HPW 455: Scientific Principles of Strength, Conditioning & Exercise Technique

Instructor: Kevin Kirschbaum MS, CSCS

Phone: 715-570-2248

Email: Kkirschb@uwsp.edu

Required Text and Material:

NSCA, Essentials of Strength and Conditioning 4th Edition

NSCA The Basics of Strength & Conditioning Manual (PDF)

Lecture: Two days/week, 50 minutes

Lab: One Day/week, 50 minutes

Credits: 3

Course Description: Students will begin in the classroom. A review of anatomy and physiology (muscular, neuromuscular, bone and connective tissue, cardiopulmonary); biomechanics; bioenergetics and metabolism, neuroendocrine physiology; physiological adaptations; anatomical, physiological and biomechanical differences of athletes; psychological techniques. Bi-weekly the class will be conducted in the Champions Hall Fitness Center, providing a coaching and teaching model for foundational exercises used in strength and conditioning. The utility and application of exercise progression from novice to complex movements, basic biomechanical concepts and teaching methods. Students will coach their classmates through movements identifying correct technique and progressions through coaching cues and constructive feedback. Students will research certifications through National Strength and Conditioning Association (NSCA), National Academy of Sports Medicine (NASM), and/or American College of Sport Medicine (ACSM). The course will prepare you to sit for Certified Strength and Conditioning Specialist, CSCS, Examination.

Schedule & Competencies:

Week/Day	Lecture & Lab Schedule	Readings/Location
Week 1: Day1	Welcome, Needs Analysis, Certification Reviews	NSCA Certification Handbook
		Lecture Room
D2	Structure and Function of Body	Lecture Room/Finished Ch. 1
	Systems/Biomechanics Resistance Training	Start Ch. 2
D3	Chapter 2 Lecture	Quiz/Chapter Tests
Week 2: Day 1	Bioenergetics of Exercise and Training Lecture	Finished Ch.3 Room
D2	Endocrine Responses to Resistance Exercise	Finished Ch. 4 Room
D3	Chapter 3 & 4 Review Lecture	Quiz/Chapter Tests
Week 3: Day 1	Adaptations to Anaerobic Training Programs	Lecture Room/Finished Ch. 5
		Start Ch. 6
D2	Adaptations to Aerobic Endurance Training	Lecture Room/Finished Ch.6
	Programs	
D3	Chapter 5 & 6 Review Lecture	Online. Quiz/Chapter Tests
Week 4: Day 1	Age- and Sex-Related Differences and Their	Lecture Room/Finished Ch. 7
	Implications for Resistance Exercise	
D2	Psychology of Athletic Preparation and	Lecture Room/Finished Ch. 8
	Performance	
D3	Chapter 7 & 8 Review Lecture	Online. Quiz/Chapter Tests

Week 5: Day 1 Basic Nutrition Factors in Health Finished Ch. 1 D2 Nutrition Strategies for Maximizing Performance Finished Ch. 10 D3 Performance-Enhancing Substances and Methods /Lecture Finished Ch. 11 Week 6: Day 1 Principles of Test Selection and Administration Lecture Room/Finished Ch. 12 D2 Administration, Scoring, and Interpretation of Selected Tests Lecture Room/Finished Ch. 13 D3 Lab Testing & Administration Online, Quiz/Chapter Tests Week 7: Day 1 Warm-Up and Flexibility Training Lecture Room/Finished Ch. 14 D2 Exercise Technique for Free-Weight and Machine Training Lecture Room/Finished Ch. 15 D3 Lab Dynamic Warm up, PNF stretching Online, Quiz/Chapter Tests Week 8: Day 1 Exercise Technique for Alternative Modes and Nontraditional Implement Training Lecture Room/Finished Ch. 16 D3 Review of Manual & Foundations Unline, Quiz/Chapter Test 16 Week 9: Day 1 Program Design for Resistance Training Lecture Room/Finished Ch. 17 Week 9: Day 1 Program Design and Technique for Alternative for Speed and Agility Training Lecture Room/Finished Ch. 18 D3 Lab: Strength & Power Exercise			T
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D2 Exam Prep: Scientific Foundations D3 Exam Prep: Practical/Applied	Week 15: Day 1		NSCA Certification Handbook
D3 Exam Prep: Practical/Applied		Exam Prep: Scientific Foundations	
	Finals Week		CSCS Practice Exam

<u>Practical/Applied</u>: Basics of Strength Training and Foundations of Coaching Lifts Marshfield Clinic Champions Hall Fitness Center and Multi Activity Center Competencies:

 Understand the anatomical, physiological, and safety concepts and terms related to the squat, bench press, push press, deadlift, power clean, power snatch, accessory lifts and movements in the Basics of Strength and Conditioning Manual and Foundations of Coaching Lifts

- Plyometric, Speed and Agility Drills
- Understand the utility and application of these movements
- Instruct lifters in proper exercise technique and use of progressions
- Identify technique errors in the performance of the movements
- Use and learn coaching cues to improve lifters' performance of the movements

Letter Grade Assignment:

Letter Grade	Percentage		
Α	93-100%		
A-	90-92%		
B+	87-89%		
В	83-86%		
B-	80-82%		
C+	77-79%		
С	73-76%		
C-	70-72%		
D+	67-69%		
D	60-66%		
F	0-59%		