Instructor: Amber Manor, MS, SCCC, CSCS  
Office: Weight Room (Johnson 102)  
Office hours: email to schedule an individual appointment  
Phone: (O) 843-953-3602 (C) 785-456-4830  
Email: manoraj@cofc.edu

Course meeting place  
Tuesday – Johnson Physical Education Center, Room 105  
Thursday – Johnson Physical Education Center, Weight Room, J102

Course meeting time  
Tuesday/Thursday 9:25-10:40am

Required Textbooks

Prerequisites  
BIOL 201, 202; EXSC 340; May not be taken concurrently

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 proper knowledge and understanding to lead individuals to peak athletic performance through a long-term manipulation of the program design.

Course Objectives
- Develop the ability to demonstrate and teach strength and conditioning exercise techniques.  
- Develop proficiency in testing and evaluation of components of physical fitness as well as advanced athletic performance assessments. Including the principles of test selection, administration, scoring and interpretation of results.  
- Develop an understanding of the key topics for designing safe and effective strength and conditioning programs.  
  - Exhibit understanding about the order and form for warm-up activities, stretching, plyometric, aerobic, power and resistance training exercises.  
  - Distinguish the difference in periodization, exercise prescription and rehabilitation when designing a strength and conditioning program for anaerobic and aerobic endurance athletes.

Student Learning Objectives
- As a result of participating in this class, students should be able to design the basic structure for a sport macrocycle for strength training including but not limited to phases of endurance, hypertrophy, power, and strength.  
- As a result of synthesizing the class lab material, students should be able to demonstrate and teach techniques in agility and plyometric drills, power movements, conditioning drills, dynamic exercises, stretching and self-myofascial release.
As a result of interpreting the course content, students should be able to evaluate proper program design depending on an athlete’s goals and be able to structure proper testing methodology to measure changes in performance.

**Grade**

<table>
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<tr>
<th>Evaluation Criteria Summary</th>
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<tr>
<td>Exams/Practical</td>
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<td>Final Exam</td>
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<td>Quizzes</td>
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<td>Lab Activities</td>
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<td>Small Group Project</td>
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<td><strong>Total</strong></td>
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**Evaluation Scale:**

- **A = 90-100%**  
  - A- = 88-89.9%
- **B+ = 85-87.9%**  
  - B = 80-84.9%
- **B = 75-77.9%**  
  - B- = 78-79.9%
- **C+ = 75-77.9%**  
  - C = 70-74.9%
- **C = 66-67.9%**  
  - C- = 68-69.9%
- **D+ = 66-67.9%**  
  - D = 64-65.9%
- **D = <62.9%**

**Exams and Practicals (200pts):** Two Exams (50 points each) will be given during the semester. Multiple choice, matching, fill in the blank and short answer questions. Material from lectures, textbook, manual and other readings.

Two practical exams (50 points each) covering exercise technique and administration learned during the lab portion of the course.

**Final Exam (200pts):** The final exam will be cumulative on all topics from the course (labs and lectures).

**Quizzes (50pts):** There will be five quizzes that will test your knowledge and to prepare you for the exams.

**Lab Activities (100pts):** Lab activities may consist of testing sheets, programming sheets, discussion questions/case studies handouts.

**Small Group Project (100pts):** Students will be assigned to groups and given a specific training concept, theory or program and asked to prepare a 15-minute presentation.

**Class Policies**

- **Exam Policy:** You will be notified at least one week in advance if there is a change in an exam date. Exams must be taken on the day assigned unless arrangements are made prior to the test date. All make-up exams must be made up within one week of the original exam date. It is the student’s responsibility to make the necessary arrangements. If a student is absent on the day of an exam, he/she will receive a zero if the instructor is not notified before class time. In case of taking a make-up exam, the instructor reserves the right to give you a different exam.

- **Late Policy:** For assignments, each 24 hours late reduces the grade by 10%. INCLUDING WEEKENDS.

- **Quiz Policy:** There are no opportunities to make up a quiz! If you are late to class on a day there is a quiz, you will not be given the quiz.

- **Attendance:** You are allowed 3 absences, this includes excused and unexcused, so use them wisely. Each additional absence will be a 3-point reduction off your final grade. Also, two tardies will count as one absence. *Note- If you skip 2 classes and are then sick for 2 other classes, you will lose 3 points.

