

**WAYNE STATE UNIVERSITY  
COLLEGE OF EDUCATION**

**DIVISION:** Kinesiology, Health and Sport Studies (KHS)  
**PROGRAM AREA:** Kinesiology (KIN)  
**KHS WEB SITE:** <http://coe.wayne.edu/kinesiology/index.php>  
**COURSE #:** KIN 6120 - 001  
**COURSE TITLE:** Strength & Conditioning  
**SECTION #:** CRN – 27258  
**TERM/YEAR:** Winter 2017  
**COURSE CREDIT:** 03 credit hours  
**COURSE LOCATION:** 0168 Old Main  
**TIME/DAY:** 2:30-5:00PM Thursdays  
**INSTRUCTOR:** Mario Vassallo  
**OFFICE LOCATION:** **006.2 OLD MAIN**  
**OFFICE HOURS:** Tuesday 10:15-11:15am, Wed 2:00-5:00pm, Thursday 10:15-11:15am  
(or by apt)  
**TELEPHONE:** 313-577-1583  
**EMAIL:** ft4462@wayne.edu

**COURSE DESCRIPTION:**

This 3-credit undergraduate-level course is designed to provide a comprehensive overview of strength and conditioning. Emphasis is placed on the exercise sciences (including anatomy, exercise physiology, and biomechanics) and nutrition, exercise technique, program design, organization and administration, and testing and evaluation. Additionally, this course is designed to prepare students for the nationally accredited Certified Strength and Conditioning Specialist (CSCS) certification exam.

**LEARNING OBJECTIVES:**

Upon completion of this course, the student will be able to:

1. Apply scientific knowledge to train athletes and clients for the primary goals of improving athletic performance and fitness.
2. Learn how to conduct sport-specific testing sessions.
3. Learn how to demonstrate and teach proper exercise techniques.
4. Learn how to design and implement safe and effective strength training and conditioning and personal training Programs.
5. Learn how to provide guidance regarding nutrition and performance-enhancing substances.
6. Apply exercise prescription principles for training variation, injury prevention, and reconditioning.

**EXPECTATIONS:**

1. Attendance is required in this class and counts towards your overall grade. There will be a significant amount of information taught each class meeting. Missing one class will put you behind.
2. Each week you will be given the specifics that you should be taking away from each chapter. It is your responsibility to be familiar with the material that is to be covered as it will show up on test material. **You are expected to read and review text chapters prior to the in class lecture.**
3. ALL assignments and rubrics will be posted on Blackboard. It is your responsibility to review and complete the Assignments/Lab Activities on a weekly basis. Assignments/Lab Activities are due the following class period.

**REQUIRED TEXT:**

Baechle, T.R., & Earle, R.W. (2016). Essentials of Strength Training and Conditioning (4th ed). Champaign, IL. Human Kinetics.

**REFERENCES:**

Research journals and news articles relating to discussion topics, videos, YouTube clips, and guest lecturers will be distributed throughout the course via Blackboard.

### **METHOD OF INSTRUCTION:**

Lecture, discussion, site visits, guest speakers, videos, case studies, and instructional technology using Blackboard and other shareware applications.

### **Program Design Project:**

The program design project is intended to provide experience in administering athletic performance tests and designing a resistance training program to meet the goals and needs of an athlete. Throughout the duration of this course, you must decide on four appropriate performance tests to administer to the athlete. You must then recruit a subject to serve as the athlete. After administering the performance tests to the subject/athlete and evaluating the results from the tests, you must design an off-season, preseason, in-season, and postseason resistance training program for the athlete. Areas of emphasis for the evaluation of the program will include: (a) selection of appropriate performance tests, (b) selection of appropriate program design variables for resistance training (exercise selection, training frequency, exercise order, training load and repetitions, volume, and rest periods), and (c) appropriate rationale for each selection.

