

**Strength and Conditioning Preparation (CSCS Prep)**  
**(KINE 4630) Course Syllabus**  
**Fall 2015**

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**Instructor:** C. Brooks Mobley, M.Ed., CSCS  
**Office:** 236 School Kinesiology  
**Lab:** 245 School of Kinesiology  
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**Office hours:** Monday- Friday: 8-9am

**Prerequisites:** none  
**Corequisites:** none  
**Class schedule:** MWF: 7:00 – 7:50pm  
**Location:** 2043 Beard-Eaves Memorial Coliseum

**\*Please email me to schedule an appointment that fits your schedule if needed.**

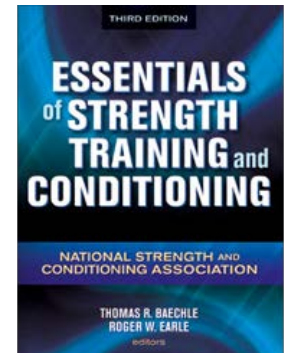
**Course description:** This course will focus on the physiological, anatomical/biomechanical and biochemical/molecular aspects of training for strength and power athletes. While **not** required for credit completion, students that excel in this class should be prepared to take the Certified Strength and Conditioning Specialist (CSCS) examination administered by the National Strength and Conditioning Association (NSCA). However, it is highly recommended that students preparing to take the CSCS exam also obtain extra materials from the NSCA such as practice exams and ancillary study materials.

**Syllabus prepared:** 08-10-2015

To learn more about the CSCS examination, visit the NSCA's home page at <http://www.nasca-lift.org/Certification/CSCS/>

**“Required” text:**

Baechle, T.R. & Earle, R. (2008). *Essentials of Strength and Conditioning*. (3<sup>rd</sup> Ed.) Champaign, IL: Human Kinetics.



**Best preparation:** print off class notes from Canvas prior to coming to class!!!

**Class Objectives:** upon completion of this course students should demonstrate an understanding of:

- The physiological adaptations that occur in response to different strength training paradigms.
- The anatomical and biomechanical aspects of exercise training.
- Basic concepts of sports nutrition and sports supplementation in strength and conditioning.
- Concepts of strength and conditioning testing and prescription.

## Semester Grading Rubric:

Assignments	Description	Points/ % of final grade
Weekly Quizzes	~ 20 weekly/bi-weekly quizzes over lecture material *25 points per quiz	500 / 55%
Class Final Project	Sport Periodization Programming	150 / 25%
Class Attendance	*2.5 points per day	100 / 20%
Total	-	650 / 100%

## Grading Scale:

Letter Grade	Point Range	Percent Scale
A	585 - 650	90-100
B	519 - 584	80-89
C	453 - 518	70-79
D	387 - 452	60-69
F	< 386	<60

**Attendance and Late-work Policies:** attendance is highly encouraged given that 50% of his/her grade is obtained through daily quizzes. If he/she were to miss a class due to a foreseen circumstance (e.g., wedding, funeral, etc.), then make-up quizzes or exams can be re-scheduled. For unforeseen circumstances (slept late, flat tire, etc.) it is he's/she's responsibility to obtain class notes from fellow students and/or online.

## Disability and other accommodations

Students who need special accommodations in class, as provided by the Americans with Disabilities Act, should follow university-approved procedures. If you need assistance, make an appointment with the Program for Students with Disabilities, 1244 Haley Center 844-2096. Accommodations for examinations should be discussed with the instructor at least one week prior to the scheduled examination.

Also, please contact me for accommodations for class projects using MS word, PowerPoint, etc.

Finally, let me know if you have pertinent medical information that you need to share with me (e.g., cannot participate in weight-lifting laboratories due to prior injury, etc.).

## Academic Honesty and Conduct

All portions of the Academic Honesty code on <https://fp.auburn.edu/studentaffairs/policies.aspx> apply.

## Diversity

Auburn University is committed to providing a working and academic environment free from discrimination and harassment and to fostering a nurturing and vibrant community founded upon the fundamental dignity and worth of all its members.

**Contingency Plan**

If the normal schedule is disrupted, the syllabus and other course plans may be modified to allow for completion of the course. Your instructor is aware that things may arise and affect the course of work as a class; in that case, your instructor will provide an addendum to your current syllabus with revised course assignments which will then replace this syllabus.

