

Praxis of Strength Training and Conditioning

Meeting Days:	W, F (Mon. asynchronous)	Instructor:	Jacob R. Goodin, PhD, CSCS
Meeting Times:	8:30-9:35 am	Phone:	Email to set up a phone meeting
Meeting Location(s):	BAC156 (W, F); asynchronous (M)	Email:	jgoodin@pointloma.edu
Final Exam:	Wed., Dec. 16, 7:30-10:00 am, BAC156	Office Hours:	See Canvas for appt. details

[Download Syllabus Here](#)

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

Chapter Quizzes (iRAT/tRAT): 22%
 Team Application Assignments: 20%
 Annual Plan Project: 18%
 Final Exam (CSCS Practice Test): 15%
 Guided Reading Assignments: 12%
 Resistance Training Video Journal: 8%
 Video Lecture Responses: 5%
 Total: 100%

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

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 24 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.

- 2) **Lecture Video 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. Earn participation points by "Liking" the video and then leaving a comment to let me know you watched it (you have to be signed in to your YouTube, Google, or Gmail account for this to work). Your comment can be a 1-2 sentence executive summary, a thoughtful question, or funny comment relevant to the video or topic discussed. The only caveat is that it must in some way be related to the material in the video as well. In addition to your comment, feel free to upvote other's comments that you related to, laughed at, or that you found yourself asking the same question.
- 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).
 - Don't forget to subscribe to the channel so you're alerted when new videos are added.
- 3) **Individual Readiness Assessment Test (IRAT):** Each week, 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 activity or discussion 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
 - We will vote on whether the IRAT constitutes 40%, 50%, or 60% of your total IRAT/TRAT score (10 pts total).
 - Bring your laptop to take the quiz through Canvas. Phones, tablets, and other devices will not work for the assessment.
- 4) **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.
 - We will vote on whether the TRAT constitutes 40%, 50%, or 60% of your total IRAT/TRAT score (10 pts total).
 - The score for each item is based upon the number of attempts the team takes to get the correct answer
 - 1st attempt = 4 pts
 - 2nd attempt = 2 pts
 - 3rd attempt = 1 pts
 - 4th attempt = 0 pts
 - Divide total by 4, and multiply by the percent voted on above

- 5) **Team Application Assignments:** Each Wednesday, after the tRAT, your team begins an application assignment that puts the week's chapter to work on a real problem. You will continue it in class on Friday and submit it the following Tuesday by 11:59 PM. These assignments build on each other, and most of them use the same athlete you select for your Annual Plan Project, so the work you do each week becomes part of your final program rather than a set of disconnected exercises. Come to Wednesday and Friday sessions ready to work with your team. The assignment is designed to be finished largely during class time. Note that the lab component of this course is now KIN 3070L, Praxis of Strength Training and Conditioning Lab, a separate one-unit course with its own registration. KIN 3070 teaches you the principles behind strength and conditioning. KIN 3070L is where you learn how to do it. It meets Fridays at 12:30 pm in the Lawrence Ryan Fitness Pavilion, and it covers strength-training technique and exercise execution, coaching cues and spotting, program implementation, plyometrics and jumping, sprint and acceleration mechanics, change-of-direction training, conditioning methods, and how to run and coach a training session. You do not need to be strong, athletic, or experienced in the weight room to take it. That is part of the point of the course. This is also not just for students who want to become strength coaches. If you are interested in physical therapy, athletic training, occupational therapy, physician assistant work, coaching, physical education, or sport science, being able to recognize good training, teach movement, understand exercise technique, and talk with strength coaches is useful. If you have room in your schedule, I strongly recommend adding it.
- 6) **Attendance/Participation:** Attendance is not graded as a separate category, because the graded work already requires you to be here. The iRAT is taken in class on Wednesday and cannot be made up, the tRAT is taken with your team immediately after it, and the team application assignments are worked in class on Wednesday and Friday. Those three together are 31 percent of your grade, and none of them can be completed off campus. The PLNU attendance policy later in this syllabus still applies, so repeated absences can lead to de-enrollment regardless of your grade.
- 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.
- 7) **Annual Plan Project:** Each student 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 not a team project. Copying-and-pasting, verbatim explanations, or duplicate programs 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.

8) **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. Upload these videos to the app 1 Second Everyday (1SE) to create a training montage as evidence of your consistency. It will compile a video with a 1 second clip for each training session you completed. You will also keep a hand-written workout journal that you will turn in as well (examples in Canvas). These will both be due at the end of the semester.

9) **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 is taken in person, in our regular classroom, during the scheduled final exam period. Bring your laptop. You will take the exam through Canvas, proctored with Honorlock, which requires Google Chrome on a laptop or desktop computer with a webcam and microphone. Phones and tablets will not work.

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

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*](#), 5th ed.

Champaign, IL: Human Kinetics, 2027.*

Purchase here: <https://amzn.to/3SCQ9EM>

*The 4th edition (2016) is also fine for this course.

Purchase here: <https://amzn.to/4zJLmSu>

RECOMMENDED:

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

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

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

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

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. Incompletes will only be assigned in extremely unusual circumstances.

FINAL EXAMINATION POLICY

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

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

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

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

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 BEHAVIOR POLICY

Both faculty and students at Point Loma Nazarene University have the right to expect a safe and ordered environment for learning. Students are expected to take the initiative to learn and conduct themselves in a mature and civil manner in the classroom environment. Any student behavior that is disruptive or threatening is a serious affront to Point Loma Nazarene University as a learning community. Students who fail to adhere to these behavioral standards may be subject to disciplinary action, including removal from class or further university sanctions. For a full definition of disruptive behavior, response procedures, and the appeal process, please consult the [Academic Behavior Policy](#) in the [University Catalog](#).

PLNU ACADEMIC ACCOMMODATIONS POLICY

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, [by email](#) or phone at 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 approved 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 approved accommodations in that particular course. Accommodations are not retroactive; as such, 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-related need should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. In accordance with ADA, accommodations cannot constitute a fundamental alteration to course outcomes; therefore, planning ahead is vital in establishing appropriate accommodations for equal access to this course. 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 eligibility 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

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

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.

ARTIFICIAL INTELLIGENCE (AI) POLICY

You are allowed to use Artificial Intelligence (AI) tools (e.g., ChatGPT, Gemini Pro, GrammarlyGo, Perplexity, etc.) to generate ideas, as a learning tool, or in some cases generate portions of work you will submit. I will specify in individual assignments what constitutes appropriate use of AI for that assignment. Please use this [Purdue resource](#) to guide your citations when using AI.

SPIRITUAL CARE

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

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

It is important to me that I get to know each of you on an individual level, therefore I will be posting both in-person and virtual office hours via the Zoom virtual conferencing app. Please check Canvas for details. 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

For both digital and print materials, please add these student instructions to your syllabus and Canvas Course. Prior to the start of class, the PLNU Bookstore will also be sharing student instructions in a standalone email on how to access their content.

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 [LomaBooks](#) materials.