

**Praxis of Strength Training and Conditioning**

Meeting Days:	WF	Instructor:	Jacob R. Goodin, PhD, CSCS
Meeting Times:	8:30-9:35 am	Phone:	<a href="#">Click to set up an appointment</a>
Classroom	K2	Email:	<a href="mailto:jgoodin@pointloma.edu">jgoodin@pointloma.edu</a>
Final Exam:	Monday, 5/4, 7:30-10:00 am	Office Hours:	<a href="#">Click to set up an appointment</a>

PLNU Mission

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

**COURSE DESCRIPTION**

This course provides an in-depth study of the principles and techniques used to assess physical fitness and to design and prescribe exercise programs and physical activities. Concepts of exercise science will be applied to the development **and practice** of strength training and conditioning programs. Students will acquire the knowledge and skills necessary to sit for the NSCA’s certification exam—Certified Strength and Conditioning Specialist (CSCS)—or another fitness related certification exam (e.g. ACSM, ACE, NASM). Furthermore, students will leave this class with the knowledge and tools necessary to safely and effectively plan and supervise evidence-based strength training and conditioning plans in a variety of settings.

Prerequisite: KIN 3040.

**COURSE LEARNING OUTCOMES**

- Demonstrate and analyze proper lifting, sprinting, change-of-direction, plyometric, and stretching technique.
- Explain how energy systems work in our body during exercise and sport.
- Assess and evaluate clients for various components of fitness.
- Design and implement safe and effective strength training, conditioning, and personal training programs by applying exercise prescription principles for training variation, injury prevention, and reconditioning.
- Learn how to provide guidance regarding nutrition and performance-enhancing substances.
- Understand the similarities and differences between training for sport and training for fitness and health.

## COURSE GRADING AND ASSIGNMENTS

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The assignment types are weighted as follows:

Guided Reading Assignments	10%
Video Lecture Responses	10%
Skills Labs	20%
iRATs (individual chapter quizzes)	8%
tRATs (team chapter quizzes)	12%
Resistance Training Video Journal	10%
Annual Plan Project	15%
Final Exam (CSCS Practice Test)	15%

Student grades will be posted in the Canvas grade book no later than midnight on Tuesday of each week beginning in Week Two of this course. It is important to read the comments posted in the grade book as these comments are intended to help students improve their work. Final grades will be posted within one week of the end of the class. The final grade percentage will be rounded to the nearest percent with grades being recorded as follows:

Grade	Percent	Grade	Percent	Grade	Percent
A	93 - 100	B-	80 - 82.9	D+	67 - 69.9
A-	90 - 92.9	C+	77 - 79.9	D	63 - 66.9
B+	87 - 89.9	C	73 - 76.9	D-	60 - 62.9
B	83 - 86.9	C-	70 - 72.9	F	0 - 59.9

## EDUCATIONAL OPPORTUNITIES

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**Note:** All assignments are to be submitted before the start of class (through Canvas) on the day specified on the course schedule.

- 1) **Guided Reading Assignments:** A guided reading assignment will be completed for the first 22 chapters in the textbook. Templates for these can be downloaded from Canvas and contain the major headings and subheadings for each chapter. Complete these as a team (Google Docs is helpful) and submit them to Canvas. For each module I will randomly select one team and grade their notes closely. If their notes are complete and thorough, every team that submitted an assignment will receive full points. If not, I will grade every team's work closely, subtracting points for incomplete or sub-par notes. These assignments are

intended to introduce students to content that we will build on in class, to cover topics that are on the CSCS exam but that we don't have time to directly address during lecture, and to give students points for reading that they should be doing already. Students can compile their notes to create a comprehensive study guide leading up to the final exam. See Canvas for example.

- **Lecture Video Responses: Lecture Responses:** The lecture videos are created to give you an overview or sometimes a deeper look into concepts that we will cover in this course. As part of this course, you will be engaging with lecture videos from Dr. Goodin that have been posted in Canvas.

To receive credit for watching the lecture and participating in the discussion, you need to do the following:

- Leave your own original comment about something you learned, a new point of interest, a question you had, or a funny comment (if I laugh out loud you get +1 extra credit). Your original comment **MUST** have some thought behind it! I don't give participation credit for low-effort responses.
- "Thumbs up" your favorite comment from your peers (or from previous students). This could be something extra insightful, a witty zinger, or a question you had as well.
- Respond to one other comment. In particular, answering a question that was asked is helpful, but it could be as simple as "I agree!" or a small addition to whatever the original commenter said. Kudos if you give a thoughtful reply.

Do these things, and you'll earn your participation credit for the video!

At the end-screen of the video, click on the link to be taken to the next video in the sequence without needing to leave YouTube (although sometimes we won't cover chapters in the same order that the videos are in, so be sure to refer to Canvas and the syllabus).

