Training & Conditioning Programming [KINE 4880]

Instructor	Gretchen D. Oliver PhD, FACSM, ATC, LAT
Meeting Times	T & TH 9:30
Office	KINESIOLOGY Building 105
E-mail Address	goliver@auburn.edu
Office Hours	By Appointment
Credit Hours	3 semester hours

REQUIRED TEXTBOOK

Hoffman JR. NSCA's Guide to Program Design. National Strength and Conditioning Association. 2011. Human Kinetics: Champaign, IL. ISBN-13: 978-0-7360-8402-4.
Baechle TR, Earle RW. Essentials of Strength Training and Conditioning. 3rd ed. National Strength and Conditioning Association. 2008. Human Kinetics: Champaign, IL. ISBN-13: 978-0-7360-5803-2.

COURSE DESCRIPTION

This course is designed to develop a fundamental understanding of sport specific annual training regimens and program design.

COURSE INSTRUCTIONAL OBJECTIVES

The student will demonstrate an understanding of and the ability to:

1. Apply periodization theory to endurance, strength, conditioning, and agility training regimens.
2. Use sequential training and delayed training effects that can produce optimal sport performance.
3. Develop sport specific annual training regimens.

COURSE REQUIREMENTS

Three exams will be given during this course as well as several quizzes. If a computer problem occurs with the canvas system you must notify Dr. Oliver immediately. There will be no make-up quizzes if you miss the deadline.

GRADING SCALE

The grading scale for this course is as follows:

A = 90 – 100%	**Sport Specific Annual Plan:**	20%
B = 80 – 89%	**Participation/ Quizzes:**	5%
C = 70 – 79%	**Exams:** [3 @ 25% each]	75%
D = 60 – 69%	**Total:**	100%
F = Under 59%		

STATEMENT of STUDENT ACCOMMODATION

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 alternative 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 at 1244 Haley Center, 844-2096 (V/TT).
https://fp.auburn.edu/disability/faculty/syllabus.asp.

E-MAIL TigerMail is the official means of communication for Auburn University. The instructor will communicate with the class through Tiger Mail. You are responsible for this information, so please check your account regularly.

CONTINGENCY PLAN
If normal classes are disrupted due to a high number of students experiencing illness or an emergency or crisis situation (such as a widespread H1N1 flu outbreak), the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, an addendum to your syllabus and/or course assignments will replace the original materials. Additionally, course content and assignments may be made available to you via Blackboard.

HONESTY CODE
The University Academic Honesty Code and the **Student Policy eHandbook** [www.auburn.edu/studentpolicies] pertaining to cheating and plagiarism will apply to this class.

CLASS POLICY STATEMENTS
Participation: Students are expected to participate in all class discussions. It is the student's responsibility to contact Dr. Oliver **PRIOR** to class if an illness or emergency requires the student to miss class. Any missed work due to a University approved excuses MUST be made-up within 5 days.

Attendance/ Absences: Attendance is required at each class meeting. If an exam is missed, a make-up exam will be given only for University-approved excuses as outlined in the **Student Policy eHandbook**. Arrangements to take the make-up exam **must be made in advance** and the exam taken within 5 days of the missed exam. Students who miss an exam because of illness should inform the Dr. Oliver prior to the missed class if possible. A doctor's statement for verification of sickness is required and should clear the absence with Dr. Oliver the day the return to class. Other unavoidable absences from campus must be documented and cleared with Dr. Oliver in advance. No late assignments or quizzes will be accepted outside of extreme circumstances noted by the Dr. Oliver. Please carefully adhere to established assignment deadlines. In such a case Dr. Oliver will have the discretion of lowering the assignment a percentage of the overall grade for each day that it is late.

Questions/ Help: Students are encouraged to ask questions and seek extra help on a regular basis. Please do not wait until the day before an exam.

Classroom Policies:

- All electronic devices must be turned off during classroom or laboratory periods, with the exception of laptops, which may be used for note taking only. NO phones or text messaging during class is allowed. All phones and electronic devices must be put away prior to the start of class. If these are found out – The student will be asked to leave the class.
- Students are expected to arrive to class on time. Those arriving late will not be permitted to hand in homework. Likewise, classes will end promptly at the scheduled time.
- Students are expected to come to class having completed the reading and prepared to discuss them.

Professionalism: As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional behaviors as defined in the College's conceptual framework. These professional commitments or dispositions are listed below:

- Engage in responsible and ethical professional practices
- Contribute to collaborative learning communities
- Demonstrate a commitment to diversity
- Model and nurture intellectual vitality

TENTATIVE SCHEDULE

[American Society of Biomechanics Omaha NE September 4-7; Dr. Oliver speaking at Japan Shoulder Society September 25-October 1]

ALL COURSE MATERIALS WILL BE POSTED ON CANVAS: It is expected that you check the course on CANVAS regularly as well as your email. Announcements will be sent via canvas to your email.

Chapter 01: Structure & Function
Chapter 04: Biomechanics
Program: Needs Analysis

Chapter 11: Test Selection
Chapter 12: Test Interpretation
Program: Testing & Evaluation

Chapter 13: Stretching
Program: Dynamic Warm Up

Chapter 14: Resistance Training
Chapter 15: Resistance Training
Program: Resistance Training

Chapter 16: Plyometric Training
Program: Power Training

Chapter 05: Anaerobic Adaptations
Program: Anaerobic Conditioning

Chapter 06: Aerobic Adaptations
Chapter 18: Aerobic Endurance
Program: Endurance

Chapter 17: Speed & Agility
Program: Agility
Program: Speed

Program: Balance
Program: Periodization
Program: Implementation
FINAL EXAM MONDAY DECEMBER 9 AT 8:00AM