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Kinesiology  
EXS 3070  
3 Units  
Spring 2020

**Praxis of Strength Training and Conditioning [online adjusted]**

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|----------------------|------------------|---------------|--|
| Meeting Days:        | Online           | Instructor:   | Jacob R. Goodin, Ph.D., CSCS                                     |
| Meeting Times:       | Online           | Phone:        | Email to set up a call   |
| Meeting Location(s): | Online           | Email:        | <a href="mailto:jgoodin@pointloma.edu">jgoodin@pointloma.edu</a> |
| Final Exam:          | 5/9/20 by 11:59p | Office Hours: | By appointment via Zoom  |

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**

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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**

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- 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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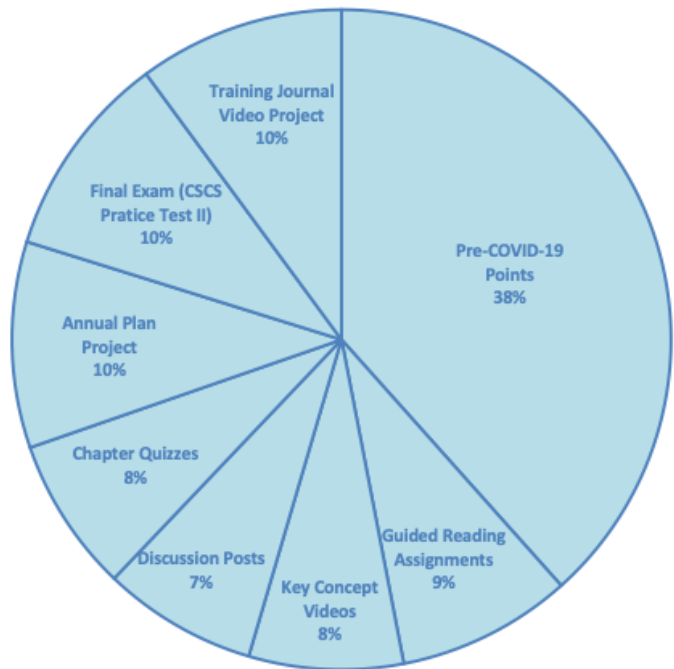
Total points through first 8 weeks: 380

New Online Format Assignments:

- Guided Reading Assignments: 14x5 = 85 pts
- Discussion Posts: 5x15 = 75 pts
- Key Concept Videos 5x15 = 75 pts
- Chapter Quizzes 5x15 = 75 pts
- Annual Plan Project = 100 pts
- Training Journal Video Project = 100 pts
- Final Exam = 100 pts

Total: 990

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 electronically via Canvas

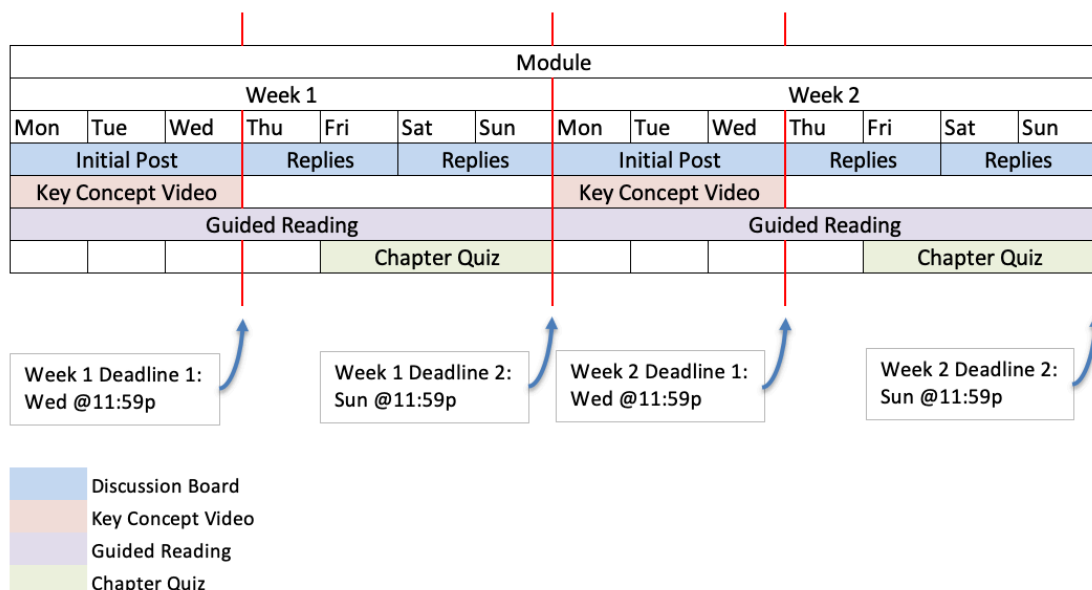
- 1) **Guided Reading Assignments:** A guided reading assignment will be completed for each chapter in the book. Templates for these can be downloaded from Canvas and contain the major headings and subheadings for each chapter. Complete these as a team (Google Docs is helpful) and submit them to Canvas. 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. I will compile these notes to serve as an informal study guide at the end of the semester. See Canvas for example.

