SEMESTER, YEAR: Fall 2017
COLLEGE, SCHOOL, OR CENTER: School of Health and Sports Sciences
DEPARTMENT: Kinesiology
FACULTY:  
   Joshua Cloud, MS, RCEP, CCRP  
   Email: jcloud@umobile.edu  
   Office Hours: By appointment

COURSE NUMBER AND TITLE: KIN 310, Developing Strength & Conditioning Programs

CREDIT: 3 SEMESTER HOURS

DEFINITION OF CREDIT HOUR: One credit hour is equivalent to fifteen hours of faculty instruction and a minimum of thirty hours of student reading and work on other assignments in addition to class time. Online classes involve equivalent amounts of time for instruction and coursework or otherwise demonstrate student mastery of concepts through assessments which are appropriately mapped to course learning outcomes.

CLASS TIME: Tuesday & Thursday 9:30-10:50

PREREQUISITE: None

COURSE DESCRIPTION: This course is designed to teach advanced techniques in the area of strength, conditioning, and flexibility. The focus of the course is the development of strength, conditioning, and flexibility programs for sports specific conditioning, physical pre-habilitation and physical rehabilitation of athletic injuries utilizing muscular strengthening and flexibility.

OBJECTIVES:

After taking this course, the student will be expected to demonstrate knowledge of:

1. Structural anatomy and functional physiology as it relates to the development of a strength and conditioning program.
2. Physiological and biomechanical principles of training athletes for sport specific programs; considering sports performance, sports rehabilitation, and sport reconditioning.
3. Apply specific and functional sports training principles to address the performance specifics needed for various sports including administrative protocols and safety protocols pertinent to developing sports conditioning programs.
GENERAL COMPETENCIES:

Students will be expected to:

1. Explain and identify the anatomical and physiological aspects of the human body and their relationship to fitness, health, sports performance, and rehabilitation programs that utilize sports strength and conditioning principles for human performance.
2. Identify the sport specific movement patterns and the energy states needed to develop sport specific strength and conditioning programs.
3. Discuss the relationship between playing, training, and testing of fitness and conditioning parameters specific to a specific sport.
4. Measure and test sport performance and develop a sports specific program based upon sports science and sport safety.
5. Demonstrate proper strength and conditioning principles as they are applied to administering and managing strength and conditioning programs.
6. Analyze the technique of sport conditioning exercises and proper lifting techniques for efficiency, performance, and safety.
7. Demonstrate an understanding of the types of muscle contraction (i.e., concentric, eccentric, isometric) and the muscles responsible for certain exercises and sports skills.
8. Discuss the basics of various modes of training and the application of periodization in conditioning athletes.
9. Explain and identify the various components of health, fitness and sport performance – as they are applied to the science and art of training and conditioning athletes; and developing strength and conditioning athletes.

ATP – COMPETENCIES:

Upon successful completion of this course, the athletic training student shall have successfully completed the competencies set forth by and established from CAATE. A list of these Competencies is listed on the back of this syllabus. Failure to meet any of the required competencies will result in a failing grade for the course.

TEXTBOOK(S) AND OTHER MATERIALS:

REQUIRED ACTIVITIES:
1. Each student will demonstrate a working knowledge of proper, safe strength and conditioning principles as they pertain to creating sports specific strength and conditioning programs.
2. Each student will be required to attend all scheduled classes. Attendance & Class Participation will be Graded.
3. Each student will be required to do All Work & Exams.
4. Course Outline / Course Content, All Notes, PPTs, & Exams along with Syllabus will be on MyUM as Handouts.
5. ALL EXAMS must be taken with class on Designated Dates.
## EVALUATION:

<table>
<thead>
<tr>
<th>Type of Evaluation</th>
<th>Points</th>
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<tbody>
<tr>
<td>Exam#1</td>
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<tr>
<td>Exam#2</td>
<td>100</td>
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<tr>
<td>Exam#3</td>
<td>100</td>
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<tr>
<td>Final Exam</td>
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<tr>
<td>Attendance</td>
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<tr>
<td>Project</td>
<td>100</td>
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<tr>
<td>Quizzes/Articles</td>
<td>100</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>800+</strong></td>
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## GRADING:

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

## ATTENDANCE POLICY:

Class attendance **WILL** be checked and counted as a grade. Attendance is necessary in order to pass this class. Your attendance in the class is vital to your grade. No work will be allowed to be made up if missed unless a campus approved activity or a doctor’s excuse is presented. 3 absences will be taken off your total missed absences at the end of the semester.

