



TEXAS A&M
UNIVERSITY
CENTRAL TEXAS™

COURSE SYLLABUS

EPHP 3305: PRINCIPLES & TECHNIQUES OF STRENGTH AND CONDITIONING: SPRING 2023

COURSE DATES, MODALITY, AND LOCATION

This course is delivered in a hybrid format that meets face-to-face one day per week and the remaining course content and assignments are delivered and completed online through the Texas A&M-Central Texas Canvas Learning Management System [<https://tamuct.instructure.com/>].

Location: Warrior Hall 315 (Tuesdays 9:30-10:45am) and online

INSTRUCTOR AND CONTACT INFORMATION

Instructor: Chris Poole, Ph.D.

Office: Warrior Hall, 322Q (due to COVID, instructor will primarily work from home)

Phone: 254-519-5794

Email: poole33@tamuct.edu

Office Hours: Tuesday 1:00-4:00pm (virtual), and Wednesday 9:00am-12:00pm (virtual or f2f)

I am also available to meet via Zoom if a face-to-face meeting is desired. I am available to meet outside of office hours most days of the week. Please email me (poole33@tamuct.edu) to set up a time.

Mode of instruction and course access:

The delivery of the course content will be primarily delivered using an in-person and online model. Students will need internet access and a computer and/or smart phone to access all course material and to complete all required assignments for the course. Students will be exposed to online lectures, reading assignments, and quizzes to facilitate lower levels of learning (i.e. knowledge, remembering and understanding) Higher levels of learning (application, analyzing, and evaluation) intended to guide assimilation of that content into practice will be explored through discussions, labs, exam questions, and a training program project. Students are expected to be active participants in the learning process.

This course uses the A&M-Central Texas Canvas Learning Management System [<https://tamuct.instructure.com/>].

Student-instructor interaction:

Students are encouraged to use email as the primary method to contact the course instructor. I will usually respond within 24 hours to any student emails sent between normal business hours

Monday-Friday. Please see Office Hours section for information regarding face-to-face meetings.

Emergency Warning System for Texas A&M University-Central Texas

SAFEZONE. SafeZone provides a public safety application that gives you the ability to call for help with the push of a button. It also provides Texas A&M University-Central Texas the ability to communicate emergency information quickly via push notifications, email, and text messages. All students automatically receive email and text messages via their myCT accounts. Downloading SafeZone allows access to push notifications and enables you to connect directly for help through the app.

You can download SafeZone from the app store and use your myCT credentials to log in. If you would like more information, you can visit the [SafeZone](http://www.safezoneapp.com) website [www.safezoneapp.com].

To register SafeZone on your phone, please follow these 3 easy steps:

1. Download the SafeZone App from your phone store using the link below:
 - [iPhone/iPad](https://apps.apple.com/app/safezone/id533054756): [https://apps.apple.com/app/safezone/id533054756]
 - [Android Phone / Tablet](https://play.google.com/store/apps/details?id=com.criticalarc.safezoneapp)
[https://play.google.com/store/apps/details?id=com.criticalarc.safezoneapp]
2. Launch the app and enter your myCT email address (e.g. {name}@tamuct.edu)
3. Complete your profile and accept the terms of service

For updates on COVID information, please monitor the University [website](https://www.tamuct.edu/covid19/)
[https://www.tamuct.edu/covid19/]

COURSE INFORMATION

Course Overview and Description: This course is designed to help prepare students for the NSCA's Certified Strength and Conditioning Specialist (CSCS) certification exam.

Course Objective: This course provides an overview of the principles of program design for athletic populations. Methods and techniques of the elements that comprise program design will be emphasized through supplementary video content.

Student Learning Outcomes:

1. Demonstrate an understanding of muscle physiology, neural anatomy, bone and connective tissue and their adaptations to strength training.
2. Describe the biomechanics of strength training and how it applies to program design.
3. Discuss various training principles and corresponding techniques.
4. Develop an appropriate program utilizing a design based on a theoretical athlete and their respective sport.
5. Identify appropriate facility layouts and policies and risk management procedures.

Required Reading and Textbook(s):

Haff, G. G., & Triplett, N. T. (Eds.). (2015). *Essentials of strength training and conditioning 4th edition*. Human kinetics. ISBN: 978-1-4925-0162-6

COURSE REQUIREMENTS

Course Requirements:

Written Examination: The written examination will be delivered via Canvas on the designated dates. The exam will include questions in various formats including multiple choice, short answer and/or essays. In addition, the examination is cumulative and will be explained by the course instructor.

