Course Information

Course Description
This course is based on the National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist (CSCS) standards. Exam questions will come from lectures, texts, selected readings, discussions, and handouts. This course will prepare you to sit for the NSCA CSCS certification exam.

Course Credits
3 credit hours

Prerequisite and Co-requisite Courses
KIN 3370 and 3372

Prerequisite Skills
Accessing Internet websites, using ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are expectations of the KIN 4390.

Program Outcomes
Upon completion of the program of study for the CSRF 6365, the graduate will be prepared to:
1. Develop an understanding of anatomy and physiology as it is related to the biomechanics, metabolism, and prescription of strength training and conditioning.
2. Demonstrate knowledge of the principles of training as they are related to exercise
prescription for cardiorespiratory fitness, strength, speed, and power.
3. Display knowledge of exercise techniques and how to apply them towards program
development for strength and conditioning.
4. Understand techniques for measurement and evaluation, and organization and
administration of a successful strength and conditioning program

Student Learning Outcomes

<table>
<thead>
<tr>
<th>Student Learning Outcome</th>
<th>Assignment(s) or activity(ies) validating outcome achievement:</th>
<th>Mapping to Program Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>By completing all course requirements, students will be able to:</td>
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<tr>
<td>Develop an understanding of anatomy and physiology as it is related to the biomechanics, metabolism, and prescription of strength training and conditioning.</td>
<td>Exams</td>
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<tr>
<td>Demonstrate knowledge of the principles of training as they are related to exercise prescription for cardiorespiratory fitness, strength, speed, and power.</td>
<td>Exams; Program Presentation; Abstract Presentation</td>
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<tr>
<td>Display knowledge of exercise techniques and how to apply them towards program development for strength and conditioning.</td>
<td>Exams, Program Presentation; Video Critique</td>
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<tr>
<td>Understand techniques for measurement and evaluation, and organization and administration of a successful strength and conditioning program</td>
<td>Exams, Program Presentation</td>
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Course Delivery
This is an online course with a face-to-face component with learning resources and supplemental materials posted in Blackboard.

Required Texts and Materials
Technology Requirements
To successfully complete this course, students need to have access to a computer of their own or ASU’s computer lab.

Communication
Faculty will respond to email and/or telephone messages within 24 hours during working hours Monday through Friday. Weekend messages may not be returned until Monday.

Written communication via email: All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes. In your emails to faculty, include the course name and section number in your subject line.

Virtual communication: Office hours and/or advising may be done with the assistance of the telephone, Collaborate, Skype, etc.

Grading

Evaluation and Grades
Course grades will be determined as indicated in the table below.

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Percent/Points of Total Grade</th>
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<tbody>
<tr>
<td>Exams (2 essay exams)</td>
<td>40</td>
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<tr>
<td>Abstract Presentation</td>
<td>10</td>
</tr>
<tr>
<td>Program Presentation</td>
<td>20</td>
</tr>
<tr>
<td>Article Outlines</td>
<td>10</td>
</tr>
<tr>
<td>Exercise Video Submission and Critique</td>
<td>10</td>
</tr>
<tr>
<td>Portfolio</td>
<td>10</td>
</tr>
<tr>
<td>Total</td>
<td>100%</td>
</tr>
</tbody>
</table>
Grading System
Course grades will be dependent upon completing course requirements and meeting the student learning outcomes.

The following grading scale is in use for this course:
- **A** = 90.00-100 points
- **B** = 80.00-89.99 points
- **C** = 70.00-79.99 points
- **D** = 60.00-69.99 points
- **F** = 0-59.99 points (Grades are not rounded up)

Teaching Strategies
Students are expected to be “active learners.” It is a basic assumption of the instructor that students will be involved (beyond the materials and lectures presented in the course) discovering, processing, and applying the course information using peer-review journal articles, researching additional information and examples on the Internet, and discussing course material and clinical experiences with their peers.

Assignment and Activity Descriptions

Article Outlines
You must outline the key points or take-home messages from three lay articles on the topic of strength training or conditioning of collegiate athletes. One excellent website for this project is [www.elitefts.com](http://www.elitefts.com). You may choose any website you like for this assignment, but the articles must cover collegiate strength and conditioning (articles on general fitness are not appropriate).

Abstract Presentation Instructions
You will choose a research journal article that is about strength and/or conditioning to present to the class using PowerPoint. Ideally, the journal you use will be the Journal of Strength and Conditioning Research, but other journals would be fine too (JISSN, MSSE, JAP, etc.). You will develop a presentation that outlines the introduction, methods, results, discussion, and
practical application of the article. Presentations should last about 10 minutes. You will be
graded based on quality of both your speaking and your PowerPoint presentation.

Exercise Video Submission and Critique Discussion Board
You must submit 4 videos of you lifting including back squat, bench press, power clean, and
power snatch. Ideally this would be done in a gym, but if you don't have access to lifting
equipment (the CHP is open now), you can use a PVC pipe or broomstick. Submit these videos
to the Blackboard Discussion board set up for this assignment. Then critique 2 of your
classmates’ videos (each person will critique 2 others, so 8 total lifts will be critiqued) providing
constructive feedback on their setup, movement technique, and possible ways that they could
improve their lifting technique.

