**Applied Resistance Training, Conditioning & Exercise Program Design in our Community**

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**Required Text and Material:**

* NSCA, Essentials of Strength and Conditioning 4th Edition
* NSCA The Basics of Strength & Conditioning Manual (PDF)
* NSCA Foundations of Coaching Lifts
* Functional Movement Screen (FMS) PDF
* USA Weightlifting PDF

**Lab/Classroom: One Day/week, 1 hour 50 Minutes (Approx. 10 Hours) Practicum Location: TBD (Approx. 90 Hours)**

**Credits: 3**

**Course Description:**

Students will begin the first two weeks in the classroom and determine their on-site coaching location. Students will also receive the option of working in a setting that matches their occupational goals (below). This practical course will assess the student’s knowledge of program design, exercise techniques, testing, evaluation, and organization/administration. On-site supervisors will help with evaluation of the student within that particular setting. Students will meet every other week starting week 4 or 5 in the classroom to discuss competencies below, their experience and evaluate weekly training sessions from their onsite location. We will not be meeting every week in class. Zoom will be utilized and other locations TBD. Practicum on-site coaching locations are UWSP Champions Hall, UWSP ROTC, Local Fitness Facility, Community Organizations, Business Fitness Programs, Local Elementary, Middle or High Schools.

Students will learn to train athletes for the primary goal of improving athletic performance. They will learn to conduct sport-specific testing sessions, design and implement safe and effective strength training and conditioning programs and provide guidance regarding nutrition and injury prevention. Students will learn to take an individualized/interpersonal approach to assess, motivate, educate and train clients regarding their personal health and fitness needs. Students will be able to design safe and effective exercise programs, provide the guidance to help clients achieve their personal health/fitness goals, and respond appropriately if emergency situations arise.

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| **Week** | **Lab/Location** | **Discussion** |
| **1** | **Practicum Sites (classroom)** | **Learning Goals/Resume** |
| **2-3** | **Choose Practicum Location & Connect with On-Site Supervisor** **Develop Semester Timeline and Plan (classroom or zoom)** | **Continued** |
| **4** | **Learning Goals & Resume for onsite submittal (zoom)** | **Finalize Practicum Location** |
| **4-15** | **Onsite at Practicum Locations** | **6-8 Hrs./Wk.** |
| **4-5** | **Time Sheets (classroom)** | **Finalize Practicum Plan** |
| **8** | **Student Midterm Reflection Paper & Midterm Self Evaluation (classroom)** | **Discussion** |
| **9** | **Share Student Experiences (classroom)** | **Presentation** |
| **11** | **Share Practical & Applied Knowledge with Students (MCCHFC)** | **Presentation** |
| **13** | **Practicum Site Supervisor Evaluation & Site Visit Form (classroom)** | **Meet with Practicum Coordinator (Adjunct Professor)** |
| **15** | **Final Practicum Presentation (classroom)** | **Presentation** |
| **Finals Week** | **Final Practicum Evaluation Paper**  |  |

**Assignments:**

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| **Assignment** | **Points** |
| Resume | 15 |
| Learning Goals Worksheet | 15 |
| Timesheets | 50 |
| Midterm Reflection Paper | 10 |
| Midterm Self Evaluation | 10 |
| Field Work Handbook | 30 |
| Presentation (3) & Coordinator Meet up | 40 |
| Final Self Evaluation  | 10 |
| Final Reflection Paper | 20 |
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| Total | 200 |

## Letter Grade Assignment:

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