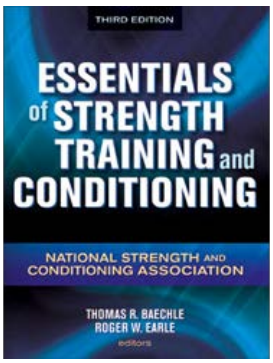
Advanced principles of strength and conditioning (KINE 4630) Course Syllabus
Summer 2014 (First mini-mester)

Instructor:	Brooks Mobley, M.Ed., CSCS
Office:	138 Kinesiology Bldg
Phone:	n/a
E-mail:	moblecb@auburn.edu
Office hours:	M-F: 4:00 – 5:00 PM
	By appointment (**please e-mail me if you need to make an appointment**)
Pre-requisites:	none
Co-requisites:	none
Syllabus prepared:	5-14-14
Class schedule:	M,T,W,R,F: 9:45 – 11:00 AM, room 2040 COLSM

Course description: While **not** required for credit completion, this course serves to prepare students to take the National Strength and Conditioning Association's Certified Strength and Conditioning Specialist (CSCS) exam. There will be a bit of review from KINE 4600, although more in depth aspects concerning testing, exercise techniques, periodization and weight room design will be discussed. 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: Baechle, T.R. & Earle, R. (2008). Essentials of Strength and Conditioning. (3rd Ed.) Champaign, IL: Human Kinetics.



Semester Grading Rubric:

Assignments	Description	Points/ % of final grade
Exam 1	Physiology and nutrition & Exercise technique and testing	50
Exam 2	Exercise technique and testing & Periodization	50
Online assignments Quizzes	TBA	50
Class Project	In-depth periodization project	25
Attendance		25
Total	**TENTATIVE**	**200/100%**

Grading Scale:

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

Attendance and Late-work Policies: If a student were to miss a class due to a foreseen circumstance (e.g., wedding, funeral, etc.), then make-up 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

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!

Also, NO NEWSPAPERS

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.

Date	Type	Content	Classroom
Friday, May 16	Lecture	Class Intro	COLSM 2040
Monday, May 19	Lecture	Physiology 1	COLSM 2040
Tuesday, May 20	Lecture	Physiology 2	COLSM 2040
Wednesday, May 21	Lecture	Endocrinology	COLSM 2040
Thursday, May 22	Lecture	Biomechanics	COLSM 2040
Friday, May 23	Lecture	Nutrition/Supplementation	COLSM 2040
Monday, May 26	**MEMORIAL DAY**	**Connective tissue and Physiology Wrap-up**	**Online Reading**
Tuesday, May 27	**ACSM – ORLANDO, FL No Class**	**Aerobic Exercise Adaptations**	**Online Module and Assignment**
Wednesday, May 28	**ACSM – ORLANDO, FL No Class**	**Anaerobic Exercise Adaptations**	**Online Module and Assignment**
Thursday, May 29	**ACSM – ORLANDO, FL No Class**	**Total Body Exercises**	**Online Module and Assignment**

Friday, May 30	**ACSM – ORLANDO, FL No Class**	**Upper/Lower Body Exercises**	**Online Module and Assignment**
Monday, June 2	Review	Review for Exam 1 (Q&A)	COLSM 2040
Tuesday, June 3	→	**MIDTERM**	COLSM 2040
Wednesday, June 4	Lecture	Exercise Testing Overview 1 & 2	COLSM 2040
Thursday, June 5	Lab	Body Composition	KINE Bldg 2nd Entry Level
Friday, June 6	Lecture	NSCA lifting video part 1	COLSM 2040
Monday, June 9	Lecture	NSCA lifting video part 2	COLSM 2040
Tuesday, June 10	Lab	Dynamic warm-ups, broad jump, Vertec, Agility tests and drills	KINE Bldg 2nd Entry Level
Wednesday, June 11	Lecture	Speed Development	COLSM 2040
Thursday, June 12	Lab	Dynamic stretching	KINE Bldg 2nd Entry Level
Friday, June 13	Lab	Plyometric training	KINE Bldg 2nd Entry Level
Monday, June 16	Lecture	Periodization 1	COLSM 2040
Tuesday, June 17	Lecture	Periodization 2	COLSM 2040
Wednesday, June 18	Lecture	Weight room setup	COLSM 2040
Thursday, June 19	Review	Review for Final Exam (Q&A)	COLSM 2040
Friday, June 20	→	**FINAL EXAM**	COLSM 2040