



KINE 4353
Concept of Strength Conditioning
Spring 2024

Coach Grear
Head Strength and Conditioning Coach

Office: Pete P. Gallego Weight Room
Phone: 432/837-8457 office
Email: wxg15uj@sulross.edu
Office Hours: **By appointment (email to set an appointment)**
Required Text: Essentials of Strength Training and Conditioning 4th Edition
Meeting: MWF 11am – 12:15pm

Course Description

The study and survey of contemporary strength training and conditioning. Successful completion of the course allows the student to sit for the appropriate examinations relative to being certified as a Strength and Conditioning Specialist. Conditioning Specialist.

Purpose of the Course

The major emphasis is placed on the student gaining knowledge understanding, and skills to be able to test, evaluate and prescribe safe and effective exercise for individuals.

Program Learning Outcomes

1. The Kinesiology and Sport Science students will understand the principles of motor learning; understand the practice for developing motor skills; apply knowledge to biomechanical principles; apply knowledge of individual and teams sports and understand the principles of dance, personal performance activities, recreational activities and outdoor pursuits (Movement Skills and Knowledge Domain).
2. The Kinesiology and Sport Science students will understand major body systems, principles of physical fitness and benefits of a healthy lifestyle; understand the principles and activities for developing cardiovascular endurance; understand principles and activities for developing and maintaining flexibility, muscular strength and endurance; and understand health and wellness concepts (Health-Related Physical Fitness Domain).
3. The Kinesiology and Sport Science students will know how to use effective instruction and assessment to prepare physically educated individuals; understand factors relevant to learning and performance in physical education and use knowledge to promote students' development; understand the structure and purposes of physical education programs; and understand legal issues and responsibilities of physical education teachers (The Physical Education Program Domain).

Learning Objectives

Upon successful completion of this course students will:

1. The Kinesiology and Sport Science students will be able to conduct state and postural evaluation and screening procedures; and assess neurological responses.
2. The Kinesiology and Sport Science students will be able to palpate anatomical structures; perform proper clinical techniques, including range-of-motion (active, passive, assisted; and perform clinical evaluations of major body areas to assess and interpret for injury and illness.

Standard II

The physical education teacher understands principles and benefits of a healthy, physically active lifestyle and motivates students to participate in activities that promote this lifestyle.

Competency 006

The teacher understands major body systems, principles of physical fitness development and training and the benefits of a healthy, active lifestyle.

Competency 007

The teacher understands principles and activities for developing and maintaining cardiovascular endurance.

Competency 008

The teacher understands the principles and activities for developing and maintaining flexibility, posture and muscular strength and endurance.

STUDENT LEARNING OUTCOMES

At the conclusion of the course each student will be able to:

1. Differentiate between physical activity, exercise and physical fitness.
2. Contrast and compare various definitions of physical fitness.
3. Contrast and compare various definitions of physical fitness.
4. Describe the differences between sport related and health related fitness.
5. Demonstrate the ability to select and utilize accepted screening protocols to safely and effectively prescribe exercise.
6. Be able to select, evaluate and use various submaximal VO₂ tests to classify individual fitness levels.
7. Describe concepts of methods to determine body composition and desirable levels.
8. Demonstrate skills in utilizing several methods to determine body composition and prescribe exercise to improve unhealthy levels.
9. Be able to select, administer and evaluate various musculoskeletal tests that effect for health-related fitness.
10. Identify the principles of a prudent diet for health-related fitness.
11. Identify the risk CHD factors and prescribe methods to offset them.
12. Explain the types of cancer that can be prevented by exercise and diet.
13. Differentiate between Type I and Type II diabetes and related the effects of exercise and diet on prevention and control.
14. Explain the causes and health risks of obesity and the impact that exercise and diet can play in prevention and improvement.
15. Identify mental health problems that can be prevented and improved through effective exercise.

16. List the health effects of aging and how exercise can slow down and improve them.

COURSE REQUIREMENTS

- I. **ATTENDANCE/PARTICIPATION.** Attendance for class is mandatory. **One letter grade will be deducted for every absence after four (4). Students with zero (0) absences (not including athletic related absences) and with no missing assignments will be exempt from the final exam.**
- II. **WEEKLY QUIZZES.** Ten weekly quizzes will be based on the chapter(s) for the day and reading completed. Reviewing and analyzing the PowerPoint presentation for each chapter will be helpful in selecting important concepts to understand and answer quiz questions. Each quiz will be completed and submitted on Blackboard. Each quiz will be worth 25 points.
- III. **QUARTERLY TEST.** There will be four tests given throughout the semester accounting for 100 points each.
- IV. **FINAL PAPER.** A 3-5-page APA formatted paper will be completed for 150 points.
- V. **FINAL EXAM.** Will be worth 100 points possible. Quiz questions will be posted each day and the final questions will be primarily taken from these concepts.