- **Policy for Response to Questions:** While I strive to be as responsive as possible to all student questions/issues, do not expect to receive a response after regular business hours Monday-Friday or at any time on the weekends. Please ask any major questions related to assignment or exams during office hours, by e-mail or in-person prior to 5:00pm the day before an assignment is due or an exam is to be administered.

- **Electronic Device Policy:** All devices are to be turned to silent during class. No electronic notifications or communication are allowed unless special arrangements have been made ahead of time. *Unless your phone is being used during certain lab situations*, please keep your phone in your bag, not in your pocket or on your desk. Laptop computers and tablets may be used for note taking purposes. Anyone
found to be using a phone for voice, text, or other instant messaging or social media purposes will be asked to leave and will be marked absent for that class, forfeiting any participation, quiz, or exam grade that day. *I will announce when you may use your phone during certain class activity.*

- **Calculators:** Bring a calculator to class every day, including exam days. Cellphones, tablets and notebooks are not allowed as calculators at any time for tests.

**Provisions for Students with Special Needs**
Any student eligible for and needing accommodation because of a disability is requested to speak with the professor during the first two weeks of class or as soon as the student has been approved for services so that reasonable accommodations can be arranged. 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 be in contact with an administrator at the Center of Disability Services, (843) 953-1431 or [http://disabilityservices.cofc.edu](http://disabilityservices.cofc.edu)

**Academic Support Services—The Center for Student Learning**
The CSL, located on the first floor of the library, offers a wide variety of tutoring and other academic resources that support many courses offered at the College. Services include walk-in tutoring, by appointment tutoring, study strategies appointments, Peer Academic Coaching (PAC), and Supplemental Instruction (SI). All services are described and all lab schedules are posted on the CSL website [http://csl.cofc.edu/](http://csl.cofc.edu/), or call 843.953.5635 for information.

**College of Charleston’s Honor Code and Academic Integrity**
Students can find the complete Honor Code and all related processes in the Student Handbook. [http://studentaffairs.cofc.edu/honor-system/studenthandbook/index.php](http://studentaffairs.cofc.edu/honor-system/studenthandbook/index.php)

**Changes to Syllabus**
The Schedule, policies, and procedures listed in this syllabus are subject to change, at the discretion of the Instructor. Updates will be provided to students.

**Tentative Schedule**

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<th>Week of</th>
<th>Tuesday</th>
<th>Thursday</th>
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<tr>
<td></td>
<td><strong>Chapter</strong></td>
<td><strong>Topic</strong></td>
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<tr>
<td>Jan. 9th</td>
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<td>CLASSES NOT STARTED</td>
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<tr>
<td>Jan. 16th</td>
<td>14</td>
<td>Dynamic Warm-up</td>
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<tr>
<td>Jan. 23rd</td>
<td>14</td>
<td>Static Warm-up</td>
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<td>Jan. 30th</td>
<td>13</td>
<td>Testing and Assessment</td>
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<tr>
<td>Feb. 6th</td>
<td>15</td>
<td>Resistance Training exercises</td>
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<td>Feb. 13th</td>
<td>15</td>
<td>Power Training exercises</td>
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<td>Feb. 20th</td>
<td>18</td>
<td>Plyometric exercises</td>
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<tr>
<td>Feb. 27th</td>
<td>Practical</td>
<td></td>
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<tr>
<td>Mar. 6th</td>
<td></td>
<td>SPRING BREAK!!!!</td>
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<tr>
<td>Mar. 13th</td>
<td>16</td>
<td>Non-traditional exercises</td>
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<td>Mar. 20th</td>
<td>19</td>
<td>Speed and agility drills</td>
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<tr>
<td>Mar. 27th</td>
<td>Book reports</td>
<td>21</td>
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<td>Apr. 3rd</td>
<td>Book reports</td>
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<tr>
<td>Apr. 10th</td>
<td>Field Trip</td>
<td>23 &amp;24</td>
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<tr>
<td>Apr. 17th</td>
<td>22</td>
<td>Rehab DARPE</td>
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<tr>
<td>Apr. 24th</td>
<td>Practical</td>
<td></td>
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<tr>
<td>May 1st</td>
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