Instructor: Dr. Tim Scheett
Office: Silcox Rm 214
Phone: (843) 953-6538 (office)
Email: ScheettT@cofc.edu
Office hours: Open door policy or email to schedule a specific time

If my door is open – KNOCK FIRST – we can talk when I am finished with what I am doing. If you would like to schedule a specific appointment time for any reason – please email me 3 specific days and times that you can meet. I will check my calendar and email you back within 12-24 hours with the day and time that will accommodate both our schedules.

Course meeting: Lecture: T & TH 1:40 – 2:55 PM
Rooms S111 & Silcox Gym

Prerequisite courses: PEHD 340/Lab or permission of the instructor

Course Description: This course is designed to apply theoretical knowledge in the areas of exercise science toward the development of an optimal resistance training and conditioning program. Emphasis will be placed on achieving peak athletic performance through a long term manipulation of the program design.

Course Texts:


Additional Helpful Resources:
- NSCA Certification Commission, www.nsca-cc.org
Student Learning Outcomes:
Upon successful completion of the 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.

Grade Distribution: 900 points total - There will be multiple assignments with various deadlines throughout the semester. See below for a description of the assignments. Due dates will be determined during the first class meeting of the semester.

Rules Assignment (25 points) – Students will complete the rules assignment that is posted on OAKS. This assignment will provide all the information concerning guidelines for assignments and how the instructor requires students to submit materials as well as other class related items.

Lab participation (175 points) – Students will earn participation points by actively participating and demonstrating respective exercises for each lab as well as through participation in peer coaching. Peer coaching will consist of actively assisting classmates in correcting errors in technique. Students will also take turns leading an active dynamic warm-up in the beginning of each lab. Proper athletic clothing (shoes, shorts, shirt) is required to be worn each class and points will be deducted for failure to dress accordingly. No excuses will be accepted for failure to dress appropriately. Students that have a physical impairment that precludes participation in an exercise will still be required to perform peer coaching for these exercises.

Exams (300 points) – Students will take two written exams. Students will be exempt from the final exam if they schedule and TAKE the National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialists (CSCS) certification exam PRIOR TO April 30, 2013. Refer to the NSCA Certification Commission website for paper and pencil exam locations. Computer exam testing is available in Columbia, SC, Georgetown, SC, Spartanburg, SC, Savannah, GA, and Charlotte, NC as well as in numerous other cities in other states. Consult the NSCA Certification Commission website for specific days and times as well as to register for the certification exam: www.nsca-cc.org

Experiential Service Learning (2x50 points) – students will assist in the development and implementation of two resistance exercise events hosted by Campus Recreational Services. On February 5th students will assist with a Powerlifting event and on a date to be determined (following spring break) students will assist with a “CougarFit Games” event. Both events will be hosted on campus. Students will have the opportunity to engage in the planning, organization and implementation of the events.

Oral Symposium Presentation (100 points) – Students will work with 2 partners to prepare and present an oral symposium presentation from the topics listed below. The symposium should last about 30 min (this will be approximately 25-30 slides) followed by a 10 min question and answer period. The symposiums must be designed towards teaching a professional peer-group new information. The symposium presentations will include 1) a section outlining and discussing the physiological mechanisms; 2) a section on the appropriate exercise training
strategies including at least three samples of various programs or exercises designed to meet the goal of the topic; and 3) a section that presents research results including magnitude of change results from applied research studies that have examined the goal of the topic. A single PowerPoint file of the presentation and PDF files of 3-4 key references must be submitted to the OAKS dropbox by the day of the symposium. 10 points will be deducted per day that the PowerPoint and PDF files are not submitted to the OAKS dropbox. Guidelines for the oral symposium presentations will be discussed in class.

**Sport Analysis and Performance Training Assignment (200 points)**

Students may choose to either work alone or with a partner for both aspects of the assignment. Sports chosen for this assignment must be approved by Dr. Scheett prior to starting.

**Part 1:**
Students will be required to watch an entire high school, collegiate or professional sport competition of their choice to analyze the specific sport performance components of the sport (analyzing from memory is NOT allowed). Students will breakdown the sport based on the specific metabolic energy systems utilized (i.e. based on work:rest ratios) as well as the muscular (strength, power, speed, etc.) and cardiorespiratory physiological aspects required by the sport of their choice. Students will provide a written analysis reporting these values highlighting the physiological and metabolic aspects. In addition, the student should, if necessary, break the sport down by sub-areas (e.g. basketball: post players and guards; football: linemen and skill positions; baseball: pitchers and position players). **Part 1 will be submitted to the dropbox by February 26th.** Specific details will be discussed in class and a grading rubric will be posted on OAKS.