### **Graduate Student Project:**

See Instructor for Details

### **ASSIGNMENTS:**

- 1) Participation, class discussion, class attendance: 130 points
- 2) Lab Activities/Assignments (16x15) ---240 points
- 3) Program Design Semester Project---200 points
- 4) **Graduate Students Project**---150 points
- 5) Mid Term Exam----100 points
- 6) Final Exam----200 points

**Total points: 920 total points for GRADUATE STUDENTS  
770 total points for UNDERGRAD STUDENTS**

### **CLASS POLICIES:**

**Develop the skills of an independent learner. There are no makeup exams or assignments.**

Assignments are posted on Blackboard under the course content area. All late submissions of homework or tardiness to site visits will result in a deduction of 30% for the assignment. **NO WORK WILL BE ACCEPTED AFTER ONE WEEK OF DUE DATE. There are no exceptions.** All assignments must be typed with student's name and Wayne State email address and submitted through Blackboard or other electronic means.

**Class attendance is recorded along with other student enrollment information for documentation purposes. Prompt attendance is expected. Points will be deducted for tardiness to class and failure to attend will result in zero points.**

**You will be attending 3-5 site visits to the Mort Harris Fitness Center during this semester, where we will be conducting various testing and evaluations at the site visits. You will be asked to swipe-in at the front door with your OneCard during each site visit which will also keep track of attendance during these site visits. These site visits are crucial to passing this course and missing one or more could be very damaging to your final grade in this course.**

**No text messaging or cell phone usage is allowed during the class period.** Netbooks, tablets, iPads, and laptop computers are allowed for note taking and PPT viewing purposes only. Students that are found using electronic devices for non-class purposes will be restricted from using any devices from that point forward.

**Students are responsible to check Blackboard on a regular basis and before contacting instructor for questions. All class updates, schedules, site visits, assignments, grades, PowerPoint presentations, resources, and announcements are posted on Blackboard. Students should refer to the syllabus AND Blackboard for accumulating points as Blackboard fluctuates when assignments are added.**

This class requires and involves students to actively participate in online discussions, classroom discussions, and Blackboard. Important dates are listed on the course schedule as a tentative road map. Additional information about assignments, technology instructions and discussions will be provided. Students are required to participate actively in all discussions and contribute to dialogues. Students who do not actively participate or complete assignments within the specified timeframe will receive zero points. Students who are absent from class discussions (in class or online) will receive a zero if arrangements were not made prior to the absence. Students are expected to be respectful of one another in their discussions; foul language and inappropriate or disrespectful comments will not be tolerated. Student responses and comments that are deemed inappropriate will result in a zero for the discussion grade. Repeat violations may result in the student's failure in the course.

**All communication from me will be sent to your WSU email account. Be sure that your WSU email is your primary email or change your settings so that your WSU emails are forwarded your most utilized email address. It is strongly recommend that you regularly check your WSU email and verify its capacity limit and settings.**

In addition, be sure to set the **WSU Broadcast Messaging Service** so that you receive text messages for **campus emergencies and the KIN 6120 course**. When you are logged into WSU Pipeline, just click the 'Broadcast Messaging' link on the My Pipeline tab, under 'WSU Resources'. First, register your cell phone number and carrier then click 'Submit Changes'. Under 'Manage Your Preferences', select all three options: 'WSU E-mail', 'Text Message', 'WSU Instant Message'. Click 'Update Preferences' to finish.

If you are having trouble, please contact Computing & Information Technology (C & IT) at (313) 577-4778. Services hours are Monday-Friday 7:30am to 10:00pm and weekends 9:00am to 4:00pm. Live chats are also available during business hours.

Please feel free to talk with me any time during the semester regarding your progress or any problems you may be encountering relative to this class.