EXAMINATION ATTENDANCE

All examinations must be taken on the date and at the time scheduled by the course coordinator. ***Any student missing a scheduled exam will receive a 0 for that exam.*** In the cases of extenuating circumstances, the student may petition for delayed or early examination. (Note: the early option is only available for written examinations). Requests for an alternate examination period need to be submitted electronically to the course coordinator at least ***14 days in advance of the scheduled exam.***

For unanticipated events (illnesses, car accident, etc.), students should notify the course coordinator by email and by phone as soon as feasible. Appropriate documentation (Doctor's note etc.) at the discretion of the course coordinator will need to be provided before an examination is re-scheduled.

EXAMINATION POLICY

The following items are not allowed during testing:

- Breaks / Bathroom breaks (If student needs to leave the classroom for any reason (including to use the bathroom) they must submit their exam whether or not it is completed)
- Book bags, handbags or any other bag of materials (bags to be placed in the front or side of the testing room)
- No food or drink on the desk or in the surrounding area
- No technology / electronic devices other than the computer used for testing (only if the exam is given through a computer-based program). This includes smart watches, cell phones, tablets, PDAs, etc.
- No hats or other large accessories
- No earphones / headphones

The following items may only be used as indicated by the course instructor and must be turned into the faculty upon completion of the examination:

- Blank sheet of paper (checked prior by instructor)
- Pen/pencil used to write on paper (checked prior by instructor)
- Ear plugs (checked prior by instructor)

Quizzes/Discussions/Assignments: Students will complete several assignments (including

discussions and quizzes) during the course. These will be described in writing and/or video in advance with detailed expectations. Assignments will relate back to the topics being covered in the lecture and/or supplementary course material at the time. These will be due by the dates specified on Canvas.

Labs: Students will gain valuable, hands-on experiences during selected in-person class periods that correspond to major topics covered throughout the course. The lab experiences are only covered during in-person class time. Therefore, an alternate assignment will be assigned to students who miss any of these class experiences.

Program Design Project: Each student will be provided with a hypothetical athlete including detailed background information. The student will pair up with 1-2 other classmates and proceed to design a periodized training program after conducting a needs analysis including all aspects of athletic development pertinent to the athlete's scenario. The training program will be explained and drawn out by creating a word document and excel spreadsheet(s). Detailed instructions for this project will be provided to the students in advance.

GRADING POLICY: The student will be graded as follows:

<u>Item</u>	<u>Weight</u>
Comprehensive Exam	50 points
Quizzes/Assignments	80 points
Lab Participation	20 points
<u>Training Program Project</u>	<u>50 points</u>
Total	200 points

Letter Grade Conversion

180 – 200 points (90% - 100%) = A

160 – 179 points (80% - 89%) = B

140 – 159 points (70% - 79%) = C

120 – 139 points (60% - 69%) = D

Below 120 points (< 60%) = F

Grading Criteria Rubric and Conversion

Specific rubrics to be used for grading will be made available when the assignment is posted.

Posting of Grades

- Grades for assignments, exams, and projects will be posted on the Canvas Grade book for students to access. In addition to individual item grades, a running cumulative course grade will be available to view.
- All assignments, exams, and projects will be graded within 1 week of the due date, unless otherwise specified by the professor.

COURSE OUTLINE AND CALENDAR

Complete Course Calendar

COURSE SCHEDULE: 8-WEEK TERM

WEEK 1 – (Jan 16 – Jan 20)

- SYLLABUS
 - Read syllabus and watch course introduction
- LECTURE
 - View Week 1 Overview Page
 - Read Chapters 12 & 13 (Test Selection, Administration, & Scoring)
 - Watch Lecture Video(s)
- ASSIGNMENTS
 - Any posted assignments (see Week 1 Overview) will be due Saturday, Jan 21nd

WEEK 2 – (Jan 23 – Jan 27)

- LECTURE
 - View Week 2 Overview Page
 - Read Chapters 21 & 14 (Periodization & Warm-Up/Flexibility)
 - Watch Lecture Video(s)
- LAB 1- (In class)
- ASSIGNMENTS
 - Any posted assignments (see Week 2 Overview) will be due Saturday, Jan 28

