

Spring 2018

Meeting days: M - W	Instructor: Shane Peterson
Meeting times: 12:30 – 1:45	Office phone: X 7083 or (619) 849-7083
Meeting location: Kinesiology 3	E-mail: shanepeterson@pointloma.edu
Any additional info:	Office hrs:
Final Exam: Friday 10:30 – 1:00	Text: <u>Essentials of Strength Training and Conditioning 4th Edition</u>

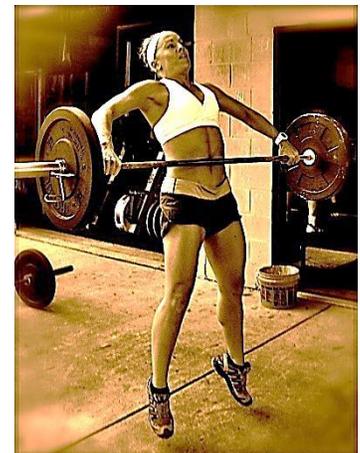
PLNU Mission

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 is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

COURSE DESCRIPTION

Application of concepts of exercise science in the development and practice of strength training and conditioning programs. Kinesiatrics, movement to enhance athleticism, physical efficiency, and organismic wellness, is practiced. May be used to prepare for national certification in strength and conditioning or fitness and wellness.



STUDENT LEARNING OUTCOMES

- Gain proficiency in teaching and analyzing proper lifting, plyometric, and stretching technique.
- Understand how energy systems work in our body during exercise and sport.
- Be able to design appropriate workout plans for athletes of various sports.
- Learn how to test and evaluate clients for various components of fitness.
- Be prepared to take and pass the NSCA CSCS exam.

ATTENDANCE AND PARTICIPATION

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See [Academic Policies](#) in the Undergraduate Academic Catalog.

ACADEMIC ACCOMMODATIONS

If you have a diagnosed disability, please contact PLNU's Disability Resource Center (DRC) within the first two weeks of class to demonstrate need and to register for accommodation by phone at 619-849-2486 or by e-mail at DRC@pointloma.edu. See [Disability Resource Center](#) for additional information.

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 [Class Schedules](#) site. No requests for early examinations or alternative days will be approved.

USE OF TECHNOLOGY

You are welcome to bring your laptop, iPad, and/or cell phone to class—but please make sure you use them appropriately and responsibly. *If a tech tool becomes a distraction or disruption while class is in session, I will ask you to put it away or ask that you no longer bring it to class.*

ACADEMIC HONESTY

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. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

COPYRIGHT POLICY

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ASSESSMENT AND GRADING

Methods

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| <ul style="list-style-type: none">● Classroom Lecture● Reading in textbook● Participation in physical activities<ul style="list-style-type: none">○ Lifting○ Plyometrics○ Stretching○ Conditioning● Individual Project● Group Project● Assignments<ul style="list-style-type: none">○ Opinion thoughts○ Video recording/production and analysis○ Research readings and quizzes |
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- Testing
 - Chapter quizzes
 - Final exam

Evaluation	
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Attendance / Participation	20%
Chapter Quizzes	15%
Individual Project	15%
Group Project	15%
Miscellaneous Assignments	15%
Final Exam	20%

Specific Information

Classroom Lecture

- There will often be open discussion over various topics related to strength and conditioning where students are expected to participate. (Examples; exercises, lifting regimens, nutrition, etc.)

Reading in Textbook

- Regular reading assignments will be assigned from the textbook in order to come prepared for the upcoming classes and be able to participate in the discussions and perform well on quizzes.

Participation in Physical Activities

- Most class sessions will be held in places other than a classroom for the purpose of actually performing certain physical activities. These activities are designed to broaden the students' knowledge base and enhance learning and retention. Some concepts are better learned by doing them rather than just reading about them or watching a video about them. Student will be told in advance of upcoming class periods being activity days, and that proper attire should be worn. (Examples of activity days are; lifting in the weight room, performing a plyometric workout, being exposed to different kinds of stretching techniques, completing a conditioning workout).

