

**Strength Development
(KINE4600) Course Syllabus
Spring 2014**

Instructor: Brooks Mobley
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Office hours: Monday- Friday: 8-9am

Prerequisites: none
Corequisites: none
Class schedule: MWF: 12:00 – 12:50pm
Location: 2043 Beard-Eaves Memorial Coliseum
(*not the Recreation and Wellness Center)

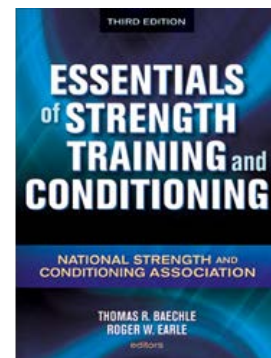
Course description: This course will focus on the physiological, anatomical/biomechanical and biochemical/molecular aspects of training for strength and power athletes. While **not** required for credit completion, students that excel in this class should be prepared to take the Certified Strength and 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: 12-21-2013

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

Required text:

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



Best preparation: print off class notes on AU 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	~ 17 weekly quizzes over lecture material <i>*(2 lowest quizzes will be dropped)</i>	500 / 50%
Midterm	Multiple Choice Exam Chapters 1 – 13	150 / 15%
Class Project	Scientific Article Review Abstract/Paper	50 / 5%
Final Exam	Multiple Choice Cumulative Exam Chapters 1 – 22	300 / 30%
Total	-	1000 / 100%

Grading Scale:

Letter Grade	Point Range	Percent Scale
A	900 - 1000	90-100
B	800 - 899	80-89
C	700 - 799	70-79
D	600 - 699	60-69
F	< 600	<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.**

Scientific Article Review Abstract/Paper

Abstract – An abstract can be defined as a summary of the information in a document. It enables readers to identify the basic content of a paper quickly and accurately, to determine its relevance to their interests, and thus to decide whether they need to read the entire paper.

Guidelines – Your abstract length should be a minimum of 200 words and a maximum of 250 words. The abstract should include a statement of the purpose or principal objectives of the study, a brief description of the methods, a summary of the main findings (you do not need to cite specific statistical tests that were used, or include statistical outcomes or data), and a statement of the principal conclusion(s), if any.

These assignments must be typed. Put your name in the top right-hand corner of the page. Skip 2 lines and provide the American Psychological Association (APA, 6th Ed.) citation for the article (authors, year, title of article, (*Journal of choice*), *volume number*, inclusive pages. This may be typed single-spaced). Skip 2 lines and type the word **Abstract** centered on the page. Skip 2 lines and then type your abstract as one **double-spaced** paragraph, beginning flush left. Use complete, grammatically correct sentences. Check your spelling, and proofread your work. Provide a word count at the bottom of the page. Most word-processing programs can do an automatic word count for you.

Write the abstract as if **you were the author** of the article. Therefore, it is not plagiarism if you copy information word-for-word from the article. Remember, you wrote it; it's your article. Now, you simply have to write the abstract for it.

Date	Syllabus	Reading
1/8 Wednesday	Introduction and syllabus	---
1/10 Friday	Muscular, Neuromuscular, CV, and Respiratory Systems	Chapter 1
1/13 Monday	Muscular, Neuromuscular, CV, and Respiratory Systems	Chapter 1
1/15 Wednesday	Bioenergetics of exercise	Chapter 2
1/17 Friday	Bioenergetics of exercise	Chapter 2
1/20 Monday	MLK Holiday - NO CLASS	
1/22 Wednesday	Endocrine response to Resistance exercise	Chapter 3
1/24 Friday	Endocrine response to Resistance exercise	Chapter 3
1/27 Monday	Biomechanics of resistance exercise	Chapter 4
1/29 Wednesday	Biomechanics of resistance exercise	Chapter 4
1/31 Friday	Guest Speaker	
1/27 Monday	Adaptations to anaerobic training programs	Chapter 5
1/29 Wednesday	Adaptations to anaerobic training programs	Chapter 5
1/31 Friday	Adaptations to aerobic training programs	Chapter 6
2/3 Monday	Adaptations to aerobic training programs	Chapter 6
2/5 Wednesday	Age- and sex-related differences and their implications for exercise	Chapter 7
2/7 Friday	Age- and sex-related differences and their implications for exercise	Chapter 7
2/10 Monday	Psychology of athletic preparation	Chapter 8
2/12 Wednesday	Psychology of athletic preparation	Chapter 8
2/14 Friday	SEACSM Conference – NO CLASS	
2/17 Monday	Performance enhancing substances	Chapter 9
2/19 Wednesday	Performance enhancing substances	Chapter 9
2/21 Friday	Nutritional Factors	Chapter 10
2/24 Monday	Nutritional Factors	Chapter 10
2/26 Wednesday	Test selection and administration	Chapter 11
2/28 Friday	Administration, scoring, and interpretation of selected tests	Chapter 12
3/3 Monday	Warm-up and stretching	Chapter 13
3/5 Wednesday	MIDTERM REVIEW	
3/7 Friday	MIDTERM	
3/10-3/14 Mon.-Fri.	SPRING BREAK – NO CLASS	
3/17 Monday	Resistance training and spotting techniques	Chapter 14
3/19 Wednesday	Resistance training and spotting techniques	Chapter 14

3/21 Friday	Resistance training prescription	Chapter 15
3/24 Monday	Resistance training prescription	Chapter 15
3/26 Wednesday	Plyometric training	Chapter 16
3/28 Friday	Plyometric training	Chapter 16
3/31 Monday	Speed, agility, speed-endurance training	Chapter 17
4/2 Wednesday	Speed, agility, speed-endurance training	Chapter 17
4/4 Friday	Aerobic endurance exercise training	Chapter 18
4/7 Monday	Aerobic endurance exercise training	Chapter 18
4/9 Wednesday	Periodization	Chapter 19
4/11 Friday	Periodization	Chapter 19
4/14 Monday	Rehabilitation and reconditioning	Chapter 20
4/16 Wednesday	Rehabilitation and reconditioning	Chapter 20
4/18 Friday	Facility organization	Chapter 21
4/21 Monday	Developing policies and procedures	Chapter 22
4/23 Wednesday	Scientific Abstract Due	
4/25 Friday	FINAL EXAM REVIEW	
5/1 Thursday 12:00-2:30pm	FINAL EXAM	100 M/C Questions