

Strength and Conditioning Preparation (CSCS Prep)
(KINE 4630) Course Syllabus
Summer 2016

Instructor: C. Brooks Mobley, M.Ed., CSCS
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Lab: 245 School of Kinesiology
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Office hours: Monday- Friday: 9:30-10:30 a.m.

Prerequisites: none
Corequisites: none
Class schedule: MTWRF: 8-9:29 a.m.
Location: 247 Student Act Ctr

***Please email me to schedule an appointment that fits your schedule if needed.**

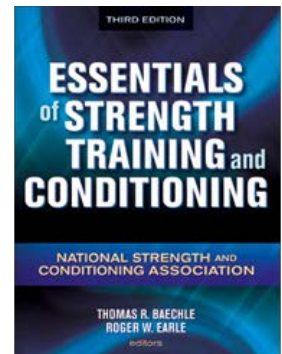
Course description: This course will focus on the physiological, anatomical/biomechanical and biochemical/molecular aspects of training for strength and power athletes. While **not** required for credit completion, students that excel in this class should be prepared to take the Certified Strength and 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: 05-04-2016

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) or Haff, G.G. & Triplett, N.T. (2016). *Essentials of Strength and Conditioning*. (3rd or 4th Ed.) Champaign, IL: Human Kinetics.



Best preparation: print off class notes from 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	~ 22 weekly/bi-weekly online quizzes over lecture material *25 points per quiz	500 / 55%
Class Final Project	Sport Periodization Programming	150 / 25%
Class Attendance	*2.5 points per day	100 / 20%
Total	-	650 / 100%

Notes:

*Quizzes will likely be given the following class day following the conclusion of each discussed chapter.

*The instructor will drop the (2) lowest quiz grades. However, an attempt for each quiz must be achieved. Lack of attendance will result in a zero and will not be dropped. This includes any and all pop quizzes that may be given.

Grading Scale:

Letter Grade	Point Range	Percent Scale
A	585 - 650	90-100
B	519 - 584	80-89
C	453 - 518	70-79
D	387 - 452	60-69
F	< 386	<60

Attendance and Late-work Policies: attendance is highly encouraged given that $\geq 75\%$ of his/her grade is obtained through daily/weekly 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. If a student obtains 5 or more unexcused absences then an FA – "Failure to Attend" will be given, this is equivalent to an F.

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.

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.**

Date	Syllabus	Reading
5/19 Thursday	Introduction and Syllabus	---
5/20 Friday	Muscular, Neuromuscular, CV, and Respiratory Systems	Chapter 1
5/23 Monday	Biomechanics of resistance exercise	Chapter 2
5/24 Tuesday	Bioenergetics of exercise	Chapter 3
5/25 Wednesday	Endocrine response to resistance exercise	Chapter 4
5/26 Thursday	Adaptations to anaerobic training programs	Chapter 5
5/27 Friday	Adaptations to aerobic training programs	Chapter 6
5/30 Monday	MEMORIAL DAY – NO CLASS	
5/31 Tuesday	Age- and sex-related differences and their implications for exercise	Chapter 7
6/1 Wednesday	Psychology of athletic preparation	Chapter 8
6/2 Thursday	Nutritional Factors	Chapter 9
6/3 Friday	Performance enhancing substances	Chapter 11
6/6 Monday	Test selection and administration	Chapter 12
6/7 Tuesday	Administration, scoring, and interpretation of selected tests	Chapter 13
6/8 Wednesday	Warm-up and stretching	Chapter 14
6/9 Thursday	Facility organization (Canvas Assignment) NO CLASS- ISSN Conference	Chapter 23
6/10 Friday	Developing policies and procedures (Canvas Assignment) NO CLASS- ISSN Conference	Chapter 24
6/13 Monday	Resistance training and spotting techniques	Chapter 15
6/14 Tuesday	Resistance training prescription	Chapter 17
6/15 Wednesday	Plyometric training	Chapter 18
6/16 Thursday	Speed, agility, speed-endurance training	Chapter 19
6/17 Friday	Periodization	Chapter 21
6/20 Monday	Aerobic endurance exercise training	Chapter 20
6/21 Tuesday	Rehabilitation and reconditioning	Chapter 22
6/22 Wednesday	???	???
6/24 Friday ***	FINAL PROJECT DUE	Due by 10:30 a.m.