WEEK 3 – (Jan 30 – Feb 3)

- LECTURE
 - View Week 3 Overview Page
 - Read Chapters 6 & 20 (Endurance Training Adaptations & Aerobic Program Design)
 - Watch Lecture Video(s)
- LAB 2- (In class)
- ASSIGNMENTS
 - Any posted assignments (see Week 3 Overview) will be due Saturday, Feb 4

WEEK 4 – (Feb 6 – Feb 10)

- LECTURE
 - View Week 4 Overview Page
 - Read Chapters 5 & 17 (Anaerobic Training Adaptations & Res Train Program Design)
 - Watch Lecture Video(s)
- LAB 3- (In class)
- ASSIGNMENTS
 - Any posted assignments (see Week 4 Overview) will be due Saturday, Feb 11th

WEEK 5 – (Feb 13 – Feb 17)

- LECTURE
 - View Week 5 Overview Page
 - Read Chapters 7 & 18 (Age/Sex Related Differences & Plyometrics)
 - Watch Lecture Video(s)

- LAB 4- (In class)
- ASSIGNMENTS
 - Any posted assignments (see Week 5 Overview) will be due Saturday, Feb 18th

WEEK 6 – (Feb 20 – Feb 24)

- LECTURE
 - View Week 6 Overview
 - Read Chapters 19 & 23 (Speed/Agility Training & Facility Design)
 - Watch Lecture Video(s)
- LAB 5- (In class)
- ASSIGNMENTS
 - Any posted assignments (see Week 6 Overview) will be due Saturday, Feb 25th
- PROJECT INSTRUCTIONS
 - Program Design Project instructions will be provided at the end of Week 6

WEEK 7 – (Feb 27 – March 3)

- PROJECT
 - View Week 7 Overview
 - Work on Program Design Project and Submit (Due Saturday, March 4th)

WEEK 8 – (March 6 – March 10)

- COMPREHENSIVE EXAM
 - View Week 8 Overview
 - Take comprehensive exam on canvas (Due Friday, March 10th)

Important University Dates:

- January 24 – Deadline to Drop First 8-week classes with no record
- February 24 – Deadline to Drop First 8-week classes with a Quit (Q) or Withdraw (W)

Technology Requirements

This course will use the A&M-Central Texas Instructure Canvas learning management system.

We strongly recommend the latest versions of Chrome or Firefox browsers. Canvas no longer supports any version of Internet Explorer.

Logon to A&M-Central Texas Canvas [<https://tamuct.instructure.com/>] or access Canvas through the TAMUCT Online link in myCT [<https://tamuct.onecampus.com/>]. You will log in through our Microsoft portal.

Username: Your MyCT email address. Password: Your MyCT password

Canvas Support

Use the Canvas Help link, located at the bottom of the left-hand menu, for issues with Canvas.

You can select “Chat with Canvas Support,” submit a support request through “Report a Problem,” or call the Canvas support line: 1-844-757-0953.

For issues related to course content and requirements, contact your instructor.

Online Proctored Testing

A&M-Central Texas uses Proctorio for online identity verification and proctored testing. This service is provided at no direct cost to students. If the course requires identity verification or proctored testing, the technology requirements are: Any computer meeting the minimum computing requirements, plus web camera, speaker, and microphone (or headset). Proctorio also requires the Chrome web browser with their custom plug in.

Other Technology Support

For log-in problems, students should contact Help Desk Central, 24 hours a day, 7 days a week

Email: helpdesk@tamu.edu

Phone: (254) 519-5466

[Web Chat](http://hdc.tamu.edu): [<http://hdc.tamu.edu>]

Please let the support technician know you are an A&M-Central Texas student.

UNIVERSITY RESOURCES, PROCEDURES, AND GUIDELINES

Academic Accommodations

At Texas A&M University-Central Texas, we value an inclusive learning environment where every student has an equal chance to succeed and has the right to a barrier-free education. The Warrior Center for Student Success, Equity and Inclusion is responsible for ensuring that students with a disability receive equal access to the university's programs, services and activities. If you believe you have a disability requiring reasonable accommodations, please contact the Office of Access and Inclusion, WH-212; or call (254) 501-5836. Any information you provide is private and confidential and will be treated as such.