**DROP DATE:** Last day courses may be dropped without the “F” penalty is, November 7, 2017

## ADA STATEMENT:

It is the policy of the University of Mobile to provide reasonable accommodations for persons with disabilities as defined in Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. Eligibility for services requires prior documentation of the disability. The Academic Advisor and the Disability Services Coordinator, Mrs. Julia Lucy, coordinate support services for students with disabilities and are accommodation resources for faculty and administration.

## COURSE WEBSITE:

A webpage for this course can be found by logging into [https://umportal.umobile.edu/ics](https://umportal.umobile.edu/ics) and selecting **MY COURSES** under QUICK LINKS. In order to comply with the Higher Education Act which requires verification of student identity in online work, all online coursework submitted to the faculty member must be completed by secure login and passcode or sent from the student’s official University E-MAIL ACCOUNT.
**Tutoring and Writing Assistance:**
Tutoring in a variety of areas and writing assistance are available free of charge to UM students through Tutor.com (online tutoring service accessible in all UM course sites). Writing assistance is also available from student tutors on campus through UM’s Writing Center. Students may schedule Writing Center appointments by calling 251-442-2377.

**COURSE OUTLINE:**

**Week 1** (8/22, 8/24)  Intro and Ch.1
**Week 2** (8/29, 8/31)  Chapter 1 & 2
**Week 3** (9/5, 9/7)  Chapter 3 & 4
**Week 4** (9/12, 9/14)  Chapter 5 & 6, Exam 1
**Week 5** (9/19, 9/21)  Chapter 7 & 8
**Week 6** (9/26, 9/28)  Chapter 9 & 10
**Week 7** (10/3, Fall Break)  Exam 2
**Week 8** (10/10, 10/12)  Chapter 11 & 17
**Week 9** (10/17, 10/19)  Chapter 21
**Week 10** (10/24, 10/26)  Chapter 12,13,14
**Week 11** (10/31, 11/2)  Exam 3, Chapter 15 & 16
**Week 12** (11/7, 11/9)  Chapter 18 & 19
**Week 13** (11/14, 11/16)  Chapter 20 & 22
**Week 14** (Turkey Break)  No Chapters
**Week 15** (11/28, 11/30)  Projects
**Week 16** (12/5, 12/7)  Projects and Review
**Week 17 EXAMS!**  TBD

**FINAL EXAM SCHEDULING:**  Students are expected to take the final exam on the scheduled exam date. Students enrolled in face-to-face classes need to make all travel arrangements to accommodate the date of the final exam. The final exam should not be given early.

Final Exam: TBD

**OTHER:**  Students will be required to adhere to the academic integrity policy and the dress code, which can be found in the *Student Handbook*. Please practice common courtesy by silencing and storing away cell phones during class periods.

**ATP Comentencies:**

**CE-21a.3**

movement patterns

**PHP-25**
Describe the role of exercise in maintaining a healthy lifestyle and preventing chronic disease.

**PHP-26**
Identify and describe the standard tests, test equipment, and testing protocols that are used for measuring fitness, body composition, posture, flexibility, muscular strength, power, speed, agility, and endurance.

**PHP-27**
Compare and contrast the various types of flexibility, strength training, and cardiovascular conditioning programs to include expected outcomes, safety precautions, hazards, and contraindications.

**PHP-28**
Administer and interpret fitness tests to assess a client's/patient's physical status and readiness for physical activity.

**PHP-29**

Explain the basic concepts and practice of fitness and wellness screening.

**PHP-30**

Design a fitness program to meet the individual needs of a client/patient based on the results of standard fitness assessments and wellness screening.

**PHP-31**

Instruct a client/patient regarding fitness exercises and the use of muscle strengthening equipment to include correction or modification of inappropriate, unsafe, or dangerous lifting techniques.

**PHP-43**

Describe the principles and methods of body composition assessment to assess a client's/patient's health status and to monitor changes related to weight management, strength training, injury, disordered eating, menstrual status, and/or bone density status.