Individual Project

- Student will develop a Sport-specific strength and conditioning program for a sport of their choice.
- The program is to include:
 - Schedules for Off-Season, Pre-Season, In-Season, & Post-Season training
 - Movement Drills: specific to their sport for warm-up and skill development
 - Weight Training Exercise Program
 - Frequency
 - Intensity
 - Sets
 - Reps
 - Rest
 - Energy Systems Training a.k.a Conditioning (Phosphagen, Glycolytic, Oxidative)
 - Include brief explanations of why certain exercises/movement drills were used to train a specific energy system
 - A minimum of three (3) reliable sources are to be referenced.
- This is not a group project and, each student is responsible for their own project. However, group sharing of common methods is encouraged.

Group Project

Students will be put in, or form groups of 3 to 4 members. Each group will choose 2 methods of exercising (TRX, Crossfit, Kettlebells, Tabata, Battling Ropes, etc.). Each group will learn relevant information about and become “experts” about their topics. Groups will have approximately half a class period (30 -35 mins.) per method on two separate days to introduce the training methods to the class in a “hands-on” participation session, explain the pros and cons of why one would choose to use or not use this method of working out, and what types of athletes would benefit from this type of training. Each person needs to do their fair share of the group’s work. This includes organization, set-up, speaking/teaching. This project is intended to give all class members a professional and correct representation of your group’s training methods, therefore extra effort needs to be given to preparation and mastery of the training method prior to your presentation days.

Assignments

- **Opinion thoughts**
 - Occasionally, some time will be designated to allowing the students to express their opinion about certain topics. There is generally no wrong or right answer. All that is required is a genuine personal opinion written on paper.
- **Video Recording / Production / Analysis**
 - Each student will record themselves performing a set of Parallel Back Squats, Power Cleans, and Power Snatches from both front and side angles. After the recordings are acquired, each student will use Imovie to produce a video clip for each lift using the two recording angles and end up with a side-by –side video of themselves to analyze for each of the three lifts.

Testing

- **Chapter quizzes**
 - Regular chapter quizzes will be given to test knowledge of the readings in textbook.
- **Final exam**
 - The final exam will resemble an NSCA Practice Exam which is a comprehensive multiple choice test including questions requiring video clips.

COURSE SCHEDULE AND ASSIGNMENTS

Date	Topic	Homework/Reading	Assignment Due and additional links
1/10	Intro to class and technique activity	READ: The Bodyweight Squat: A Movement Screen & Squat Roundtable articles	
1/11	Technique session and recording	READ: Ch 1	
1/16	No Class (Martin Luther King Jr.Day)		
1/18	Chapter 1 discussion, I movie	READ: Ch 2	
1/23	Power Clean	READ: Ch. 3 & 4	
1/25	Power Snatch	READ: Ch. 5 & 6	
1/30	Chapter #2 Discussion	READ: Ch. 15	
2/1	Lifting & Spotting Technique	READ: Ch. 7	
2/6	Chapter #3 Discussion	READ: Ch. 8	
2/8	Chains & Bands		
2/13	Chapter #7 Discussion	READ: Ch. 18	
2/15	Lower Body Plyos	Have Squat, PC and PS Video Clips Ready	All F&S video clips due
2/20	Video Clip Analysis	READ: Ch. 17	
3/22	Individual Project (Step #1)	READ: Ch.9	

2/27	Upper Body Plyos	READ: Ch. 10	
3/1	Chapter #8 Discussion	READ: Ch. 11	
3/6	No Class (Spring Break)	READ: Ch. 12	
3/8	No Class (Spring Break)	READ: Ch. 13 & 14	
3/13	Group Presentations	READ: Ch. 16	
3/15	Group Presentations	READ: Ch. 19	
3/20	Group Presentations	READ: Ch. 20	
3/22	Max Testing Protocol	READ: Ch. 21	
3/27	No Class (Easter Recess)		
3/29			
4/3			
4/5			
4/10			
4/12			
4/17			
4/19			
4/24			
4/26			
5/5	Final Exam (10:30am – 1:00pm)		