- 2) **Individual Readiness Assessment Test (iRAT):** The second week of each module, an iRAT will be administered at the beginning of class. These assessments are designed to provide you, your team, and your professor with feedback on your readiness for the data collection and lab topic of the day.
- The assessment is timed to be available for the first 15 minutes of class.
  - No provision is made for make-up or late arrival assessments.
  - Unlike the TRAT, students do not get immediate feedback on the IRAT

- Bring your laptop to take the quiz through Canvas. Phones, tablets, and other devices will not work for the assessment.
- 3) **Team Readiness Assessment Test (tRAT):** Taken after the iRAT is completed. Enhances mastery through team-based learning and discussion to determine correct answers.
- Work together with your team to reach a consensus on each answer.
  - Your team's answer to each question is scratched off the answer sheet.
  - The correct answer will reveal a star shape under the scratcher, an incorrect answer will be blank.
  - The score for each item is based upon the number of attempts the team takes to get the correct answer
    - 1<sup>st</sup> attempt = 1 pts
    - 2<sup>nd</sup> attempt = 0.5 pts
    - 3<sup>rd</sup> attempt = 0.25 pts
    - 4<sup>th</sup> attempt = 0 pts
    - Add your points and write your score at the top (out of 10 possible).
- 4) **Extension Assignments:** Every Wednesday and Friday we will learn to apply the chapter concepts to real training and coaching scenarios in sport. These will involve a combination of videos, articles, and physical activities performed in your teams with application questions to answer as a group. They take various formats but will typically take us most of the remaining class time to complete.
- 5) **Attendance/Participation:** Active participation in class is important. We will utilize class time effectively through team-based assessment and learning activities, as well as hands-on skills labs in the weight room. Showing up to class unprepared will result in a loss of participation points, and unexcused absences will result in a loss of attendance points.
- Arrive to **in-class session** having watched the lecture videos. Be ready to engage with the concepts and with your teammates. Ask questions and volunteer answers. This is a learning community.
  - Arrive for the extension assignments ready to actively participate. It doesn't matter if you have many years of weight training experience or are brand new to it—there are always ways to refine technique, contribute or learn new knowledge, and apply what you've been studying to real life situations.
- 6) **Annual Plan Project:** Each team will develop a year-long sport-specific strength and conditioning program for a sport of their choice. Accompanying this program will be a paper (3-5 pages) with a thorough rationale behind each component of the training plan. The program is to include:

- A realistic and comprehensive travel, holiday, and competition schedule for your athlete or team
- Schedules for Off-Season, Pre-Season, In-Season, & Post-Season training, as well as Active Rest periods (i.e. the entire year)
- Weight training exercise program including:
  - Frequency
  - Intensity
  - Sets
  - Reps
  - Exercise selection and variation
  - Rest
  - Volume
  - Correct terminology and sequencing for mesocycles, training blocks, and microcycles
  - A minimum of five (5) reliable, peer-reviewed sources are to be referenced in APA format in the paper to support your rationale.
- This is a team project. That said, please do not copy and paste, use verbatim explanations, or duplicate programs from the internet, AI, or other teams. Any such attempts will be viewed as plagiarism. However, sharing of common methods, templates, and resources is encouraged.
- An Excel template will be posted in Canvas. This template can be extensively modified to fit your specific athlete or sport, but the basic format (weeks across the top, components of the plan down the left-hand side) should stay the same.
- See Canvas for examples.

7) **Training Journal Video:** The purpose of this project is to instill a habit of resistance training. You will engage in some form of resistance training outside of class two or more times for each week of the semester. This can be free-weight, bodyweight, circuit, HIIT, change-of-direction, plyometric, or sprint training. During each session, record a short clip of yourself mid-lift, celebrating a PR, high-fiving your gym partner, or dancing between sets. Compile a short clip from each session into a single video. You will also keep a hand-written or digital workout journal that you will turn in as well (examples and format in Canvas). These will both be due at the end of the semester. The weekly skills labs will also count towards this requirement *as long as you record the session* in your journal and take a short video of it.

8) **Final Exam (CSCS Practice Exam):** The final exam will resemble the NSCA CSCS Practice Exam, which is a comprehensive multiple-choice test. All questions are taken directly from official NSCA practice exams. The final exam will be proctored remotely using Honorlock.

#### REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

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Students are responsible for having the required course textbooks prior to the first day of class.

All supplemental materials posted on this course site (including articles, book excerpts, or other documents) are provided for your personal academic use. These materials may be protected by copyright law and should not be duplicated or distributed without permission of the copyright owner.

REQUIRED:

Haff, GG, and Triplett, NT, eds. [\*Essentials of Strength Training and Conditioning\*](#), 4th ed.

Champaign, IL: Human Kinetics, 2016

Purchase here: <https://amzn.to/3sRqgHo>

RECOMMENDED:

Stone, Stone, and Sands. [\*Principles and Practice of Resistance Training\*](#). Champaign, IL: Human Kinetics, 2007

Purchase here: <https://amzn.to/3ztdZUK>

Isratel, M., J. Hoffman, and C. W. Smith. [\*Scientific Principles of Strength Training\*](#). Juggernaut Training Systems (2016).

Purchase here: <https://amzn.to/3kwRLL9>

VIRTUAL LEARNING SOFTWARE REQUIREMENTS:

Zoom: <https://zoom.us/>

- Sign up for a free account using your PLNU email address. Download the app to your laptop, phone, and/or tablet.

