

Training & Conditioning Programming [KINE 4880]

Instructor	Gretchen D. Oliver PhD, FACSM, ATC, LAT
Meeting Times	T & TH 8am
Office	KINESIOLOGY Building 105
E-mail Address	goliver@auburn.edu
Office Hours	By Appointment
Credit Hours	3 semester hours

REQUIRED/Recommended TEXTBOOKs

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.

NASM Essentials of Sports Performance Training ISBN-23:978-0-7817-6803-0.

COURSE DESCRIPTION & INSTRUCTIONAL OBJECTIVES

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

Students will be assessed through exams, laboratory assignments, quizzes and a final project of an Annual Plan. Much of the class material will be available on Canvas. If there are problems accessing class material, please notify the professor of record, goliver@auburn.edu.

GRADING SCALE

The grading scale for this course is as follows:

A = 90 – 100%	Sport Specific Annual Plan:	25%
B = 80 – 89%	Lab Assignments/ Quizzes:	25%
C = 70 – 79%	Exams: [2 @ 25% each]	50%
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 there is 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>.

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 the syllabus and/or course assignments will replace the original materials. Additionally, course content and assignments may be made available to via Canvas.

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

[SEACSM Greenville South Carolina, February 13-15; February 18-21 Lexington Kentucky; Noraxon Los Angeles California February 27- March 01; IOC World Conference of Injury and Illness, Monaco, April 10-12] **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.

- Week 01: Integral Training
- Week 02: Movement Science
- Week 03: Test Selection/Interpretation
- Week 04: Testing Evaluation/Dynamic Warm-up
- Week 05: Flexibility
- Week 06: Cardiovascular
- Week 07: Core/Balance
- Week 08: Plyometric
- Week 09: Endurance, **Exam 1**
- Week 10: 03/10 SPRING BREAK
- Week 11: Speed/Agility
- Week 12: Resistance
- Week 13: Olympic Lifts
- Week 14: Periodization
- Week 15:
- Week 16: **EXAM 2**