**Strength Development**

**(KINE 4600-001) Course Syllabus**

**Fall 2016**

**Instructor**: Cody T. Haun, MA, CSCS

**Office**: 260D Kinesiology Bldg

**Phone**: Contact me via email

**E-mail**: cth0023@auburn.edu

**Office hours**: By Appointment

**Prerequisites**: none

**Corequisites**: none

**Syllabus prepared**: 8-13-16

**Class schedule**: T, R: 9:30 – 10:45 AM

**Room**: Student Activities Ctr 257

**Course description**: This course will be very free-flowing as we discuss the scientific principles of strength development and how to improve maximum strength, including:

1. Properly defining strength.
2. A discussion and practical application of the foundational resistance training exercises and techniques thereof.
3. Properly defining the scientific principles of strength training and how to apply them.
4. How to generally organize the training process via periodization modeling.
5. Basic nutritional accentuation concepts related to the training process for strength development.

**HIGHLY recommended text**: **Scientific Principles of Strength Training, Israetel et al. , 2015**

Can be purchased at: <http://store.jtsstrength.com/products/scientific-principles-of-strength-training>



Additionally, various scientific articles will be posted on AU Canvas for assigned reading and one-page length, typed reviews.

**Other recommended readings:**

Stone, M. H., Stone, M. E., & Sands, W. A. (2007). *Principles and practice of resistance training*. Champaign, IL: Human Kinetics.

Bompa, T. O., & Haff, G. G. (2009). *Periodization: Theory and Methodology of Training* (5th ed.). Champaign, IL: Human Kinetics.

The Art of Lifting & The Science of Lifting: Nuckols, 2015. Can be purchased at: <http://www.strengtheory.com/store/>

Schoenfeld, B. (2016). *Science and Development of Muscle Hypertrophy*

Israetel, M. (2014) *The Renaissance Diet*

**Best preparation: Come to class**! Review the previous class lectures and notes and read each chapter in the recommended text, based on the course schedule. Also, read posted articles for review assignments before completing the written review. Be attentive and professional during class time and avoid being late to class.

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

* how to define strength.
* the foundational resistance training exercises and techniques thereof.
* the scientific principles of strength training.
* periodization modeling.
* basic underlying physiology of strength development.
* how to intelligently critique and create a training program for strength development.

**Semester Grading Rubric:**

|  |  |  |
| --- | --- | --- |
| **Assignments** | **Description** | **Points/ % of final grade** |
| **Quizzes** | **15 quizzes over class materials** | **75 points/ 75%** |
| **Article Reviews** | **Five ,one-page length, article reviews** | **20 points/ 20%** |
| **Participation** | **In-class participation, attendance, etc.** | **5 points/ 5%** |
| **Total** | **-** | **100 points/ 100%** |

**OR**

|  |  |  |
| --- | --- | --- |
| **Assignments** | **Description** | **Points/ % of final grade** |
| **Quizzes** | **10 quizzes over class materials** | **30 points** |
| **Exams** | **3 Exams** | **45 points** |
| **Final Project** | **Creation of Annual Training Plan** | **25 points** |
| **Total** | **-** | **100 points** |

\***Grading model will be determined by a class vote on the first day of class. If a tie occurs, I will be the deciding vote.**

**\*Note: Article reviews are to be typed in Microsoft Word, Double-Spaced, using Arial, size 12 font. Use the format below for these assignments:**

**Name**

**KINE 4600-001**

**Article Review #**

**ACTUAL ARTICLE TITLE, AUTHOR, YEAR**

**What were the main points and conclusions made by the author/s? (Paragraph 1-2)**

**Do you agree or disagree with the main points and conclusions made by the author/s and why or why not? (Paragraphs 2-4)**

**If anything, what would you have done differently in the study or how would you add to the main points and conclusions? (Paragraphs 3-5)**

**Grading Scale:**

|  |  |  |
| --- | --- | --- |
| **Letter Grade** | **Point Range** | **Percent Scale** |
| **A** | **90 - 100** | **90-100** |
| **B** | **80 - 89** | **80-89** |
| **C** | **70 - 79** | **70-79** |
| **D** | **60 - 69** | **60-69** |
| **F** | **< 60** | **<60** |

**Attendance and Late-work Policies:**Attendance is highly encouraged given that 75% of his/her grade is obtained through random, in-class quizzes.  If he/she were to miss a class due to a foreseen circumstance (e.g., wedding, funeral, etc.), then make-up quizzes can be re-scheduled, per communication with the instructor.  For unforeseen circumstances (slept late, flat tire, etc.) it is his/her responsibility to contact the instructor and explain why class was missed. If circumstances were unavoidable, the instructor and student can discuss options of making up the missed quiz. However, in that all random quizzes are in-class, no make-up quizzes will be given for unexcused absences. **FIVE unexcused absences will result in a FAILING GRADE. EIGHT absences of any kind will result in an incomplete grade. Class roll will be taken at 9:30 each class day and students are expected to be on time.** Article reviews will be due on specified due dates and late submissions **WILL NOT** be accepted. Students have the opportunity to complete an extra article review (total of six, rather than the assigned five) for 10 extra credit points toward their final grade. Adequate time will be made available for article reviews as students are given one week to submit the article review, from the assigned date.