**Part 2:**
Students will make edits to the Sports Analysis assignment based on feedback and the grading rubric. Students will then complete the Performance Training portion of the assignment using an outline format to list the most appropriate assessment tests, resistance training and conditioning training goals and methods that should be used to train and develop the sport-specific metabolic and physiological aspects identified in the part 1 Sport Analysis. The Performance Training goals and methods must be broken down into appropriate training seasons (preseason, in-season, and off-season). These sections will be further subdivided into the following areas to match the stated goals (a) selection of appropriate performance tests, (b) selection of appropriate resistance training methods and (c) selection of appropriate conditioning training methods that could be used to train and develop the various sport-specific metabolic and physiological aspects identified in the part 1 Sport Analysis. This project will aid the student in developing a resource portfolio of training methods and assessment tests that they can refer to in the future if they enter the Sport Performance profession. **Part 2 will be submitted to the dropbox by April 23rd.** Specific details will be discussed in class and a grading rubric will be posted on OAKS.

All assignments require a reference section. All information must be from peer-reviewed professional journals. All references must be alphabetized by surname of first author and numbered. References are cited in the text by numbers [e.g., (4,9)]. All references listed must be cited in the assignment and referred to by number therein. Below are several examples of references:

**Journal Article**

**Book**
**Chapter in an edited book**

**Software**

**Proceedings**

**Dissertation/Thesis**

**No student will be allowed to use information gathered by another student for their own presentation (current or previous semester). Doing so will be deemed as a violation of the College of Charleston Honor Code.**

**Grade Scale:**

Course letter grades will be determined on the basis of overall performance. Earned points will be divided by total points and the following percentages will be used to determine final grades:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A</td>
<td>90 – 100</td>
</tr>
<tr>
<td>B</td>
<td>80 – 84</td>
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<tr>
<td>C</td>
<td>70 – 74</td>
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<tr>
<td>D</td>
<td>60 – 65</td>
</tr>
<tr>
<td>F</td>
<td>Below 60</td>
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</tbody>
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**Attendance:**

While it is recognized that certain unforeseen events may prevent you from attending a certain class, due to the lecture and discussion nature of this class it is vital that you attend and participate. **Due to the active learning nature of this class students will lose a single letter grade for every 2 classes missed.** If you miss more than 25% of the class, you will be assigned a grade of WA. If extreme circumstances necessitate an absence, you will be held responsible for the class material covered during your absence. Excused absences will be considered for the following: serious illness, hospitalization, death of a family member or close friend, attendance at an event representing the College of Charleston. Appropriate documentation must be provided from the Undergraduate Dean's Office for an absence to be considered excused. If a student has more than four unexcused absences that student may be removed from the class roster. **In addition, promptness is required as being tardy will count as an unexcused absence.**

**Class Participation:** This class was specifically designed to provide you as many applied hands-on experiences as possible. Therefore, you are **required to attend each class while wearing appropriate clothing** (i.e. exercise clothing with athletic shoes). Showing up for an application class without appropriate clothing will count the same as if you did not attend at all. See your instructor prior to the start of this course if you participate in an activity that may cause a problem with attendance (e.g. varsity sports) so proper arrangements can be made. If for personal or medical reasons several classes are missed, the instructor should be informed of
the reason. **Your full participation is expected and required** (medical conditions will be accepted with proper notification).

**Multi-media:**

**The use of any multi-media device during class is strictly prohibited!!** It is recommended that you bring a stand alone calculator to regular class meetings as well as exams. If your cell phone rings you will be asked to leave class. If you have a dire family emergency where you are expecting a call during class – you will be expected to take the seat next to the door and quietly exit the class if your phone vibrates. The possession of any multi-media device during examination will automatically result in a zero for that exam.

Final grades **will not be given out or posted at the end of the semester.** You will have to wait until you can access your grades via Cougar Trail or when the University sends out the official grade records.

**Honor System:** Review the current Student Handbook: A Guide to Civil and Honorable Conduct, especially the section pertaining to the classroom code of conduct.

