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.
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:

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

<table>
<thead>
<tr>
<th>Grade</th>
<th>Score Range</th>
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<tbody>
<tr>
<td>A</td>
<td>94 – 100</td>
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<tr>
<td>A-</td>
<td>90 – 93</td>
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<tr>
<td>B+</td>
<td>88 – 89</td>
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<tr>
<td>B</td>
<td>84 – 87</td>
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<tr>
<td>B-</td>
<td>80 – 83</td>
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<td>C+</td>
<td>78 – 79</td>
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<tr>
<td>C</td>
<td>74 – 77</td>
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<tr>
<td>C-</td>
<td>70 – 73</td>
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<tr>
<td>D</td>
<td>60 – 69</td>
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<tr>
<td>F</td>
<td>0 – 59</td>
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Tentative Course Schedule

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

- 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].