#### **ACADEMIC DISHONESTY – PLAGIARISM AND CHEATING:**

The College of Education has a "zero tolerance" approach to plagiarism and other forms of academic dishonesty. Plagiarism includes copying material (any more than 5 consecutive words) from outside texts or presenting outside information as if it were your own by not crediting authors through citations. It can be deliberate or unintended. Specific examples of academic dishonesty, including what constitutes plagiarism, can be found in the University's Undergraduate Bulletin (<http://bulletins.wayne.edu/ubk-output/index.html>), the Undergraduate Student Handbook (<http://comm.wayne.edu/files/undergradhandbook.pdf>), and in print and online versions of the Graduate Catalog (<http://www.bulletins.wayne.edu/gbk-output/index.html>) under the heading "Student Ethics." **It is every student's responsibility to read these documents to be aware which actions are defined as plagiarism and academic dishonesty.** Sanctions could include failure in the course involved, probation and expulsion, so students are advised to think carefully and thoroughly, ask for help from instructors if it is needed, and make smart decisions about their academic work.

Academic misbehavior means any activity that tends to compromise the academic integrity of the institution or subvert the education process. All forms of academic misbehavior are prohibited at Wayne State University, as outlined in the Student Code of Conduct (<http://www.doso.wayne.edu/student-conduct-services.html>). Students who commit or assist in committing dishonest acts are subject to downgrading (to a failing grade for the test, paper, or other course-related activity in question, or for the entire course) and/or additional sanctions as described in the Student Code of Conduct.

o Cheating: Intentionally using or attempting to use, or intentionally providing or attempting to provide, unauthorized materials, information or assistance in any academic exercise. Examples include: (a) copying from another student's test paper; (b) allowing another student to copy from a test paper; (c) using unauthorized material such as a "cheat sheet" during an exam.

o Fabrication: Intentional and unauthorized falsification of any information or citation. Examples include: (a) citation of information not taken from the source indicated; (b) listing sources in a bibliography not used in a research paper.

o Plagiarism: To take and use another's words or ideas as one's own. Examples include: (a) failure to use appropriate referencing when using the words or ideas of other persons; (b) altering the language, paraphrasing, omitting, rearranging, or forming new combinations of words in an attempt to make the thoughts of another appear as your own.

o Other forms of academic misbehavior include, but are not limited to: (a) unauthorized use of resources, or any attempt to limit another student's access to educational resources, or any attempt to alter equipment so as to lead to an incorrect answer for subsequent users; (b) enlisting the assistance of a substitute in the taking of examinations; (c) violating course rules as defined in the course syllabus or other written information provided to the student; (d) selling, buying or stealing all or part of an un-administered test or answers to the test; (e) changing or altering a grade on a test or other academic grade records.

Anyone with specific questions regarding academic misbehavior should consult the Student Conduct Services website at <http://www.doso.wayne.edu/codeofconduct.pdf> or [http://www.doso.wayne.edu/student-conduct/Academic\\_Integrity.html](http://www.doso.wayne.edu/student-conduct/Academic_Integrity.html)

GRADE	% Material Correct		
A	100-93%		
A-	92-90%		
B+	89-88%		
B	87-83%		
B-	82-80%		
C+	79-78%		
C	77-73%		
C-	72-70%		
D+	69-68%		
D	67-63%		
D-	62-60%		
F	59% OR LOWER		

### **GENERAL NOTE ON GRADING:**

The College of Education faculty members strive to implement assessment measures that reflect a variety of strategies in order to evaluate a student's performance in a course. For undergraduates and post-degree students C grades will be awarded for satisfactory work that satisfies all course requirements; B grades will be awarded for very good work, and A grades will be reserved for outstanding performance. [For graduate students B grades will be awarded for satisfactory work that satisfies all course requirements; B+ grades will be awarded for very good work, and A grades will be reserved for outstanding performance.] Please note that there is a distribution of grades from A-F within the College of Education and '+' and '-' are recorded and used to distinguish grade point averages.

### **MEDICAL WITHDRAWAL:**

A student who sustains, during the course of the semester, an injury or illness that prevents him/her from further participation in this class may apply for a "(partial) medical withdrawal" and *may* receive complete or partial reimbursement of tuition paid for this class. A physician's statement is required. Forms to use to apply for "medical withdrawal" may be obtained from the Registrar, or from [www.wayne.edu](http://www.wayne.edu) (type in "forms and instructions" in the search box).