S&C Program Design and Presentation Instructions
Select a collegiate sport (or even a specific position in a sport) of your c

choosing to write a

strength and conditioning program for. You will design an 8 week, off-season program,

including resistance training, speed and agility training, conditioning, and plyometric training.
Your program should include specific goals that are to be addressed by your program design.
For example, the first 4 weeks may focus on hypertrophy, while the remaining 4 weeks focus on
strength, power, and speed. Please use an excel spreadsheet to lay your program out. Be sure
to include specific exercises, sets and reps for each exercise, and percentages of 1RM as
necessary. You don’t need to include percentages for accessory lifts, only core lifts that are
actually tested (bench, squat, clean, etc.). After completing the program design, you will be
asked to present your program to the class via Blackboard Collaborate including discussion of
how you designed the program and why. Presentations should last around 5-10 minutes each.

You will be graded primarily on the program design itself, and whether or not it is well designed
for the sport/athlete you chose based on the biomechanical and bioenergetic requirements of
the sport. You will also be graded on the quality and clarity of your presentation.

Late Work or Missed Assignments Policy
A. All assignments are due at the beginning of the class on the due date. For students not
turning in an assignment a grade of zero (0) will be recorded.
B. Prior arrangements must be made with the instructor if an absence from an exam or
presentation is unavoidable. In the event that an exam is missed, an alternate form of
the test will be given to the student. The student has one week from the original test
date to contact the instructor to arrange a make-up test. If no contact is made by the
student within one week, the grade will be recorded as a zero (0).
C. The student is responsible for all work and is encouraged to have a contact within the class. Students are encouraged to set up an appointment to meet with the instructor for additional information as needed.

General Policies Related to This Course
All students are required to follow the policies and procedures presented in these documents:

- Angelo State University Student Handbook
- Angelo State University Catalog

Student Responsibility and Attendance
Online: This class is synchronous, meaning you have to be on-line at a certain time. This course will meet Monday through Thursday morning from 9 am – 10:45 am. It is mandatory that you attend all lectures via Blackboard Collaborate. In order to log into class, you need a webcam and/or a smart device with the Blackboard Student application. Course lectures will be recorded for you to access should you be unable to attend a lecture. You are expected to view the lecture if you should need to miss one.

Academic Integrity
Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The College of Health and Human Services adheres to the university’s Statement of Academic Integrity.

Accommodations for Students with Disabilities
ASU is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student’s responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at ADA@angelo.edu. For more information about the application process and requirements, visit the Student Disability
The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford  
Director of Student Disability Services  
Office of Student Affairs  
325-942-2047  
dallas.swafford@angelo.edu  
Houston Harte University Center, Room 112

**Incomplete Grade Policy**

It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required. See ASU Operating Policy 10.11 *Grading Procedures* for more information.

**Plagiarism**

Plagiarism is a serious topic covered in ASU’s *Academic Integrity policy* in the Student Handbook. Plagiarism is the action or practice of taking someone else’s work, idea, etc., and passing it off as one’s own. Plagiarism is literary theft.

In your discussions and/or your papers, it is unacceptable to copy word-for-word without quotation marks and the source of the quotation. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list.

Papers are subject to be evaluated for originality. Resources to help you understand this policy better are available at the ASU Writing Center.

**Student Absence for Observance of Religious Holy Days**

A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence. See ASU Operating Policy 10.19 Student Absence for Observance of Religious Holy Day for more information.

**Copyright Policy**

Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.
Syllabus Changes

The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. It is the student’s responsibility to look for such communications about the course on a daily basis.

Title IX at Angelo State University

Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex.

You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D. You may submit reports in the following manner:

Online: www.angelo.edu/incident-form
Face to face: Mayer Administration Building, Room 210
Phone: 325-942-2022
Email: michelle.boone@angelo.edu

Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).

For more information about resources related to sexual misconduct, Title IX, or Angelo State’s policy please visit: www.angelo.edu/title-ix.

Course Schedule
Anatomy and Bioenergetics– Discuss Abstract Presentations
Biomechanics– Discuss Outlines and Program
Adaptations to Aerobic and Anaerobic Training
Nutrition and performance enhancing substances
Lab – Work on Abstract Presentations / Article Outlines

Test selection and administration– Assign Take Home Exam I
Resistance Training Programming
Plyometric, Speed, and Agility Training
Resistance Training and Spotting Techniques
Lab – Work on Abstract Presentations / Article Outlines / Exam I

Aerobic Training and Periodization– Turn in Exam I
Finish / Catch-up on Lectures
Abstract Presentations
Abstract Presentations
Lab – Work on Article Outlines and Exercise Program

Submit Lay Article Outlines and Article Discussions - Pass out Exam II
Exercise video submission and critique via BB discussion posts
Exercise video submission and critique via BB discussion posts
Exercise video submission and critique via BB discussion posts
Lab – Work on Exercise Program / Presentation and Exam II

Program Presentations
Program Presentations
Turn in Exam II and Portfolio

Student Evaluation of Faculty and Course

Students in all programs are given the opportunity to evaluate their courses and the faculty who teach them. Evaluations are most helpful when they are honest, fair, constructive, and pertinent to the class, clinical experience, or course. Faculty value student evaluations, and use student suggestions in making modifications in courses, labs and clinical experiences.

Angelo State University uses the IDEA (Individual Development and Educational Assessment) system administered through Kansas State University for all course evaluations. The Office of Institutional Research and Assessment administers IDEA for the entire university, online and has established a policy whereby students can complete course evaluations free from coercion.

Select the SLO’s you use

1. Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories)
2. Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course
3. Acquiring skills in working with others as a member of a team
4. Learning how to find, evaluate, and use resources to explore a topic in depth

End of Syllabus

2. https://www.angelo.edu/catalogs/
4. https://www.angelo.edu/services/disability-services/
5. https://www.angelo.edu/content/files/14197-op-1011-grading-procedures
7. https://www.angelo.edu/dept/writing_center/academic_honesty.php
8. https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of