KINESIOLOGY AND HEALTH SCIENCE DEPARTMENT
KINE 4363.005: Fundamentals of Strength and Conditioning
Fall 2021

Instructor: Blake Johnson
Office: EDAN 115
Office Hours: T & R 1:00-2:30pm
Credits: 3 semester hours
Email: johnsonbw3@jacks.sfasu.edu

Course Time & Location: M,W,F 12:00-12:50, HPE 222

I. Course Description:
Selected topics in strength and conditioning relating to fitness and human performance. Course prepares students to sit for National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist (CSCS) exam. Prerequisites: KINE 3353.

KINE 4363 “Fundamentals of Strength and Conditioning” (3 credits) meets three times each week in 50-minute segments for 15 weeks, and also meets for a 2-hour final examination. Students have significant weekly reading assignments, take three exams and a final examination, and have several out of class assignments and lab reports. These activities average at a minimum 6 hours of work each week to adequately prepare outside of classroom hours.

James I. Perkins College of Education Diversity Statement is found at http://coe.sfasu.edu/about-us/

II. Intended Learning Outcomes/Goals/Objectives (Program/ Student Learning Outcomes):
This course helps to prepare competent, successful, caring and enthusiastic professionals dedicated to responsible service, leadership, and continued professional and intellectual development through the implementation of the following program and student learning outcomes. A complete list of program standards can be found on the PCOE website.

Program Learning Outcomes
1. The student will identify and analyze critical components of physical movements (FHP 1).
2. The student will demonstrate an understanding of basic principles of physical fitness concepts and the utilization of available technology in assessing fitness levels, performance, and physiological effects during various levels of physical stress (FHP 1-4).
3. The student will apply knowledge of principles and stages of motor development (FHP 1).
4. The student will demonstrate knowledge of kinesiological principles and content (FHP 1).
5. The student will design and implement human performance experiences that are appropriate and safe (FHP 2-4).

Student Learning Outcomes:
1. Knowledge of the strength and conditioning profession and topics related to sport performance (FHP 1.1-1.15).
2. Knowledge of the importance of core stability, flexibility, strength, and power training in athletes (FHP 1.1-1.15).
3. Knowledge of biochemical monitoring of sport training creating a movement analysis and sport profile (FHP 3.4-3.6).
4. Ability to create strength and conditioning programs that emphasize speed, agility, quickness, and power (FHP 4.14.4).
5. Knowledge of the importance of incorporating appropriate periodization methods into strength and conditioning programs (FHP 4.1).
6. Knowledge of the importance of incorporating plyometric training into strength and conditioning programs (FHP 4.1).
III. Course Assignments, Activities, Instructional Strategies, Use of Technology:

1. Instructional Strategies: Lecture, assignments, and class discussions.
2. Communication: All students should have access to Brightspace and a SFASU student email address. Assignments, lecture notes and other pertinent information will be available on Brightspace. Student email addresses will be used to communicate with the class and individual students on an as needed basis.
3. Examinations: Examinations: There will be three exams administered during the semester. Each exam will consist of Multiple-Choice, True or False, and Short Answer type questions.
4. Project: Each student will create a strength and conditioning project. The guidelines for completing this project can be found on Brightspace. The project must be submitted to a Brightspace dropbox folder as either a Microsoft PowerPoint or Adobe compatible file type. Upon completion this project should be uploaded to Live Text.
5. Participation: Assignments, discussions, and exams will be used to assess student participation.

IV. Evaluation and Assessments (Grading):

<table>
<thead>
<tr>
<th>Assessments</th>
<th>Grading Scale</th>
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<tbody>
<tr>
<td>Exam 1</td>
<td>30 Percent</td>
</tr>
<tr>
<td>Exam 2</td>
<td>30 90-100%</td>
</tr>
<tr>
<td>Exam 3</td>
<td>30 80-89%</td>
</tr>
<tr>
<td>Assignments</td>
<td>30 70-79%</td>
</tr>
<tr>
<td>Project</td>
<td>10 60-69%</td>
</tr>
<tr>
<td>Total</td>
<td>130 &lt;60%</td>
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<table>
<thead>
<tr>
<th>Assignment/Assessment</th>
<th>FHP Program Standards</th>
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<tbody>
<tr>
<td>Exam 1: Exercise Physiology, Biomechanics, Sport Skills, Needs Analysis</td>
<td>1, 3, 4</td>
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<tr>
<td>Exam 2: Exercise Testing, Resistance Training, Periodization</td>
<td>1, 3, 4</td>
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<tr>
<td>Presentations: Sport Specific Strength &amp; Conditioning Programming</td>
<td>1, 3, 4</td>
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<tr>
<td>Exam 3: Speed, Agility, Plyometric, Endurance</td>
<td>1, 3, 4</td>
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<tr>
<td>Assignments: Needs Analysis, Resistance Training Programming</td>
<td>1, 3, 4</td>
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<tr>
<td>Final Exam: Comprehensive</td>
<td>1, 3, 4</td>
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V. Tentative Course Outline/Calendar: (The following content is expected to be covered on the following dates, but unforeseeable circumstances might necessitate a change in date for the content.)