**Disability and other accommodations:**

If you have not established learning accommodations through the Program for Students with Disabilities (PSD) office (1228 Haley Center, 844-2096), please contact me**as soon as possible** if accommodations need to be made due to learning and/or other disabilities.

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 integrity policy**: students must adhere to the student academic honesty code Title XII found on the University Policies Page (<http://www.business.auburn.edu/~yostkev/teaching/finc3610/images/SGAHonorCode.pdf>)

**NO CHEATING TOLERATED!**

**NO TEXTING**

**NO SLEEPING**

**\*Additional Notes:**While unlikely, note that the instructor reserves the right to modify this course syllabus at any time.  However, students will receive verbal notification of such modification.

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| --- | --- | --- | --- |
| **Date** | **Syllabus** | **Location** | **Reading/PPT** |
| **Aug 16, Tues** | **Syllabus and “Pondering Strength”** | **STACT 257** | **Preface/PPT** |
| ***Intro to Strength Training: The Foundations*** |  |
| **Aug. 18, Thurs.** | **“Pondering Strength”** | **STACT 257** | **PPT** |
| **Aug. 23, Tues.** | **Strength Training Fundamentals: Part 1** | **STACT 257** | **PPT** |
| **Aug. 25, Thurs.** | **Strength Training Fundamentals: Part 2** | **STACT 257** | **Article 1 assigned/PPT** |
| **Aug. 30, Tues.** | **Strength Training Fundamentals: Part 3** | **STACT 257** | **PPT** |
| **Sep. 1, Thurs.** | **Connecting the Dots: Part 1** | **STACT 257** | **Article 2 assigned,****REVIEW 1 DUE/PPT** |
| **Sep. 6 Tues.** | **Connecting the Dots: Part 2** | **STACT 257** | **PPT** |
| **Sep. 8, Thurs.** | **Weight Room Series Part 1: Squatting** | **weight room** |  **REVIEW 2 DUE** |
| **Sep. 13, Tues.** | **Squatting cont.** | **weight room** | **Article 3 assigned** |
| **Sep. 15, Thurs.** | **Weight Room Series Part 2: Pressing** | **weight room** |   |
| **Sep. 20, Tues.** | **Pressing cont.** | **weight room** | **Article 4 assigned****REVIEW 3 DUE** |
| **Sep. 22, Thurs.** | **Weight Room Series Part 3: Pulling** | **weight room** |  |
| **Sep. 27, Tues.** | **Weight Room Series Part 4: Pulling** | **weight room** | **REVIEW 4 DUE****Article 5 assigned** |
| **Sep. 29, Thurs.** | **Weight Room Series Part 5: Practical Application** | **weight room** |   |
| **Oct. 4, Tues.** | **Intro to Nutrition** | **STACT 257** |  |
| **Oct. 6, Thurs.** | **Nutrition Cont./Strength Training Principles Part 1** | **STACT 257** | **Ch. 1 & 2** |
| **Oct. 11, Tues.** | **Strength Training Principles Part 2** | **STACT 257** | **Ch. 3** |
| **Oct. 13, Thurs.** | **Strength Training Principles Part 2 cont.** | **STACT 257** | **Ch. 3** |
| **Oct. 18, Tues.** | **Strength Training Principles Part 3** | **STACT 257** | **Ch. 4****REVIEW 5 DUE** |
| **Oct. 20, Thurs.** | **Strength Training Principles Part 4** | **STACT 257** | **Ch. 5 (1st half)** |
| **Oct. 25, Tues.** | **Strength Training Principles Part 5** | **STACT 257** | **Ch. 5 (2nd half)** |
| **Oct. 27, Thurs.** | **Strength Training Principles Part 6** | **STACT 257** | **Ch. 6** |
| **Nov. 1, Tues.** | **Strength Training Principles Part 7** | **STACT 257** | **Ch. 7** |
| **Nov. 3, Thurs.** | **Strength Training Principles Part 8** | **STACT 257** | **Ch. 8, 9** |
| ***Periodization*** |  |
| **Nov. 8, Tues.** | **Periodization Modeling: Part 1** | **STACT 257** | **Ch. 10** |
| **Nov. 10, Thurs.** | **Periodization Modeling: Part 2** | **STACT 257** | **Ch. 10** |
| **Nov. 15, Tues.** | **Nutritional Accentuation: Part 1** | **STACT 257** |   |
| **Nov. 17, Thurs.** | **Nutritional Accentuation: Part 2** | **STACT 257** |  |
| **Nov. 22, Tues.** | **THANKSGIVING BREAK** |  |  |
| **Nov. 24, Thurs.** | **THANKSGIVING BREAK** |  |  |
| **Nov. 29, Tues.** | **Putting it All Together** | **STACT 257** |  |
| **Dec. 1, Thurs.** | **Final Class Q & A** | **STACT 257** | **REVIEW 6 DUE** |