Google Drive: <https://www.google.com/drive/>

- You already have a free account associated with your PLNU email address. Use the browser-based document functionality.

Google Chrome: <https://www.google.com/chrome/>

- Google Chrome is the required browser for Honorlock, and must be downloaded and used on a laptop or desktop for the IRATs.

Laptop or desktop computer equipped with a microphone and webcam

COURSE CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 3-unit class delivered over 15 weeks. For this course, students will spend an estimated 75 total hours meeting the course learning outcomes (based on 37.5 hours of student engagement per credit hour). Specific details about how the class meets the credit hour requirement can be provided upon request.

LATE AND INCOMPLETE ASSIGNMENTS

All assignments are to be submitted/turned in according to the specified time in Canvas. Late assignments/quizzes will be docked 20% per day with assignments/quizzes submitted over 5 days late receiving a 0. Completes will only be assigned in extremely unusual circumstances.

#### FINAL EXAMINATION POLICY

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Successful completion of this class requires taking the final examination on its scheduled day. The final examination schedule is posted on the [Traditional Undergraduate Records: Final Exam Schedules](#) site. If you find yourself scheduled for three (3) or more final examinations on the same day, you are authorized to contact each professor to arrange a different time for one of those exams. However, unless you have three (3) or more exams on the same day, no requests for alternative final examinations will be granted.

#### PLNU COPYRIGHT POLICY

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Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

#### PLNU RECORDING NOTIFICATION

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In order to enhance the learning experience, please be advised that this course may be recorded by the professor for educational purposes, and access to these recordings will be limited to enrolled students and authorized personnel.

Note that all recordings are subject to copyright protection. Any unauthorized distribution or publication of these recordings without written approval from the University (refer to the Dean) is strictly prohibited.

#### PLNU ACADEMIC HONESTY POLICY

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Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. For all student appeals, faculty and students should follow the procedures outlined in the University Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

#### STATE AUTHORIZATION

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State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location.

Refer to the map on [State Authorization](#) to view which states allow distance education outside of California.

#### PLNU ACADEMIC ACCOMMODATIONS POLICY

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PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities in accordance with the Americans with Disabilities Act (ADA). Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center ([EAC@pointloma.edu](mailto:EAC@pointloma.edu) or 619-849-2533). Once a student's eligibility for an accommodation has been determined, the EAC will work with the student to create an Accommodation Plan (AP) that outlines allowed accommodations. Professors are able to view a student's approved accommodations through Accommodate.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course. Accommodations are not retroactive so clarifying with the professor at the outset is one of the best ways to promote positive academic outcomes.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC. Students cannot assume that because they had accommodations in the past, their eligibility at PLNU is automatic. All determinations at PLNU must go through the EAC process. This is to protect the privacy of students with disabilities who may not want to disclose this information and are not asking for any accommodations.

#### PLNU ATTENDANCE AND PARTICIPATION POLICY

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Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university withdrawal date or, after that date, receive an "F" grade.

#### TUTORING

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The PLNU Tutorial Center is available free of charge for all current, undergraduate PLNU students. It offers tutoring for most subjects, as well as for general help with paper editing, study skills, etc. The Tutorial Center is located on the south end of Bond Academic Center, next to the Study Abroad offices. Tutoring is available over the phone at (619) 849 2593, or via email at [TutorialServices@pointloma.edu](mailto:TutorialServices@pointloma.edu).

#### ARTIFICIAL INTELLIGENCE (AI) POLICY

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You are allowed to use Artificial Intelligence (AI) tools (e.g., ChatGPT, Gemini Pro 1.5, GrammarlyGo, Perplexity, etc) to generate ideas, but you are not allowed to use AI tools to

generate content (text, video, audio, images) that will end up in any work submitted to be graded for this course. If you have any doubts about using AI, please gain permission from the instructor.

### SPIRITUAL CARE

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Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If you have questions, a desire to meet with the chaplain or have prayer requests you can contact your professor or the [Office of Spiritual Life and Formation](#).

### USE OF TECHNOLOGY

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In order to be successful in the online or hybrid environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their computer available to use. Please note that any course with online proctored exams requires a computer with a camera (tablets are not compatible nor allowable) to complete exams online.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

### OFFICE HOURS

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It is important to me that I get to know each of you on an individual level, therefore I will be posting virtual office hours via the Zoom virtual conferencing app. I will send out more details on this soon. I have an open-door policy for questions, nerdy training theory discussions, or if you just need someone to listen and pray for you. I often won't have all the answers, but I'm positive we can figure it out together!

### LOMABOOKS INSTRUCTIONS FOR STUDENTS

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This course is part of our course material delivery program, **LomaBooks**. The bookstore will provide each student with a convenient package containing all required physical materials; all digitally delivered materials will be integrated into Canvas.

You should have received an email from the bookstore confirming the list of materials that will be provided for each of your courses and asking you to select how you would like to receive any printed components (in-store pick up or home delivery). If you have not done so already, please confirm your fulfillment preference so the bookstore can prepare your materials.

For more information about **LomaBooks**, please go: [HERE](#)