Western University
Faculty of Health Sciences
School of Kinesiology
KIN 3495 B - Practical Aspects of Strength and Conditioning for High Performance

Instructor: Michael Herbert **Office:** Arts & Humanities Bldg Rm 3G04 **Email: mherber5@uwo.ca** **Phone:** 5196612111 x 88675 **Office Hrs:** will be posted in the OWL calendar **TAs: TBD**	**Lectures:** Thurs. 2:30-4:30 pm **Room**: HSB 35 **Lab:** Room TH 3103 002 and 003 – Monday 9:30 am to 12:30 pm 004 and 005 – Monday 1:30 to 4:30 pm 006 and 007 – Wednesday 8:30 to 11:30 am 008 and 009 – Wednesday 1:30 to 4:30 pm

NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via OWL. Check the website regularly for course announcements.

Calendar Course Description (including prerequisites/anti-requisites):
The purpose of this course is to provide students with the knowledge of conduction/interpretation of assessment results, various coaching techniques, and evidence-based programming. Students who participate in this course will be required to observe and participate in 3 training sessions with the Strength and Conditioning coaches responsible for training Western University varsity teams.

Prerequisite(s): Kinesiology 2992A/B, Kinesiology 2230A/B each with a minimum grade of 60%; and proof of recent certification in CPR and First Aid.

Extra Information: 2 lecture hours, 3 laboratory hours.

You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course.

Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

My Course Description

Lectures will explore

- Exercise prescription parameters for a multitude of performance variables
- Coaching techniques for individual athlete and team settings
- A general analysis of the physiological processes that effect high performance
- Modification of workouts to accommodate athletes with common injuries and the ability to continue to train (strength/cardio) in the process of returning to competition

Labs will explore;

- a variety of fitness assessments utilized in high performance settings, analysis/interpretation of assessment data and how to apply that information to a training program.

* 2 weeks of lab hours will be allocated to participating in 2 training sessions with varsity teams (these training sessions will occur *outside* of your scheduled lab times).

- This course is a pre-requisite for the 4th year Western Varsity Strength and Conditioning Practicum

Learning Outcomes

Upon completion of this course, students should be able to:

1. Understanding the implication of movement patterns in high performance sport.
2. Determine appropriate assessment protocols based on sport, position, equipment availability and training setting (team or individual).
3. Appropriately perform a variety of fitness assessment protocols
4. Collect, interpret, and implement data from assessment protocols into a variety of training programs.
5. Evaluate the strength and limitations of various scientific approaches used to assess exercise responses.
6. Evaluate the scientific evidence regarding certain topics relevant to the course content.
7. Determine and apply appropriate coaching techniques based on individual athlete and team/sport requirements.
8. Support the strength and conditioning coaches responsible for training Western University varsity athletes.

Schedule

Week	Lecture	Lab
1	Introduction and Program Design Variables	No Lab
2	Needs Analysis, Assessments and Interpretation	Needs Analysis
3	Program design and technique for resistance training	Strength and Power
4	Program design and technique for aerobic endurance training	Anaerobic Capacity
5	Midterm	Attending Kirkley / Lab Practice
6	Coaching Techniques	Practical Exam
7	Reading Week	
8	Program design and technique for speed, agility and plyometric training	Agility and Speed
9	Exercise Technique for Modes and Non-Traditional Implement Training	Muscular Endurance and Aerobic Capacity
10	Psychology of Athletic Preparation	Flexibility, Balance, Body Composition and Anthropometry
11	Modification of Training Sessions and Working as Part of a Team (medical, coach, strength and conditioning)	Attending Kirkley / Lab Practice
12	Periodization	Practical Exam

Recommended Course Material/Text:

Haff, G. G., & Triplett, N. T. (2016). *Essentials of Strength Training and Conditioning, fourth edition*: Champaign, Illinois, Human Kinetics.

***** Additional readings will be posted to the OWL site.**

Course Evaluations

Midterm		15 %
Final Exam		30 %
	Total	**45%**
Lab Mark		
Lab Practical Exam 1		10%
Lab Practical Exam 2		15%
Health Analysis and Training Program		20%
Varsity Training Participation (includes journal and attendance)		10%
	Total	**55%**

Assignments are due as stated in the course syllabus and will not be accepted late, except under medical or other compassionate circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. A missed mid-term examination, without appropriate documentation will result in a zero (0) grade. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents, illness or death) or similar circumstances.

Course/University Policies

1. **Statement on Use of Personal Response Systems ("Clickers")**
   If Personal Response Systems ("Clickers") are used in the course, a reference to the Guidelines for their use (Guidelines are shown below). Instructors are to communicate clearly to students information on how clickers are used including: how the student's privacy will be protected, how clickers may be used by the instructor for data gathering and for evaluating the students, and why they cannot be used by anyone but the student (since the students involved in misuse of a clicker may be charged with a scholastic offence).

2. **Academic offences**: They are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:
   https://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf

   A) Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar). All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com http://www.turnitin.com

B) Computer marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

3. Electronic Device Usage:

During Exams: Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any of the following electronic devices during ANY of the tests, quizzes, midterms, examinations, or other in-class evaluations: cellphones, smart phones, smart watches, smart glasses, audio players or recorders of any sort, video cameras, video games, DVD players, televisions, laptop/notebook/netbook computers, flashlights or laser pointers.

During Lectures and Tutorials: Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. Please be respectful to your fellow students and turn the sound off. If the professor receives complaints from other students regarding noise or other disruptive behavior (e.g. watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom privileges will be revoked. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. **Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**

4. Health and Wellness:

Information regarding health and wellness-related services available to students may be found at http://www.health.uwo.ca/.