For more information, please visit our [Access & Inclusion](https://tamuct.instructure.com/courses/717) Canvas page (log-in required) [<https://tamuct.instructure.com/courses/717>]

Academic Integrity

Texas A&M University-Central Texas values the integrity of the academic enterprise and strives for the highest standards of academic conduct. A&M-Central Texas expects its students, faculty, and staff to support the adherence to high standards of personal and scholarly conduct to preserve the honor and integrity of the creative community. Any deviation by students from this expectation may result in a failing grade for the assignment and potentially a failing grade for the course. All academic misconduct concerns will be referred to the Office of Student Conduct. When in doubt on collaboration, citation, or any issue, please contact your instructor before taking a course of action.

For more [information regarding the student conduct process](https://www.tamuct.edu/student-affairs/student-conduct.html), [<https://www.tamuct.edu/student-affairs/student-conduct.html>].

If you know of potential honor violations by other students, you may [submit a referral](https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=0), [https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=0].

Drop Policy

If you discover that you need to drop this class, you must complete the [Drop Request](#) Dynamic Form through Warrior Web.

[<https://federation.ngwebsolutions.com/sp/startSSO.ping?PartnerIdpid=https://eis-prod.ec.tamuct.edu:443/samlss&SpSessionAuthnAdapterId=tamuctDF&TargetResource=https%3a%2f%2fdynamicforms.ngwebsolutions.com%2fSubmit%2fStart%2f53b8369e-0502-4f36-be43-f02a4202f612>].

Faculty cannot drop students; this is always the responsibility of the student. The Registrar's Office will provide a deadline on the Academic Calendar for which the form must be completed. Once you submit the completed form to the Registrar's Office, you must go into Warrior Web and confirm that you are no longer enrolled. If you still show as enrolled, FOLLOW-UP with the Registrar's Office immediately. You are to attend class until the procedure is complete to avoid penalty for absence. Should you miss the drop deadline or fail to follow the procedure, you will receive an F in the course, which may affect your financial aid and/or VA educational benefits.

Important information for Pregnant and/or Parenting Students

Texas A&M University-Central Texas supports students who are pregnant, experiencing pregnancy-related conditions, and/or parenting. In accordance with requirements of Title IX and related guidance from US Department of Education's Office of Civil Rights, the Dean of Student Affairs' Office can assist students who are pregnant and/or parenting in seeking accommodations related to pregnancy and/or parenting. Students should seek out assistance as early in the pregnancy as possible. For more information, please visit [Student Affairs](https://www.tamuct.edu/student-affairs/pregnant-and-parenting-students.html) [https://www.tamuct.edu/student-affairs/pregnant-and-parenting-students.html]. Students may also contact the institution's Title IX Coordinator. If you would like to read more about these [requirements and guidelines](http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf) online, please visit the website [http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf].

Title IX of the Education Amendments Act of 1972 prohibits discrimination on the basis of sex and gender—including pregnancy, parenting, and all related conditions. A&M-Central Texas is able to provide flexible and individualized reasonable accommodation to pregnant and parenting students. All pregnant and parenting students should contact the Associate Dean in the Division of Student Affairs at (254) 501-5909 to seek out assistance. Students may also contact the University's Title IX Coordinator.

Tutoring

Tutoring is available to all A&M-Central Texas students, both virtually and in-person. Student success coaching is available online upon request.

If you have a question, are interested in becoming a tutor, or in need of success coaching contact the Warrior Center for Student Success, Equity and Inclusion at (254) 501-5836, visit the Warrior Center at 212 Warrior Hall, or by emailing WarriorCenter@tamuct.edu.

To schedule tutoring sessions and view tutor availability, please visit [Tutor Matching Services](https://tutormatchingservice.com/TAMUCT) [https://tutormatchingservice.com/TAMUCT] or visit the Tutoring Center in 111 Warrior Hall. Chat live with a remote tutor 24/7 for almost any subject from on your computer! Tutor.com is an online tutoring platform that enables A&M-Central Texas students to log in and receive online tutoring support at no additional cost. This tool provides tutoring in over 40 subject areas except writing support. Access Tutor.com through Canvas.