**NO CHEATING TOLERATED!**

**Also, NO NEWSPAPERS!**

**NO SLEEPING!**

**NO TEXTING!**

**\*Students may use computers and/or tablets to view class materials and/or take notes; however, if students are suspected of browsing the internet during class time, pop-up quizzes may be given without notice.**

<b>Date</b>	<b>Syllabus</b>	<b>Reading</b>
8/17 Monday	Introduction and syllabus	---
8/19 Wednesday	Muscular, Neuromuscular, CV, and Respiratory Systems	Chapter 1
8/21 Friday	Muscular, Neuromuscular, CV, and Respiratory Systems	Chapter 1
<b>8/24 Monday</b>	Bioenergetics of exercise	Chapter 2
8/26 Wednesday	Bioenergetics of exercise	Chapter 2
<b>8/28 Friday</b>	Endocrine response to Resistance exercise	Chapter 3
<b>8/31 Monday</b>	<b>NO CLASS</b>	---
9/2 Wednesday	Endocrine response to Resistance exercise	Chapter 3
<b>9/4 Friday</b>	Biomechanics of resistance exercise	Chapter 4
<b>9/7 Monday</b>	<b>LABOR DAY NO CLASS</b>	---
9/9 Wednesday	Biomechanics of resistance exercise	Chapter 4
<b>9/11 Friday</b>	Adaptations to anaerobic training programs	Chapter 5
9/14 Monday	Adaptations to anaerobic training programs	Chapter 5
<b>9/16 Wednesday</b>	Adaptations to aerobic training programs	Chapter 6
9/18 Friday	Adaptations to aerobic training programs	Chapter 6
9/21 Monday	Age- and sex-related differences and their implications for exercise	Chapter 7
<b>9/23 Wednesday</b>	Age- and sex-related differences and their implications for exercise	Chapter 7
<b>9/25 Friday</b>	<b>NO CLASS</b> <b>UAB Exercise Medicine Symposium</b>	---
<b>9/28 Monday</b>	Psychology of athletic preparation	Chapter 8
9/30 Wednesday	Nutritional Factors	Chapter 10
<b>10/2 Friday</b>	Nutritional Factors	Chapter 10
10/5 Monday	Nutritional Factors	Chapter 10
10/7 Wednesday	Performance enhancing substances	Chapter 9
<b>10/9 Friday</b>	Performance enhancing substances	Chapter 9
10/12 Monday	Test selection and administration	Chapter 11
10/14 Wednesday	Administration, scoring, and interpretation of selected tests	Chapter 12
<b>10/16 Friday</b>	<b>FALL BREAK NO CLASS</b>	---
<b>10/19 Monday</b>	Warm-up and stretching	Chapter 13
10/21 Wednesday	Resistance training and spotting techniques	Chapter 14
<b>10/23 Friday</b>	Resistance training and spotting techniques	Chapter 14
10/26 Monday	Resistance training prescription	Chapter 15
<b>10/28 Wednesday</b>	Resistance training prescription	Chapter 15
10/30 Friday	Plyometric training	Chapter 16

<b>11/2 Monday</b>	Plyometric training	Chapter 16
11/4 Wednesday	Speed, agility, speed-endurance training	Chapter 17
<b>11/6 Friday</b>	Speed, agility, speed-endurance training	Chapter 17
11/9 Monday	Aerobic endurance exercise training	Chapter 18
<b>11/11 Wednesday</b>	Aerobic endurance exercise training	Chapter 18
11/13 Friday	Periodization	Chapter 19
11/16 Monday	Periodization	Chapter 19
<b>11/18 Wednesday</b>	Rehabilitation and reconditioning	Chapter 20
11/20 Friday	Rehabilitation and reconditioning	Chapter 20
<b>11/23-11/27</b>	<b>THANKSGIVING BREAK</b>	---
<b>11/30 Monday</b>	Facility organization	Chapter 21
12/2 Wednesday	Developing policies and procedures	Chapter 22
<b>12/4 Friday</b>	<b>LAST DAY of CLASS</b>	Clean-up Day
12/8 Tuesday 4:00-6:30pm	<b>FINAL PROJECT DUE</b>	