GRADING POLICIES/TESTING/ASSIGNMENTS/ATTENDANCE/EXPECTATIONS

Grade calculation	% of Grade (Points)	Grading Scale
Attendance	10% (100 Points)	89.5% and Above A
Quizzes	25% (250 points)	79.5 to 89.4% B
Test	40% (400 points)	69.5 to 79.4% C
Final Paper	15% (150 points)	59.5 to 69.4% D
Final Exam	10% (100 points)	59.4% and Below F
Total Points	1000	

Course Schedule

	<u>Monday</u>	<u>Wednesday</u>	<u>BlackBoard Assignment</u>
<u>Week 1</u>	Syllabus	Chapter 1	Quiz 1
<u>Week 2</u>	Chapter 2	Chapter 3	Quiz 2
<u>Week 3</u>	Chapter 4	Chapter 5	Quiz 3
<u>Week 4</u>	Chapter 6	Test 1	
<u>Week 5</u>	Chapter 7	Chapter 8	Quiz 4
<u>Week 6</u>	Chapter 9	Chapter 10	Quiz 5
<u>Week 7</u>	Chapter 11	Chapter 12	Quiz 6
<u>Week 8</u>	Activity	Test 2	
<u>Week 9</u>	Chapter 13	Chapter 14	Quiz 7
<u>Week 10</u>	Chapter 15	Chapter 16	Quiz 8
<u>Week 11</u>	Chapter 17	Chapter 18	Quiz 9
<u>Week 12</u>	Activity	Test 3	
<u>Week 13</u>	Chapter 19	Chapter 20	Quiz 10
<u>Week 14</u>	Chapter 21	Chapter 22	
<u>Week 15</u>	Chapter 23/Chapter 24	Test 4	Final Paper
<u>Week 16</u>	Final Exam Week No Class	Final Exam Week No Class	Final Exam 05/07/2024 10:15am – 12:15pm

ALL COURSE REQUIREMENTS DEADLINE

All test and assignments will be due on the date shown by 11:59 pm. The final exam will be due by the date and time shown.

Distance Education Statement

Students enrolled in distance education courses have equal access to the university's academic support services, such as Smarthinking, library resources, online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website. Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard, which requires secure login information to verify students' identities and to protect students' information. The procedures for filing a student complaint are included in the student handbook. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website.

Accidents & Injuries

In the case of bodily or personal property damage, the Kinesiology Department will not be held responsible. The student must report any field experience related injury or illness to the Instructor immediately. Any expense incurred due to injury or illness will be the student's responsibility.

Academic Integrity Statement

Students in this class are expected to demonstrate scholarly behavior and academic honesty in the use of intellectual property. A scholar is expected to be punctual, prepared, and focused; meaningful and pertinent participation is appreciated. Examples of academic dishonesty include but are not limited to: Turning in work as original that was used in whole or part for another course and/or professor; turning in another person's work as one's own; copying from professional works or internet sites without citation; collaborating on a course assignment, examination, or quiz when collaboration is forbidden. The Student Handbook can be found at: <https://www.sulross.edu/catalog/undergraduate-academic-regulations-2/#1605412215143-c8b265dc-3e01> In addition, please note that plagiarism detection software will be used in this class for written assignments.

Academic Civility Statement

Students are expected to interact with professors and peers in a respectful manner that enhances the learning environment. Professors may require a student who deviates from this expectation to leave the face-to-face (or virtual) classroom learning environment for that particular class session (and potentially subsequent class sessions) for a specific amount of time. In addition, the professor might consider the university disciplinary process (for Academic Affairs/Student Life) for egregious or continued disruptive behavior.

Academic Affairs Service Statement

Sul Ross faculty, staff, and students are expected to model responsible citizenship through service activities that promote personal and academic growth while enhancing the university, local, regional, national, and global communities. These activities will foster a culture of academic/public engagement that contributes to the achievement of the university's mission and core values.

Libraries

The Bryan Wildenthal Memorial Library in Alpine.

Offers FREE resources and services to the entire SRSU community. Access and borrow books, articles, and more by visiting the library's website, library.sulross.edu. Off-campus access requires logging in with your LoboID and password. Librarians are a tremendous resource for your coursework and can be reached in person, by email (srsulibrary@sulross.edu), or phone (432-837-8123).

Academic Excellence Statement

Sul Ross holds high expectations for students to assume responsibility for their own individual learning. Students are also expected to achieve academic excellence by:

- Honoring the core values of Sul Ross.
- Upholding high standards of habit and behavior.
- Maintaining excellence through class attendance and punctuality.
- Preparing for active participation in all learning experiences.
- Putting forth their best individual effort.
- Continually improving as independent learners.
- Engaging in extracurricular opportunities that encourage personal and academic growth.
- Reflecting critically upon feedback and applying these lessons to meet future challenges.

ADA Statement

SRSU Disability Services. Sul Ross State University (SRSU) is committed to equal access in compliance with Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the student's responsibility to initiate a request each semester for each class. Students seeking accessibility services must contact Mary Schwartze, M. Ed., L.P.C., in Counseling and Accessibility Services, Ferguson Hall, Room 112. The mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas 79832. Telephone: 432-837-8691. E-mail: mschwartze@sulross.edu