Training and Conditioning Programming

KINE 4880 ⋅ Spring 2022

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Please check the following link frequently for changes in University policy regarding operation during the COVID-19 pandemic: https://ahealthieru.auburn.edu/ . COVID-specific policies relevant to this course can be found later in this syllabus.

Instructor: Anthony Fava, MA, CSCS

Contact: [awf0016@auburn.edu](mailto:awf0016@auburn.edu) (Office, KINE 122)

Office Hours: Monday 9 am - 11 am

Classroom: STACT 247

Meeting Times: M/W/F 11-11:50

Credit Hours: 3

**Important Dates**

* First day of class: Jan 12th
* Last day of class: May 6th (last day of final exam week)
* Last day to drop with no grade assignment: Feb 2nd
* Last day to withdraw with no grade penalty (“W” assigned): April 22nd

**Pre-requisites**

* Strength Development (KINE 4600)
* Physical Conditioning and Speed (KINE 4640)

**Required Text:**

* Hoffman, J (2012). *NSCA’s Guide to Program Design.* ISBN-10: 0736084029

**Recommended text(s) for further reading:**

* *Practical Programming for Strength Training* by Mark Rippetoe
* *Starting Strength* by Mark Rippetoe
* *Supertraining*by Yuri Verkhoshansky
* *High Performance Training for Sport* by David Joyce
* *Science and Application of High-Intensity Interval Training* by Paul Laursen
* *Strength Training and Coordination* by Frans Bosch
* *Developing Endurance* by NSCA
* *Movement Over Maxes* by Zach Dechant

**Course Description and Learning Objectives**

This course is designed to develop a fundamental understanding of sport specific training regimens and program design. Upon completion of this course, the student will be able to:

1. Screen athletes for proper function of the nervous and musculoskeletal systems and apply finding(s) from the screening process to personalized programs.
2. Apply periodization theory to endurance, strength, conditioning, speed, and agility training regimens taking into account macrocycle, mesocycle, and microcycle considerations
3. Use sequential training and delayed training effects to produce optimal sport performance for novice, intermediate, and advanced athletes
4. Critically assess the benefits and drawbacks of various training regimens

**Grading Scale Grade Breakdown**

A = 90.00 – 100 Exams: 40% (Exam 1 = 20%; Exam 2 = 20%)

B = 80.00 – 89.99 Weekly Assignments: 15%

C = 70.00 – 79.99 Worksheets 10%

D = 60.00 – 69.99 Final Project: 25%

F = 59.99 or below Oral Presentation 10%

**Grading Policy**

Individual assignment and final grades will NOT be rounded. There will be no extra credit opportunities. Requests for extra credit will be seen as asking for preferential treatment and subject to discipline as outlined in the academic honesty policy.

**Disability Accommodation**

Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternate time can be arranged. To set up this meeting, please contact me by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT).

Please note that accommodations are not retroactive. Accommodations begin after: (1) a meeting with the Office of Accessibility to determine appropriate accommodations; and (2) a meeting with the Instructor arranged by the student.

**Academic Honesty Policy**

All portions of the Auburn University student academic honesty code (Title XII) found in the Auburn University Student Policy eHandbook at [www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies) will apply to this class. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee.

**Course Policies**

***Attendance***

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 which may be viewed at [www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies). Arrangements to take the make-up exam must be made in advance and the exam taken within seven days (including weekends) of the missed exam. Students who miss an exam because of illness should inform the instructor prior to the missed class, if possible. A doctor’s statement for verification of sickness is required and the student should clear the absence with me the day the student returns to class. Doctors’ notes provided more than seven days (including weekends) after the student returns to class will not be accepted. Other unavoidable absences from campus must be documented and cleared with me in advance.

**Life happens. Therefore, students are allowed TWO unexcused absences over the course of the semester. Additional unexcused absences will result in a 3% reduction in the student’s final grade per additional unexcused absence. Should students accumulate more than five excused absences or eight total (excused + unexcused) absences, they will receive a failure by absence (FA) grade in the class.**

***Participation***

Students are expected to participate in all class discussions. Repeated failure to participate may result in an unexcused absence.

***Late Work and Makeup Work***

Assignments may be turned in with a university approved excuse up to seven days (including weekends) past the original due date. Assignments may be turned in without an approved excuse up to seven days (including weekends) past the original due date but will be subject to a 25% late penalty. Under the 25% late penalty, the assignment will receive a grade equal to 75% of the grade it would have received if it had been turned in on time. Assignments turned more than seven days (including weekends) past the original due date will not be accepted.

Please visit <http://bulletin.auburn.edu/undergraduate/academicpolicies/classattendance/> for a list of university approved excuses.

***Technology***

Electronic devices may be used for notetaking and in class activity purposes only. All electronic devices not being used for notetaking must be put away at the start of class. If students are seen using electronic devices inappropriately (for any use other than notetaking or instructor-approved activities), the student will be asked to leave class for that day and will receive an unexcused absence.

***Professionalism***

Students, faculty, and staff are expected to interact in a professional manner. Please communicate professionally and respectfully in all emails, phone calls, and face-to-face conversations. Failure to do so may result in disciplinary action.

**\*COVID-19 Policy Statements\***

***Attendance Policy***

Your health and safety, and the health and safety of your peers, are my top priorities. If you are experiencing any symptoms of COVID-19, or if you discover that you have been in close contact with others who have symptoms or who have tested positive, you should not attend in-person classes. My hope is that if you are feeling ill or if you have been exposed to someone with the virus, you will stay home to protect others. Please do the following in the event of an illness or COVID-related absence:

• Notify me in advance of your absence if possible (or within 48 hours of missed class)

• Keep up with coursework as much as possible

• Participate in class activities and submit assignments electronically as much as possible

• Notify me if you require a modification to the deadline of an assignment or exam

Finally, if remaining in a class and fulfilling the necessary requirements becomes impossible due to illness or other COVID-related issues, please let me know as soon as possible so we can discuss your options.

