level of participation as well as their initiation and effort for academic excellence will be evaluated by a relevant rubric.

Periodization Project:

Students will be paired with a partner and will be assigned to complete an assignment creating a periodized training program for their chosen sport. The periodized training plan for the selected sport will need to be based on the scientific principles and guidelines discussed in this course. Students must select a sport in which strength, muscle endurance, power, speed, agility, and/or cardiovascular endurance are important components of success.

Preparatory Assignments to Periodization Project:

Students' preparation for the comprehensive periodization project will be assisted by five smaller but relevant assignments. As these five smaller assignments will serve as eventual segments of the final project, students who complete these assignments will have significantly less work at the end of the semester completing the final project. The topics of these small assignments will include test selection, warm-up and stretching activities, resistance training program for strength and/or muscle endurance, power development, speed and/or agility and/or cardiovascular endurance training.

Research Paper:

All students will be expected to submit a literature review paper individually on the designated date. This paper should be based on a minimum 5 sources from professional sources. Works should be cited using APA style. The paper should address a sport and published research/methods that have been conducted concerning the sport-specific strength and conditioning training and preparation for that sport.

Tentative Course Schedule:

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Notes: Last day to withdraw from class with an automatic "W" is April 3rd. After that date a grade of "F" will be recorded. The instructor has the right to change or modify course content, presented material, required assignment details, course schedule and grading procedure. Students will be notified of any changes.