- 2) **Chapter Quizzes:** In place of the iRATs and tRATs we will have simple chapter quizzes. These quizzes will be monitored via Honorlock.
- Due Sunday nights at 11:59pm
  - The assessments will be available for 3 days (Friday through Sunday).
  - The assessment is timed (10 minutes), questions are in random order, and scores will be hidden until the following morning (Monday).
  - The difficulty of the questions will be the same, except for a few simpler questions that I will add to boost grades.
- 3) **Key Concept Videos:** a short (2-4 minute) video where you explain a key concept from the chapter clearly and articulately. These videos should be in your own words and not only summarize what the textbook says, but draw upon related concepts as well.
- Due by Wednesday nights at 11:59pm
  - I will post these for your peers to watch as well as you all study for the chapter quiz.
  - Please speak clearly and produce a professional-looking video.
  - Upload it to YouTube and submit the link to Canvas.
- 4) **Discussion Posts:** These discussion posts will hopefully stimulate robust conversation surrounding the current topic. Each discussion post will be a little different. Some will require written discussion, pictures, videos, replies, etc. Most will have multiple due dates (for your primary post and replies to your peers). Usually the first post will be due by Wednesday at 11:59p and the follow-up posts will be due by Friday and/or Sunday at 11:59pm.
- 5) **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 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)
  - Movement drills specific to the sport for warm-up and skill development
  - Weight training exercise program including:
    - Frequency
    - Intensity
    - Sets
    - Reps
    - Exercise selection and variation
    - Rest
    - Volume
    - Energy Systems Training i.e. Conditioning (Phosphagen, Glycolytic, Oxidative)

- Agility training (if applicable)
- Correct terminology and sequencing for mesocycles, training blocks, and microcycles
- A minimum of five (5) reliable, peer-reviewed sources are to be referenced 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.

- 6) **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 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 short 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 written workout journal that you will turn in as well. These will both be due at the end of the semester.
- 7) **Midterm & Final Exam:** The midterm & final exam will both resemble the NSCA Practice Exam, which is a comprehensive multiple-choice test. All questions are taken directly from official NSCA practice exams. The final exam will now be proctored using Honorlock.

## ONLINE MODULE VISUALIZATION



## REQUIRED TEXTS AND RECOMMENDED RESOURCES

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### Required:

Haff, GG, and Triplett, NT, eds. *Essentials of Strength Training and Conditioning*, 4th ed. Champaign, IL: Human Kinetics, 2016

### Strongly Recommended:

Stone, Stone, and Sands. *Principles and Practice of Resistance Training*. Champaign, IL: Human Kinetics, 2007

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

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

## LATE AND INCOMPLETE ASSIGNMENTS

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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 completing the final examination online using Honorlock before Sunday, 5/9 at 12:59 pm.

## 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 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. 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.