Students who are in emotional/mental distress should refer to Mental Health@Western (http://www.health.uwo.ca/) for a complete list of options about how to obtain help.

5. Support Services

There are various support services around campus and these include, but are not limited to:

Student Development Centre -- *http://www.sdc.uwo.ca/ssd/*
Student Health & Wellness -- http://www.health.uwo.ca/
Registrar's Office -- *http://www.registrar.uwo.ca/*
Ombudsperson Office -- *http://www.uwo.ca/ombuds/*

6. **Documentation for Academic Accommodation (Illness, Medical/Non-Medical Absences)**:
http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategor yID=1&SelectedCalendar=Live&ArchiveID=#Page_12

Students who experience an extenuating circumstance (illness, injury, or other extenuating circumstance) sufficiently significant to temporarily render them unable to meet academic requirements may submit a request for academic consideration through the following routes:

(i) Submitting a Self-Reported Absence (see below for conditions)
(ii) For medical absences exceeding 48 hours, submitting a Student Medical Certificate (SMC) signed by a licensed medical or mental health practitioner to their Academic Counselling in their Faculty of registration in order to be eligible for Academic Consideration; or

(iii) For non-medical absences exceeding 48 hours, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to Academic Counselling in their Faculty of registration in order to be eligible for academic consideration. Students are encouraged to contact their Academic Counselling unit to clarify what documentation is appropriate.

Students seeking academic consideration **must communicate with their instructors no later than 24 hours** after the end of the period covered by either the self-reported absence or SMC, or immediately upon their return following a documented absence.

The following conditions are in place for self-reporting of medical or extenuating circumstances:

a. **a maximum of two self-reported absences** between September and April and one self-reported absence between May and August;

b. any absences in excess of the number designated in clause a above will require students to present a Student Medical Certificate (SMC) or appropriate documentation supporting extenuating circumstances to the Academic Counselling unit in their Faculty of registration no later than two business days after the date specified for resuming responsibilities.

c. The duration of the excused absence will be for a maximum of 48 hours from the time the Self-Reported Absence form is completed through the online portal, or from 8:30 am the following morning if the form is submitted after 4:30 pm;

d. The duration of the excused absence will terminate prior to the end of the 48 hour period should the student undertake significant academic responsibilities (write a test, submit a paper) during that time;

e. The duration of an excused absence will terminate at 8:30 am on the day following the last day of classes each semester regardless of how many days of absence have elapsed;

f. Self-reported absences will not be allowed for scheduled final examinations; for midterm examinations scheduled during the December examination period; or for final lab examinations scheduled during the final week of term;

g. Self-reporting may not be used for assessments (e.g. midterm exams, tests, reports, presentations, or essays) worth more than 30% of any given course;

For medical and non-medical absences that are not eligible for self-reporting Kinesiology students must submit an Academic Consideration Request form found online https://www.uwo.ca/fhs/kin/undergrad/files/accommodation_request.pdf in addition to an SMC or appropriate documentation in the event of a non-medical absence. These documents will be retained in the student's file, and will be held in confidence in accordance with the University's Official Student Record Information Privacy Policy.

Academic Consideration for Missed Work

Students who are seeking academic consideration for missed work during the semester may submit a self-reported absence form online provided that the absence is 48 hours or less and the other conditions specified in the Senate policy at https://www.uwo.ca/univsec/pdf/academic_policies/appeals/Academic_Consideration_for_abse nces.pdf are met.

Students whose absences are expected to last longer than 48 hours, or where the other conditions detailed in the policy are not met (e.g., work is worth more than 30% of the final grade, the student has already used 2 self-reported absences, the absence is during the final exam period), may receive academic consideration by submitting a Student Medical Certificate (for illness) or other appropriate documentation (for compassionate grounds).

The Student Medical Certificate is available online at https://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf.

All students pursuing academic consideration, regardless of type, must contact their instructors no less than 24 hours following the end of the period of absence to clarify how they will be expected to fulfill the academic responsibilities missed during their absence. Students are reminded that they should consider carefully the implications of postponing tests or midterm exams or delaying submission of work, and are encouraged to make appropriate decisions based on their specific circumstances.

Students who have conditions for which academic accommodation is appropriate, such as disabilities or ongoing or chronic health conditions, should work with Accessible Education Services to determine appropriate forms of accommodation.

7. **Grades**: Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the assignment to approach the instructor or TA. In doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculations errors (which do occur!) should be brought to my attention immediately.

   Generally, students can expect some form of feedback on their performance in a course before the drop date.

   - □ November 9th, 2021 (for first term half-courses)
   - □ November 27th, 2021 (for full-year courses)
   - □ March 4th, 2022 (for second term half-or full year courses)

A+	90-100	*One could scarcely expect better from a student at this*
A	80-89	*Superior work that is clearly above average*
B	70-79	*Good work, meeting all requirements and eminently satisfactory*
C	60-69	*Competent work, meeting requirements*
D	50-59	*Fair work, minimally acceptable*
F	below 50	*Fail*

   Rounding of Grades (for example, bumping a 79 to 80%):
   This is a practice some students request. **This practice will not occur here.** The edges of this course are clear and sharp. The mark attained is the mark you achieved and the mark assigned; there is no rounding to the next grade level, or 'giving away' of marks. Please don't ask me to do this for you; the response will be "please review the course outline where this is presented".

8. **Classroom Behaviour**: Class will begin promptly at the time specified at the top of page one of this syllabus. In the event that you must arrive late, please enter the classroom with a minimal disturbance to the class. Please keep all electronic devices on silent and avoid distracting classmates.

9. **Student Code of Conduct**
   The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may

be imposed and set out the disciplinary procedures that the University will follow. For more information, visit https://www.uwo.ca/univsec/pdf/board/code.pdf