

CSRF 6365 Coaching Science in Strength and Conditioning

Summer II 2022



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Office Hours: by appointment only

Course Information

Course Description

This course will prepare students to sit for the National Strength and Conditioning Association's Certified Strength and Conditioning Specialist exam. Topics will include adaptations to aerobic and anaerobic conditioning, periodization, exercise programming for collegiate athletes, and skills and techniques in performing and coaching resistance training.

Course Credits

3 credits

Prerequisite and Co-requisite Courses

none

Prerequisite Skills

Accessing Internet websites, using ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are expectations of the CSRF 6365.

Program Outcomes

Upon completion of the program of study for the CSRF 6365, the graduate will be prepared to:

Student Learning Outcomes

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 Outcome By completing all course requirements, students will be able to:	Assignment(s) or activity(ies) validating outcome achievement:	Mapping to Program Outcomes
Develop an understanding of anatomy and physiology as it is related to the biomechanics, metabolism, and prescription of strength training and conditioning.	Lecture / Laboratory Experiences / Exams / Assignments	
Demonstrate knowledge of the principles of training as they are related to exercise prescription for cardiorespiratory fitness, strength, speed, and power.	Lecture / Laboratory Experiences / Exams / Assignments	
Display knowledge of exercise techniques and how to apply them towards program development for strength and conditioning.	Laboratory Experiences	
Understand techniques for measurement and evaluation, and organization and administration of a successful strength and conditioning program	Lecture / Laboratory Experiences / Exams / Assignments	

Course Delivery

This is a face-to-face course with learning resources and supplemental materials posted in Blackboard.

Required Texts and Materials

Baechle, .R. & Earle, R.W. (2008). *Essentials of Strength Training and Conditioning*. (4th Edition). Champaign, IL: Human Kinetics. ISBN 978-1492501626

Technology Requirements

To successfully complete this course, students need

- A computer capable of running Windows 7 or later, or Mac OSX 10.8 or later
- The latest version of one of these web browsers: internet Explorer, Firefox, or Safari
- Microsoft Office Suite or a compatible Open Office Suite
- Adobe Acrobat Reader
- High Speed Internet Access

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.

Assessment	Percent/Points of Total Grade
Exams	30
Laboratory Experiences	20
Program Design and Presentation	20

Assessment	Percent/Points of Total Grade
Abstract Presentation	10
Article Outlines	10
Portfolio	10
Total	100%

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

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. 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). These articles will be submitted by the due date listed on the course schedule below. All articles will be informally discussed in class on the due date.

Abstract Presentation Instructions

You will choose a research journal article 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.

S&C Program Design Instructions

Select a collegiate sport (or even a specific position in a sport) of your 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 in an informal 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.

Assignment Submission

All assignments **MUST** be submitted through the Assignments link in the Blackboard site. This is for grading, documenting, and archiving purposes. Issues with technology use arise from time to time. If a technology issue does occur regarding an assignment submission, email me at **adam.parker@angelo.edu** and attach a copy of what you are trying to submit. **Please contact the IT Service Center at (325) 942-2911 or go to your Technology Support tab to report the issue.** This lets your faculty know you completed the assignment on time and are just having problems with the online submission feature in Blackboard. Once the problem is resolved, submit your assignment through the appropriate link. This process will document the problem and establish a timeline. Be sure to keep a backup of all work.

Late Work or Missed Assignments Policy

All assignments are expected to be turned in on the due date. Unless an alternative due date is previously discussed with the professor prior to the due date, you will get a 0 for late assignments.

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](#)¹
- [Angelo State University Catalog](#)²

Student Responsibility and Attendance

You are expected to attend all classes unless other arrangements are made prior to a missed class day. If you have something coming up, let me know. Otherwise be in class.

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](#).³

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 Services website](#).⁴ 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](#)⁵ for more information.

Plagiarism

Plagiarism is a serious topic covered in ASU's [Academic Integrity policy](#)⁶ 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 will be evaluated for originality. Resources to help you understand this policy better are available at the [ASU Writing Center](#).⁷

If you plagiarize, you will earn a 0 on the assignment.

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](#)⁸ 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

Week/Date	Topic/Assignments/Assessments DUE
<p>Week 1</p>	<p>Course Introduction / 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</p>
<p>Week 2</p>	<p>Test selection and administration– Pass out Take Home Exam I – Due 7/24 Resistance Training Programming Plyometric, Speed, and Agility Training CHP – Resistance Training and Spotting Techniques Lab – Work on Abstract Presentations / Article Outlines / Exam I</p>
<p>Week 3</p>	<p>Abstract Presentations– Turn in Exam I - 7/24 Aerobic Training and Periodization CHP – Olympics Lifts CHP – Accommodating Resistance and 1 Rep Max Testing Lab – Work on Article Outlines and Exercise Program</p>
<p>Week 4</p>	<p>Article Discussions - Pass out Exam II CHP – Plyometric, Speed, and Agility Training CHP – Workout 1 CHP – Workout 2 Lab – Work on Exercise Program / Presentation and Exam II</p>
<p>Week 5</p>	<p>Program Presentations Turn in Exam II and Portfolio by 8/12</p>

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.

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. Developing creative capacities (inventing, designing, writing, performing in art, music, drama, etc.)
4. Developing skill in expressing oneself orally or in writing
5. Learning how to find, evaluate, and use resources to explore a topic in depth

End of Syllabus

¹ <https://www.angelo.edu/student-handbook/>

² <https://www.angelo.edu/catalogs/>

³ <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

⁴ <https://www.angelo.edu/services/disability-services/>

⁵ <https://www.angelo.edu/content/files/14197-op-1011-grading-procedures>

⁶ <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

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>