

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism
Division of Health and Human Performance

KINE 360 (PHED 364): Strength Training: Concepts & Applications
Fall 2011

DAY/TIME: MW 10:30 – 11:45 a.m. LOCATION: Bull Run 148
PROFESSOR: Dr. Margaret T. Jones, EMAIL ADDRESS: mjones15@gmu.edu
CSCS*D, FACSM
OFFICE LOCATION: PW 208A Bull Run Hall PHONE NUMBER: 703-993-3247
OFFICE HOURS: MW 12:00–1:00,
or by appointment

PREREQUISITES:
BIOL 124, BIOL 125, KINE 300, KINE 310

COURSE DESCRIPTION:

This course provides students with an opportunity to develop an in-depth understanding of the principles of strength training and conditioning, including anatomical and physiological considerations, lifting techniques, equipment selection, program development and evaluation, and weightlifting safety. Emphasis will be placed upon assessment, description, and analysis of sport movement and designing training programs to enhance performance variables. While this course will assist those who desire to sit for the National Strength and Conditioning Association's (NSCA) Certified Strength and Conditioning Specialist (CSCS) Exam, it is NOT a preparation course for the NSCA-CSCS exam.

COURSE OBJECTIVES:

Upon completion of KINE 360, competency should be demonstrated in the following areas:

1. Explain the physiological adaptations to resistance training.
2. Explain the role of bioenergetics to metabolic specificity of training.
3. Design and evaluate programs for developing strength, power, speed, and conditioning.
4. Justify the value of Olympic lifting to athletic performance.
5. Present the difference between strength training and power training.

COURSE OVERVIEW:

Material for the course will be drawn from the required textbook and assigned readings of published research. Class lectures will be presented in PowerPoint with handouts posted on BLACKBOARD in advance of class meetings.

- Attendance - Students are expected to attend class. A grade of zero will be assigned to any missed assignment without prior permission from the instructor. Late assignments will receive a letter grade deduction for each 24 hr period past the deadline. Attendance is required at laboratory sessions.
- Classroom Demeanor - Students are expected to attend all class sections, participate in class discussions, complete in-class exercises, and fulfill all assignments. Anyone exhibiting

inappropriate behavior may be asked to leave (e.g. sleeping in class, texting). University policy states that all sound emitting devices shall be turned off during class unless otherwise authorized.

- Academic Honesty - Students are held to the standards of the George Mason University Honor Code. Students are expected to honestly represent their work. The possible situations when a student could violate these expectations range from incorrectly citing or failing to cite references/footnotes within papers and projects to cheating on an examination or assignment. Academic integrity is the responsibility a student assumes for honestly representing all academic work. This includes but is not limited to quizzes, examinations, projects, and other forms of oral and written endeavors.
- Accommodation Planning - Students with disabilities who seek accommodations in a course must be registered with the Office of Disability Services (ODS) and inform the instructor, in writing, at the beginning of the semester [See ods.gmu.edu]

REQUIRED READINGS:

Baechle, Thomas R. & Roger Earle (ed.). *Essentials of Strength Training and Conditioning (3rd edition)*. Human Kinetics, Champaign, 2008.

ISBN-13: 978-0-7360-5803-2

EVALUATION:

A. Written Examinations

Unit Exam #1	30%	(Objectives 1,2)
Unit Exam #2 (Final Exam)	30%	(Objectives 3,4,5)

B. Unannounced Quizzes

20% (Objectives 1-5)

C. Laboratory sessions

10% (Objectives 1-5)

D. Project

10% (Objectives 1-5)

FINAL EXAM:

10:30-1:15, Wednesday, December 14, 2011 (bring scantron sheet)

Grading Scale

A = 94 – 100	B+ = 88 – 89	C+ = 78 – 79	D = 60 – 69
A- = 90 – 93	B = 84 – 87	C = 74 – 77	F = 0 – 59
	B- = 80 – 83	C- = 70 – 73	

Tentative Course Schedule

Date	Topic	Readings/Assignments Due
8/29	Course Introduction	
8/31	Neuromuscular System	B&E: CH 1
9/5	Labor Day – no class	
9/7	Neuromuscular System	B&E: CH 1
9/12	NM System, Bioenergetics	B&E: CH 1, 2
9/14	Lab 1	Dress appropriately
9/19	Bioenergetics	B&E: CH 2
9/21	Bioenergetics	B&E: CH 2
9/26	Endocrine Responses	B&E: CH 3
9/28	Endocrine Responses	B&E: CH 3
10/3	Biomechanics	B&E: CH 4
10/5	Biomechanics	B&E: CH 4
10/10	Columbus Day – no class	
10/11	Anaerobic Training Adaptations	B&E: CH 5
10/12	Lab 2	Dress appropriately
10/17	Midterm Examination	Bring scantron sheet
10/19	Age & Gender Differences	B&E: CH 7
10/24	Testing	B&E: CH 11,12
10/26	Testing	B&E: CH 11,12
10/31	Resistance Training	B&E: CH 14, 15
11/2	Lab 3	Dress appropriately
11/7	Plyometrics	B&E: CH 16
11/9	Plyometrics	B&E: CH 16
11/14	Speed Development	B&E: CH 17
11/16	Speed Development	B&E: CH 17
11/21	Periodization	B&E: CH 19
11/23	Thanksgiving Break –no class	
11/28	Periodization	B&E: CH 19
11/30	Lab 4	Dress appropriately
12/5	Final Project Presentations	Business casual dress http://www.career.vt.edu/JobSearchGuide/BusinessCasualAttire.html
12/7	Final Project Presentations	Business casual dress

Note: Faculty reserves the right to alter the schedule as necessary.

COLLEGE OF EDUCATION AND HUMAN DEVELOPMENT

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://academicintegrity.gmu.edu/honorcode/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/1301gen.html>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.
- Students are expected to exhibit professional behaviors and dispositions at all times.

Campus Resources

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].

SCHOOL OF RECREATION, HEALTH AND TOURSIM

- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].