University Library & Archives

The University Library & Archives provides many services in support of research across campus and at a distance. We offer over 350 electronic databases containing approximately 631,525 eBooks and 75,149 journals, in addition to the 97,443 items in our print collection, which can be mailed to students who live more than 50 miles from campus. Research guides for each subject taught at A&M-Central Texas are available through our website to help students navigate these resources. On campus, the library offers technology including cameras, laptops, microphones, webcams, and digital sound recorders.

Research assistance from a librarian is also available 24 hours a day through our online chat service, and at the reference desk when the library is open. Research sessions can be scheduled for more comprehensive assistance, and may take place virtually through WebEx, Microsoft Teams or in-person at the library. [Schedule an appointment here](https://tamuct.libcal.com/appointments) [https://tamuct.libcal.com/appointments]. Assistance may cover many topics, including how to find articles in peer-reviewed journals, how to cite resources, and how to piece together research for written assignments.

Our 27,000-square-foot facility on the A&M-Central Texas main campus includes student lounges, private study rooms, group work spaces, computer labs, family areas suitable for all ages, and many other features. Services such as interlibrary loan, TexShare, binding, and laminating are available. The library frequently offers workshops, tours, readings, and other events. For more information, please visit our [Library website](https://tamuct.libguides.com/index) [https://tamuct.libguides.com/index]

University Writing Center

University Writing Center: Located in Warrior Hall 416, the University Writing Center (UWC) at Texas A&M University–Central Texas (A&M–Central Texas) is a free service open to all A&M–Central Texas students. The hours of operation are from 10:00 a.m.-5:00 p.m. Monday thru Thursday in Warrior Hall 416 (with online tutoring available every hour as well) with satellite hours available online only Monday thru Thursday from 6:00-9:00 p.m. and Saturday 12:00-3:00 p.m.

Tutors are prepared to help writers of all levels and abilities at any stage of the writing process. While tutors will not write, edit, or grade papers, they will assist students in developing more effective composing practices. By providing a practice audience for students' ideas and writing, our tutors highlight the ways in which they read and interpret students' texts, offering guidance and support throughout the various stages of the writing process. In addition, students may work independently in the UWC by checking out a laptop that runs the Microsoft Office suite and connects to WIFI, or by consulting our resources on writing, including all of the relevant style guides. Whether you need help brainstorming ideas, organizing an essay, proofreading, understanding proper citation practices, or just want a quiet place to work, the UWC is here to help!

Students may arrange a one-to-one session with a trained and experienced writing tutor by making an appointment via [WCOonline](https://tamuct.mywconline.com/) [https://tamuct.mywconline.com/]. In addition, you can email Dr. Bruce Bowles Jr. at bruce.bowles@tamuct.edu if you have any questions about the

UWC, need any assistance with scheduling, or would like to schedule a recurring appointment with your favorite tutor.

OTHER POLICY STATEMENTS

A Note about Sexual Violence at A&M-Central Texas

Sexual violence is a serious safety, social justice, and public health issue. The university offers support for anyone struggling with these issues. University faculty are mandated reporters, so if someone discloses that they were sexually assaulted (or a victim of Domestic/Dating Violence or Stalking) while a student at TAMUCT, faculty members are required to inform the Title IX Office. If you want to discuss any of these issues confidentially, you can do so through Student Wellness and Counseling (254-501-5955) located on the second floor of Warrior Hall (207L). Sexual violence can occur on our campus because predators often feel emboldened, and victims often feel silenced or shamed. It is incumbent on ALL of us to find ways to actively create environments that tell predators we don't agree with their behaviors and tell survivors we will support them. Your actions matter. Don't be a bystander; be an agent of change. For additional information on campus policy and resources visit the [Title IX webpage](https://www.tamuct.edu/compliance/titleix.html) [<https://www.tamuct.edu/compliance/titleix.html>].

Behavioral Intervention

Texas A&M University-Central Texas cares about the safety, health, and well-being of its students, faculty, staff, and community. If you are aware of individuals for whom you have a concern, please make a referral to the Behavioral Intervention Team. Referring your concern shows you care. You can complete the [referral](https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=2) online [https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=2]. Anonymous referrals are accepted. Please see the [Behavioral Intervention Team](https://www.tamuct.edu/bit) website for more information [<https://www.tamuct.edu/bit>]. If a person's behavior poses an imminent threat to you or another, contact 911 or A&M-Central Texas University Police at 254-501-5805.

Copyright Notice.

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