

Auburn University

Department of Kinesiology

KINE 4640 – Physical Conditioning and Speed

Fall 2012

Instructor: David Elmer

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Office: COLSM 2118 – hours: MW 10:00-10:50 or by appointment

Time: 11:00 – 11:50

Room: COLSM 2092

AU Bulletin Listing:

KINE 4640 PHYSICAL CONDITIONING AND SPEED (3). LEC. 3. Basic concepts and principles of physical conditioning and speed.

Course Objectives:

- Demonstrate knowledge of physiological concepts related to conditioning and speed
- Understand the scientific reasoning behind the most effective methods of developing physical conditioning, speed, and agility
- Identify and apply the appropriate methods to achieve a specific goal of training

Tentative schedule:

Week	Topic
1: 8/20 – 8/24	Energy systems
2: 8/27 – 8/31	<i>Quiz 1</i> (energy systems), Neuromuscular function
3: <i>Labor Day</i> , 9/5 – 9/7	Fiber types, <i>Quiz 2</i> (neuromuscular, fiber types)
4: 9/10 – 9/14	Protein turnover, Test 1
5: 9/17 – 9/21	Strength training basics
6: 9/24 – 9/28	<i>Quiz 3</i> (basics), Periodization
7: 10/1 – 10/5	<i>Quiz 4</i> (periodization) Hypertrophy, power, endurance
8: 10/8 – 10/12	Midterm
9: 10/15 – 10/19	Sprint speed and agility, plyometrics
10: 10/22 – 10/26	<i>Quiz 5</i> (speed, agility, plyometrics), inhibitors of aerobic performance
11: 10/29 – 11/2	Aerobic training and adaptations, HIIT, <i>Intro to project</i>
12: 11/5 – 11/9	Test 2
13: 11/12 – 11/16	<i>Project due</i>
<i>Thanksgiving break</i>	
14: 11/26 – 11/30	Review for final

Grade breakdown:

In-class assignments – 10%
Quizzes – 20%
Tests (2) – 25%
Midterm – 15%
Project – 10%
Final – 20%

Grading scale:

A: 100-90
B: 89-80
C: 79-70
D: 69-60
F: <59

*Please note: I will not “spot you some points” at the end of the semester to bring you up a letter grade. However, extra credit may be offered at some point during the semester.

Text: None that you are required to buy (hooray!). Material will be used from these and potentially other sources:

- Houston, Michael E. *Biochemistry Primer for Exercise Science*. 3rd ed.
- Powers, Scott K., Edward T. Howley. *Exercise Physiology: Theory and Application to Fitness and Performance*. 8th ed.
- Baechle, Thomas R., Roger W. Earle. *Essentials of Strength Training and Conditioning*. 3rd ed.
- A variety of peer-reviewed journal articles

Classroom Behavior:

You will be expected to be on time and participate in any activities implemented during the class time. Disrespectful behavior will not be tolerated and could affect your grade in the class. Cell phones, ipods, etc should not be used during class time, and points will be deducted from your final grade if you are caught using them. I will be working under the assumption that you paid for this class because you want to learn, and I expect your attitude to reflect this.

Attendance:

Regular attendance will not be taken. However, you will receive a zero for any in-class assignments or quizzes that you miss due to an unexcused absence. If an absence is excused according to University policy, scheduled assignments and quizzes that are missed must be made up within one week upon your return to class, and unscheduled in-class assignments and quizzes will not factor into your grade.

Academic honesty:

If you are suspected of plagiarizing or cheating, then appropriate action will be taken as listed in the Student Policy eHandbook. www.auburn.edu/studentpolicies

Writing Center: The Miller Writing Center provides free support on any writing you are doing while at Auburn, whether for a course or not. Trained consultants are available to talk with you as you plan, draft, and revise your writing. Please check the Miller Writing Center website (www.auburn.edu/writingcenter) for locations, hours, and information about scheduling appointments.

If you have questions about the Miller Writing Center, please email writctr@auburn.edu or call [334-844-7475](tel:334-844-7475) M-F 7:45am-4:45pm.

Student Accommodations:

Students who need accommodations are asked to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternate time can be arranged. To set up this meeting, please contact me by E-mail. Bring a copy of your Accommodation Memo and an Instructor Verification Form to the meeting. If you do not have an Accommodation Memo but need accommodations, make an appointment with The Program for Students with Disabilities, 1244 Haley Center, 844-2096 (V/TT).