## Strength and Conditioning Preparation (CSCS Prep) (KINE 4633) Course Syllabus

**SPRING 2020**

**Instructor**: Christopher Vann, MS, CSCS **Prerequisites**: none

**Office:** 260D School of Kinesiology **Corequisites**: none

**Phone:** (850) 316-0136 **Class schedule**: N/A

**Email:** cgv0001@auburn.edu **Location:** Online

**Office hours**: By appointment only.

**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.

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

## “Required” text:

Haff, G.G. & Triplett, N.T. (2016). *Essentials of Strength and Conditioning. (4th Ed.)* Champaign, IL: Human Kinetics.



**Best preparation:** Go through each chapter in conjunction with the posted PowerPoint before taking quizzes.

**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** |
| **Weekly Quizzes** | **20** weekly online quizzes (1 per chapter)**\*10 points per quiz** | **200** |
| **FINAL EXAM** | **50 Questions** | **50** |
| **Total** | **-** | **250** |

**Notes:**

**\*Quizzes will be due on Sundays by 11:59 p.m.**

**Grading Scale:**

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

**NOTE:** The instructor will round grades that are .50 from the next highest letter grade (i.e. an 89.50 will round to an A). However, NO grades below this number will be rounded (i.e. an 89.49 will be given a B). Please do not ask the professor to round your grade at the end of the semester if it does not fit this criterion. Any requests for additional extra credit or special exceptions to these grading policies will be interpreted as an honor code violation (i.e., asking for preferential treatment) and will be handled accordingly.

**Attendance and Late-work Policies:** Being that this course is online, you are expected to keep up with due dates for the course material. If an instance arises where you will not be able to complete the material on the due date (military training, unforeseen emergency, etc.) please email me as soon as possible so we can make arrangements for you to complete the assignments.

## Disability and other accommodations

Students who need special accommodations 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 the student’s earliest convenience.

## 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

|  |  |  |
| --- | --- | --- |
| **Date** | **Chapters** | **Quiz** |
| **01/12/2020** | Chapter 2 | Chapter 2 |
| **01/19/2020** | Chapter 3 & 4 | Chapter 3 & 4 |
| **01/26/2020** | Chapter 5 & 6 | Chapter 5 & 6 |
| **02/02/2020** | Chapter 7 & 8 | Chapter 7 & 8 |
| **02/09/2020** | Chapter 9 & 10 | Chapter 9 & 10 |
| **02/16/2020** | Chapter 12 & 13 | Chapter 12 & 13 |
| **02/23/2020** | Chapter 14 & 15 | Chapter 14 & 15 |
| **03/01/2020** | Chapter 17 & 18 | Chapter 17 & 18 |
| **03/08/2020** |  | No Quizzes |
| **03/15/2020** | Spring Break | No Quizzes |
| **03/22/2020** | Chapter 19 | Chapter 19 |
| **03/29/2020** | Chapter 20 | Chapter 20 |
| **04/05/2020** | Chapter 21 | Chapter 21 |
| **04/12/2020** | Chapter 22 | Chapter 22 |
| **04/19/2020** | Chapter 24 | Chapter 24 |
| **04/24/2020** | **FINAL EXAM DUE AT 11:59pm!!!** |

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