***Face Covering Policy***

In response to COVID-19, and in alignment with Auburn University's Presidential directives, and local, state, and national health official guidelines face coverings are required at all times while on campus, except when alone in a private office. This includes the classroom, laboratory, studio, creative space, or any type of in-person instructional activity, and public spaces. "A “face covering” is defined as a “covering that fully covers a person’s nose and mouth, including without limitation, cloth face mask, surgical mask, towels, scarves, and bandanas. If a student has a medical exception to the face covering requirement, please contact the Office of Accessibility to obtain appropriate documentation.

***Instructional Contingency Plan***

If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation (such as a COVID-19 outbreak), the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, an addendum to your syllabus and/or course assignments will replace the original materials. If the method of delivery should need to be changed throughout the course of the semester, please look to your Canvas page and check email for announcements. If I am unable to instruct the course, Nicole Bordelon ([nms0033@auburn.edu](mailto:nms0033@auburn.edu)) or Dr. Gretchen Oliver ([gdo0001@auburn.edu](mailto:gdo0001@auburn.edu)) will be the back-up instructors. They will continue to deliver the course material online via Zoom during the scheduled class time.

**Tentative Schedule**

|  |  |  |
| --- | --- | --- |
| Week / Date | Topic Covered | Assignment(s) Due |
| Week 1 |  |  |
| 1/12 | * Foundations of Biomechanics |  |
| 1/14 | * Movement Screening - Activity 1 | **Activity 1 Due 1/16** |
| Week 2 |  | |
| 1/17 | * M.L. King Jr Day: NO CLASS |  |
| 1/19 | * Foundations of Exercise Physiology |  |
| 1/21 | * Energy Systems / Fiber Recruitment - Activity 2 | **Activity 2 Due 1/23** |
| Week 3 |  | |
| 1/24 | * Athlete Needs Analysis |  |
| 1/26 | * Athlete Testing & Evaluation |  |
| 1/28 | * Sport Needs Analysis / Test Admin. - Activity 3 | **Activity 3 Due 1/30** |
| Week 4 |  | |
| 1/31 | * Dynamic Warm-Up |  |
| 2/2 | * Resistance Training |  |
| 2/4 | * Warm up design / Exercise Library - Activity 4 | **Activity 4 Due 2/6** |
| Week 5 |  | |
| 2/7 | * **Worksheet 1 – NO CLASS** | **Worksheet 1 Due 2/9** |
| 2/9 | * **Review Day** |  |
| 2/11 | * **EXAM I** |  |
| Week 6 |  | |
| 2/14 | * Power Training |  |
| 2/16 | * Olympic Lifting |  |
| 2/18 | * Power Calc. / Plyos / Oly Lift Prog. - Activity 5 | **Activity 5 Due 2/21** |
| Week 7 |  | |
| 2/21 | * Anaerobic Conditioning |  |
| 2/23 | * Endurance Training |  |
| 2/25 | * Conditioning programming - Activity 6 | **Activity 6 Due 2/27** |
| Week 8 |  | |
| 2/28 | * Agility Training & Speed Training |  |
| 3/2 | * Balance & Stability Training |  |
| 3/4 | * Agility & Speed programming | **Activity 7 Due 3/6** |
| Week 9 | **SPRING BREAK** | |
| 3/7 | * **NO CLASS** | *(Start worksheet 2 if wanted)* |
| 3/9 | * **NO CLASS** |  |
| 3/11 | * **NO CLASS** |  |
| Week 10 |  | |
| 3/14 | * **Worksheet 2 – NO CLASS** | **Worksheet 2 Due 3/16** |
| 3/16 | * **Review Day** |  |
| 3/18 | * **EXAM 2** |  |
| Week 11 |  | |
| 3/21 | * Training Integration & Periodization * Sport Assigned to Groups |  |
| 3/23 | * Annual Training Plan (Group work) |  |
| 3/25 | * Annual Training Plan (Group work) | **Activity 8 Due 3/27** *(Progress assignment)* |
| Week 12 |  | |
| 3/28 | * Accommodating Resistance/Suspension/Bands |  |
| 3/30 | * Needs Analysis (Group work) |  |
| 4/1 | * Testing / Testing Dates (Group work) | **Activity 9 Due 4/3**  *(Progress assignment)* |
| Week 13 |  | |
| 4/4 | * Microcycle (Group work) |  |
| 4/6 | * Microcycle (Group work) |  |
| 4/8 | * Microcycle (Group work) | **Activity 10 Due 4/10** |
| Week 14 |  | |
| 4/11 | * Warm-Ups / Conditioning (Group work) |  |
| 4/13 | * Conditioning programming (Group work) |  |
| 4/15 |  | **Full Project Due 4/17** |
| Week 15 |  |  |
| 4/18 | * Project Feedback / Special Topic |  |
| 4/20 | * Project Feedback / Special Topic |  |
| 4/22 | * Project Feedback |  |
| Week 16 |  |  |
| 4/25 | * **ORAL Presentations** |  |
| 4/27 | * **ORAL Presentations** |  |
| 4/29 | * **FINAL projects due with any revisions** | **FINAL Project due 4/29** |

**\*The instructor reserves the right to amend any aspect of the above schedule including (but not limited to) weekly topics, assignments, readings, and due dates.**