### **ENROLLMENT/WITHDRAWAL POLICY:**

In the first two weeks of the (full) term, students can drop this class and receive 100% tuition and course fee cancellation. After the end of the second week there is no tuition or fee cancellation. Students who wish to withdraw from the class can initiate a withdrawal request on Pipeline. You will receive a transcript notation of WP (passing), WF (failing), or WN (no graded work) at the time of withdrawal. No withdrawals can be initiated after the end of the tenth week. Students enrolled in the 10th week and beyond will receive a grade. **Because withdrawing from courses may have negative academic and financial consequences, students considering course withdrawal should make sure they fully understand all the consequences before taking this step. More information on this can be found at: [http://reg.wayne.edu/Withdrawing\\_From\\_a\\_Course.php](http://reg.wayne.edu/Withdrawing_From_a_Course.php)**

FINAL DATE FOR STUDENTS TO INITIATE WITHDRAWAL IS Sunday, March 26th 2017

### **"I" - INCOMPLETE**

The mark of "I" (Incomplete) is given to a student when s/he has not completed all of the course work as planned for the term and when there is, in the judgment of the instructor, a reasonable probability that the student will complete the course successfully without again attending regular class sessions. University grading policy states that a written contract should be signed by the student and instructor, specifying all work to be completed. In order to alleviate questions about incomplete courses and to assist students and instructors, the Office of the Registrar has prepared a template Contract for Completion of Incomplete Coursework. You can find the template contract at <http://reg.wayne.edu/pdf-forms/incomplete.pdf>. **Incompletes are not granted for students that have not attended, missing several assignments, missed exams, or failing the course.**

### **STUDENT DISABILITIES SERVICES:**

If you have a documented disability that requires accommodations, you will need to register with Student Disability Services for coordination of your academic accommodations. The Student Disability Services (SDS) office is located in the Adamany Undergraduate Library. The SDS telephone number is 313-577-1851 or 313-202-4216 (Videophone use only). Once your accommodation is in place, someone can meet with you privately to discuss your special needs. Student Disability Services' mission is to assist the university in creating an accessible community where students with disabilities have an equal opportunity to fully participate in their educational experience at Wayne State University.

Students who are registered with Student Disability Services and who are eligible for alternate testing accommodations such as extended test time and/or a distraction-reduced environment should present the required test permit to the professor at least one week in advance of the exam. Federal law requires that a student registered with SDS is entitled to the reasonable accommodations specified in the student's accommodation letter, which might include allowing the student to take the final exam on a day different than the rest of the class.

### **RELIGIOUS OBSERVANCE POLICY:**

Because of the extraordinary variety of religious affiliations of the University student body and staff, the Academic Calendar makes no provisions for religious holidays. However, it is University policy to respect the faith and religious obligations of the individual. Students with classes or examinations that conflict with their religious observances are expected to notify their instructors well in advance so that mutually agreeable alternatives may be worked out.

### **STUDENT SERVICES:**

The Academic Success Center (1600 Undergraduate Library) assists students with content in select courses and in strengthening study skills. Visit [www.success.wayne.edu](http://www.success.wayne.edu) for schedules and information on study skills workshops, tutoring and supplemental instruction (primarily in 1000 and 2000 level courses).

The Writing Center is located on the 2nd floor of the Undergraduate Library and provides individual tutoring consultations free of charge. Visit <http://clasweb.clas.wayne.edu/writing> to obtain information on tutors, appointments, and the type of help they can provide.

### **KHS LEARNING COMMUNITY:**

There are two LC programs that give our students the skills, tools, and environment to progress and succeed: 1)

**KHS LC** - The goal is supporting and preparing all undergraduate students for academic success; 2) **KHS**

**Graduate LC** - The goal is supporting and preparing graduate students in all of our academic programs. The peer mentors work to enhance the academic experience within KHS by providing dynamic, focused support and guidance.