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic / Assignment</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Syllabus and Course Requirements</td>
</tr>
<tr>
<td>2</td>
<td>Bioenergetics of Exercise Training, Endocrine Responses of Resistance Training</td>
</tr>
<tr>
<td>3</td>
<td>Adaptations to Anaerobic Training Programs, Adaptations to Endurance Training Programs</td>
</tr>
<tr>
<td>4</td>
<td>Exam 1</td>
</tr>
</tbody>
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VI. Readings (Required and Recommended – including texts, websites, articles, etc.):

**Required Resources:**
Access to Brightspace to download class handouts and take exams online.

**Recommended Textbook:**
Essentials of Strength and Conditioning (Haff & Triplett-4th edition)

VII. Course Evaluations:
Near the conclusion of each semester, students in the College of Education electronically evaluate courses taken within the COE. Evaluation data is used for a variety of important purposes including:

1. Course and program improvement, planning, and accreditation;
2. Instruction evaluation purposes; and
3. Making decisions on faculty tenure, promotion, pay, and retention.

As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the PCOE faculty is committed to excellence in teaching and continued improvement.

In the Perkins College of Education, the course evaluation process has been simplified and is completed electronically through MySFA. Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after final grades are posted.

VIII. Student Ethics and Other Policy Information: Found at http://www.sfasu.edu/policies/ Class Attendance and Excused Absence: Policy 6.7
Regular, punctual attendance, documented participation, and, if indicated in the syllabus, submission of completed assignments are expected at all classes, laboratories, and other activities for which the student is registered. Based on university policy, failure of students to adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. The instructor shall maintain an accurate record of each student’s attendance and participation as well as note this information in required reports (including the first 12 day attendance report) and in determining final grades. Students may be excused from
attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. However, students are responsible for notifying their instructors in advance, when possible, for excusable absences. Whether absences are excused or unexcused, a student is still responsible for all course content and assignments. Students with accepted excuses may be permitted to make up work for up to three weeks of absences during a semester or one week of a summer term, depending on the nature of the missed work. Make-up work must be completed as soon as possible after returning from an absence.

**Academic Accommodation for Students with Disabilities: Policy 6.1 and 6.6**

To obtain disability-related accommodations, alternate formats, and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 936-468-3004 as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely manner may delay your accommodations. For additional information, go to [http://www.sfasu.edu/disabilityservices/](http://www.sfasu.edu/disabilityservices/)

**Student Academic Dishonesty: Policy 4.1**

Abiding by university policy on academic integrity is a responsibility of all university faculty and students. Faculty members must promote the components of academic integrity in their instruction, and course syllabi are required to provide information about penalties for cheating and plagiarism, as well as the appeal process.

**Definition of Academic Dishonesty**

Academic dishonesty includes both cheating and plagiarism. Cheating includes, but is not limited to:
- using or attempting to use unauthorized materials on any class assignment or exam;
- falsifying or inventing of any information, including citations, on an assignment;
- helping or attempting to help another in an act of cheating or plagiarism.

Plagiarism is presenting the words or ideas of another person as if they were one’s own. Examples of plagiarism include, but are not limited to:
- submitting an assignment as one's own work when it is at least partly the work of another person;
- submitting a work that has been purchased or otherwise obtained from the Internet or another source;
- incorporating the words or ideas of an author into one's paper or presentation without giving the author credit.

**Penalties for Academic Dishonesty**

Penalties may include, but are not limited to, reprimand, no credit for the assignment or exam, re-submission of the work, make-up exam, failure of the course, or expulsion from the university.

**Student Appeals**

A student who wishes to appeal decisions related to academic dishonesty should follow procedures outlined in Academic Appeals by Students (6.3).

**Withheld Grades: Policy 5.5**

At the discretion of the instructor of record and with the approval of the academic unit head, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F, except as allowed
through policy [i.e., Active Military Service (6.14)]. If students register for the same course in future semesters, the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

**Student Code of Conduct: Policy 10.4**

Disruptive Behavior—Interference or disruption of students, faculty, administration, staff, the educational mission, or routine operations of the university is prohibited. Such activity includes, but is not limited to, behavior in a classroom or instructional program that interferes with the instructor or presenter’s ability to conduct the class or program, or the ability of others to profit from the class or program. To remain in the vicinity of activity that is disrupting normal university functions when requested to leave by a university official is prohibited. The instructor shall have full discretion over what behavior is appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the Early Alert Program at SFA.

**Syllabus Statement:**
SFASU values students’ mental health and the role it plays in academic and overall student success. SFA provides a variety of resources to support students mental health and wellness. Many of these resources are free, and all of them are confidential.

**On-campus Resources:**
SFASU Counseling Services  
[www.sfasu.edu/counselingservices](http://www.sfasu.edu/counselingservices)  
3rd Floor Rusk Building  
936-468-2401

SFASU Human Services Counseling Clinic  
[www.sfasu.edu/humanservices/139.asp](http://www.sfasu.edu/humanservices/139.asp)  
Human Services Room 202  
936-468-1041

**Crisis Resources:**
Burke 24-hour crisis line 1(800) 392-8343  
Suicide Prevention Lifeline 1(800) 273-TALK (8255)  
Crisis Text Line: Text HELLO to 741-741