#### PLNU ACADEMIC ACCOMMODATIONS POLICY

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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](mailto:drc@pointloma.edu). See [Disability Resource Center](#) for additional information.

#### PLNU ATTENDANCE AND PARTICIPATION POLICY

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Each student will be accountable for reading, viewing, and studying the posted course material and textbook reading on their own. Additionally, each student will be accountable to their team members in regards to completing team-based assignments and videos in a timely manner. Remember that in times like this more communication—and more grace and understanding—is important.

#### 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).

#### OFFICE HOURS

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Due to the extraordinary circumstances we are all facing, I will be posting virtual office hours soon via the Zoom virtual conferencing app. I will send out more details on this soon.

## Tentative Course Schedule [online adjusted]

| SPRING BREAK               |                  |  |  |  |  |  |
|----------------------------|------------------|--|--|--|--|--|
| <u>Module 5</u><br>3/16    | Weeks<br>9 & 10  | <u>Monday, 3/16</u><br><br>SPRING BREAK EXTENSION  | <u>Wednesday, 3/18</u><br><br>SPRING BREAK EXTENSION | <u>Friday, 3/20</u><br><br>SPRING BREAK EXTENSION  | <u>Week of 3/23</u><br><br>Ch. 21 Content Engagement & Discussion Posts  | <u>Sunday, 3/29</u><br>Due @ 11:59pm:<br>- Ch. 21 Guided reading<br>- Ch. 21 All Discussion Posts<br>- Ch. 21 Key concept video<br>- Ch. 21 Quiz |
| <u>Module 6</u><br>3/30    | Weeks<br>11 & 12 | <u>Week of 3/30</u><br>Ch. 7 Content Engagement & Discussion Posts<br><br>Due on Wednesday @ 11:59pm:<br>- Ch. 7 Initial Discussion Post<br>- Ch. 7 Key Concept Video    |  | <u>Sunday, 4/5</u><br>Due @ 11:59pm:<br>- Ch. 7 Guided reading<br>- Ch. 7 All Discussion Posts<br>- Ch. 7 Quiz     | <u>Week of 4/06</u><br><br>Ch. 14 Content Engagement & Discussion Posts<br><br>Due on Wednesday @ 11:59pm:<br>- Ch. 14 Initial Discussion Post<br>- Ch. 14 Key Concept Video | <u>Sunday, 4/12</u><br>Due @ 11:59pm:<br>- Ch. 14 Guided reading<br>- Ch. 14 All Discussion Posts<br>- Ch. 14 Quiz                               |
| <u>Module 7</u><br>4/13    | Weeks<br>13 & 14 | <u>Week of 4/13</u><br>Ch. 18 Content Engagement & Discussion Posts<br><br>Due on Wednesday @ 11:59pm:<br>- Ch. 18 Initial Discussion Post<br>- Ch. 18 Key Concept Video |  | <u>Sunday, 4/19</u><br>Due @ 11:59pm:<br>- Ch. 18 Guided reading<br>- Ch. 18 All Discussion Posts<br>- Ch. 18 Quiz | <u>Week of 4/20</u><br><br>Ch. 19 Content Engagement & Discussion Posts<br><br>Due on Wednesday @ 11:59pm:<br>- Ch. 19 Initial Discussion Post<br>- Ch. 19 Key Concept Video | <u>Sunday, 4/26</u><br>Due @ 11:59pm:<br>- Ch. 19 Guided reading<br>- Ch. 19 All Discussion Posts<br>- Ch. 19 Quiz                               |
| <u>Review Week</u><br>4/27 | Weeks<br>15 & 16 | <u>Week of 4/27</u><br><br>Annual Plan Project help & feedback   |  | <u>Sunday, 5/3</u><br>Due @ 11:59pm:<br>- All Guided readings  | <u>Week of 5/04</u><br><br>Due by Monday @ 11:59pm:<br>- Final Exam (CSCS Practice Exam II)<br>- Annual Plan Project<br>- Training Journal & Training Video                  | <u>Sunday, 5/10</u><br><br><b>You did it!</b>  |