Peer mentors are mature, high achieving students who have maintained a minimum 3.0 GPA and have shown excellent communication skills with faculty, staff, and fellow students. They are expected to enforce the syllabus, university and course policies, and demonstrate professional integrity at all times. All peer mentors are trained on the Family Educational Rights and Privacy Act (also known as FERPA) and comply with this law.

In order for our LC programs to be effective, the peer mentors must maintain contact with the students and inspire engagement. They can set up office hours or designated times to be contacted by students with questions or concerns, utilize the resources within the KHS LC Blackboard site, design study and test preparation sessions to assist the students excel in the classroom, and much more. Peer mentors are adept at providing guidance, both academic and otherwise, to ensure academic and retention success within KHS. You may request a meeting (individual or group) at any time.

Learning Community benefits are:

Peer mentor facilitated study sessions and Q & A.

Effectively learn about academic expectations and requirements.

Have knowledge and skills to successfully pass the MTTC test.

Understand how to navigate through the administrative network and prepare official paperwork.

Access to academic and professional development resources on the KHS Learning Community Blackboard site.

Opportunities to meet KHS faculty and students at social events.

There is a Blackboard site for our LC (KHS Learning Community) which should be under your 'Non Term Specific Courses' list of classes. Visit it regularly. Events include academically oriented activities, discussion forums and social gatherings. Please take advantage of the opportunities and support services.

### **CLASS SCHEDULE:** Tentative

**NOTE: There are 3-5 site visits to the Mort Harris Fitness Center and you must swipe-in with your OneCard at the front door for each site visit to record your attendance.**

01/12

First Day of Class – Welcome/Introductions/Overview of Course

Lecture Chapters 1

Discussion and homework questions (15 pts)

Read Chapters 2 and 3

01/19

Lecture Chapters: 2 and 3

Discussion and homework questions (15pts)

HW: Read Chapters 4 and 5

01/26  
Lecture Chapters: 4 and 5  
Discussion  
Weekly Assignment (15pts)  
HW: Read Chapters 6 and 7

02/02  
Lecture Chapters 6 and 7  
Weekly Assignment  
HW: Read Chapters 8,9 and 10

02/09  
Lecture Chapters: 8, 9 and 10  
Weekly Assignment (15pts)  
HW read Chapters 11 and 12

02/16  
Lecture Chapters 11 and 12  
Discussion  
Weekly Assignment (15 pts)  
Review for Mid-Term

02/23  
Mid-Term Exam---in class  
HW Read Chapters 13 and 14

03/02  
Lecture Chapters 13 and 14  
Weekly Assignment (15 pts)  
HW: We will talk about what homework we have

03/09  
Lecture Chapters: 15 and 16  
HW: Read Chapters 17 and 18  
Assignment (15 pts)

03/23  
Lecture Chapters: 17 and 18  
Discussion  
Site Visit #1: Aerobic testing (15 pts) Techniques of Exercise: Flexibility Exercise Technique (15 pts)  
Plyometric Exercise Techniques (15 pts)  
Weekly Assignment (15pts)  
HW: Read Chapters 19 and 20

03/30  
Lecture Chapters: 19 and 20  
Discussion  
Site Visit #2: Anaerobic testing (15 pts) and Exercise Testing for athletes (15 pts)  
Weekly Assignment (15pts)  
HW: Read Chapter 21

04/06  
Lecture Chapters: 21 and 22

Discussion and lab activity  
Weekly Assignment (15pts)  
HW: Read Chapters 23 and 24

Site Visit #3: Techniques of Exercise: Resistance Exercise and Spotting guidelines--- Techniques of Exercise:

04/13

Lecture Chapter 23 and 24  
Weekly Assignment (15pts)  
Review for Final Exam

**04/20**

**FINAL EXAM IN-CLASS**

**04/27**

**SEMESTER PROJECT DUE----emailed to me by 230pm**

**No class**