You are expected to do your own work in this course. **If you are caught cheating or plagiarizing another individual’s work you will be reported to the appropriate University office and you will receive an “F” for a grade in the course.** You need to do any and all writing on your own and in your own words. Simply re-arranging a paragraph or changing one or two words of another individual’s work is still considered plagiarism. **The 1, 2, or 10 points you cheat for are not worth risking your ENTIRE academic career. DO NOT put me in a situation where I have to act accordingly.**

**General Notes:**

- It is strongly recommended that you read “ahead” of the presentations in order to allow for a group discussion following the presentations. The pace of the lecture presentations is approximately 1 topic every week, however, some are quicker or longer than others. On a regular basis I will try to make you aware of where we are at in the course so that you can prepare accordingly. **I strongly recommend that you read the text BEFORE and again after the lectures on that material.**

- The large volume of material presented in this class will necessitate frequent and consistent study. What you do the first week is as important as what you do the last week. Don’t put off studying for quizzes and exams until the last minute. Quite simply – **20 min of studying EVERYDAY** will prepare you to do well on the quizzes and thus the subsequent exams will not be as difficult to prepare for. **Exams and quizzes will be demanding and difficult; you must be thoroughly familiar with the information to the point of being able to interpret and apply it.** This is an upper level class and I fully expect each of you to think about the basic information you already know, interpret it and apply it to various situations.

- If you miss a class when handouts are provided it is your responsibility to get a copy of the handouts from another student. You are also responsible for obtaining the missed notes from another student. **DO NOT COME TO THE PROFESSOR AND ASK FOR HANDOUTS AND/OR NOTES FOR THE LECTURE(S) YOU MISSED.**
• If there is a student in this class who has a documented disability and has been approved to receive accommodations through SNAP Services, please feel free to come and discuss this with me during my office hours.

• Any student eligible for and needing academic adjustments or accommodations because of a disability is requested to speak with the professor in a timely manner so that your needs can be addressed.

• The College will make reasonable accommodations for persons with documented disabilities. Students should apply for services at the Center for Disability Services located on the first floor of the Lightsey Center, Suite 104. Students approved for accommodations should notify their professors as quickly as possible.

• This College abides by section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act that stipulates no student shall be denied access to an education “solely by reason of a handicap.” Disabilities covered by law include, but are not limited to, learning disabilities and hearing, sight or mobility impairments. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodations, please see an administrator at the Center of Disability Services, (843) 953-1431 or me so that such accommodation may be arranged.
Tentative Schedule for class topics and assignments:

Week 1 (Jan 10)  Introduction, Pick Topics for Assignments

Week 2 (Jan 15 & 17)  Dynamic Warm-up, Stretching, Body Weight Movements  
                       Oral Symposium - Circuit Training

Week 3 (Jan 22 & 24)  Technique for Lower Body Quadriceps Exercises  
                       Oral Symposium - Undulating Training or Non-linear Training vs.  
                       Linear Periodized Training

Week 4 (Jan 29 & 31)  Technique for Lower Body Glut/Ham Exercises  
                       Oral Symposium - Development of Muscular Strength

Week 5 (Feb 5 & 7)  Technique for Upper Body Extension Exercises (pushes)  
                       Oral Symposium - Development of Hypertrophy

Week 6 (Feb 12 & 14)  Technique for Medicine Balls  
                       SEACSM or Facility Design Assignment or Out of class RT  
                       Position Stand Assignment

Week 7 (Feb 19 & 21)  Technique for Upper Body Flexion Exercises (pulls)  
                       Oral Symposium - Kettle Bells

Week 8 (Feb 26 & 28)  Technique for Olympic/Power lifts  
                       Oral Symposium - Development of Muscular Power

Week 9 (March 12 & 14)  Technique for Olympic/Power lifts  
                        Oral Symposium - HIIT-High Intensity Interval Training

Exam 1 Due March 17th

Week 10 (March 19 & 21)  Technique for Agility and Quickness Exercises  
                         Oral Symposium - Development of Agility and Balance

Week 11 (March 26 & 28)  Technique for Plyometric Exercises  
                          Oral Symposium - Plyometric Training

Week 12 (April 2 & 4)  Technique for Speed Development Exercises  
                       Oral Symposium - Development of Speed and Quickness

Week 13 (April 9 & 11)  Technique for Bands, Chains and Instability Devices  
                        Oral Symposium - Instability and Unstable Training
Week 14 (April 16 & 18)  Technique for Running
Oral Symposium - Development of Aerobic Conditioning (HIE-High Intensity Exercise, SIT-Sprint Interval Training and CET-Continuous Endurance Training)

Week 15 (April 23)  Class Competition

Final Exam: Tuesday, April 30th @ 12:00 pm

Oral Symposiaums – choose 1 with 2 partners
1. Circuit Training
2. Undulating Training or Non-linear Training vs. Linear Periodized Training
3. Development of Muscular Strength
4. Development of Hypertrophy
5. Kettle Bells
6. Development of Muscular Power
7. HIIT-High Intensity Interval Training
8. Development of Agility and Balance
9. Plyometric Training
10. Development of Speed and Quickness
11. Instability and Unstable Training
12. Development of Aerobic Conditioning (HIE-High Intensity Exercise, SIT-Sprint Interval Training and CET-Continuous Endurance Training)