

California State University, San Bernardino

CSUSB ScholarWorks

Q2S Enhancing Pedagogy

2020

Approaches to Teaching in Kinesiology

Matthew Jackson

matthew.jackson@csusb.edu

Follow this and additional works at: <https://scholarworks.lib.csusb.edu/q2sep>

Recommended Citation

Jackson, Matthew, "Approaches to Teaching in Kinesiology" (2020). *Q2S Enhancing Pedagogy*. 80.
<https://scholarworks.lib.csusb.edu/q2sep/80>

This Course Outline / Syllabus is brought to you for free and open access by CSUSB ScholarWorks. It has been accepted for inclusion in Q2S Enhancing Pedagogy by an authorized administrator of CSUSB ScholarWorks. For more information, please contact scholarworks@csusb.edu.

California State University, San Bernardino
College of Natural Sciences, Department of Kinesiology
KINE 4500, Principles of Strength and Conditioning, (Semester, Yr)

Course and Instructor Information

Instructor:
Office Location:
Telephone: (909) 537-
Email: @csusb.edu
Office Hours:
Class Days: MWF
Meeting Time:
Lecture Classroom:
Activity Classroom: HP B009

Course Web Site

<http://blackboard.csusb.edu>

To log on the website for notes, announcements, assignments, discussion items, and grades: go to the website and log in using your student I.D. and password.

Catalog Description

KINE 4500. Principles of Strength and Conditioning.
Units.

3

An examination of the acute and chronic effects of various forms of strength training and conditioning in the generally healthy individual. Content is consistent with skills necessary to prepare students as health and fitness professionals by the National Strength and Conditioning Association and the United States Registry of Exercise Professionals.

Course Prerequisite

KINE 3200 and KINE 3800

Course Learning Objectives/Outcomes

The following objectives are designed to instruct the student in how to conduct strength and conditioning programs for apparently healthy normal individuals. Discussion will take place in class on how to modify these principles for special populations including children, seniors and rehabilitation. Upon completing this course students will be competent in the following parameters:

LO1. Be able to discuss the basic concepts related to energy production for human movement and athletic performance.

LO2. Be able to discuss acute physiological responses to strength and conditioning training programs at the muscle, neurological, endocrine, skeletal, and cardiovascular level.

- LO3. Be able to discuss chronic physiological adaptations to strength and conditioning training programs at the muscle, neurological, endocrine, skeletal, and cardiovascular level.
- LO4. Be able to discuss basic exercise training theory as it relates to adaptation, accommodation, specificity and overtraining.
- LO5. Be able to discuss principles of test selection, administration, and interpretation.

Required Texts/Readings

Textbook

Title: Haff, GG, and Triplett, NT, eds. *Essentials of Strength Training and Conditioning*, 4th ed. Champaign, IL: Human Kinetics, 2016

ISBN: 978-1-4925-7496-5

Copyright Year: 2016

Publisher: Human Kinetics
(Available in the CSUSB Bookstore)

Other equipment requirements

Proper active wear is required during the activity portion of the course. Devices other than a scientific calculator will not be permitted during quizzes and exams. Sharing calculators during exams is prohibited.

Grading Policy

Attendance/Participation:

This class requires active participation; each student is expected to participate in the physical activities covered throughout the term. If you are more than **15 minutes** late to class you will **not** be allowed to participate in the class for that day due to the disruption to the class progress and will miss any points for assignments for that day. The student can only attend the class section(s) they are enrolled in and may not attend other class section(s). Attendance will be taken randomly over the course of the term. If a student is not present they will not receive credit.

Assessment Activities: Students will participate and administer anaerobic and speed/agility assessments and submit a typed laboratory report of the results. Each student will perform activities as both a technician and subject. Data collection must be completed during class. Students will assist each other but will submit individual reports. These are formal professional writing assignments aimed to develop scientific writing skills. Use formal language. All reports must be typed, handwritten reports will not be accepted. Multiple reports might be submitted on each due date listed below; the number will be determined by the pace of the course and announced in class. Students who copy or share data are committing an act of academic dishonesty and will face disciplinary action (see University Policies on course withdrawal, cheating, and plagiarism). This class requires active participation; each student is expected to participate in the physical activities covered throughout the term.

Article Readings: Read article provided by instructor and summarize article and upload to blackboard. Be prepared to discuss in class.

Quizzes: Four (4) ***unannounced*** quizzes will be administered at the beginning of class throughout the quarter. Each quiz will cover topics prior to that day, and students will have 10 minutes to complete it. **Students must be present to take the quiz; there will be no make-up dates for any quizzes. If the student comes to class after the quiz has been handed out they will not be allowed to take the quiz.** The instructor may occasionally administer an online assignment on Blackboard; this will count the same as a quiz.

Examinations: There will be three examinations based on content covered prior to examinations. Each examination will include all lecture and laboratory topics prior to that day.

Program Group Presentations: Students will form groups of two. Each group will be given a case study to present to course. The students will apply the concepts learned over the course of the term and create an exercise prescription for their case study. Presentation is to be made in the form of a PowerPoint presentation and presented in class on the assigned day.

Research Involvement (optional): During the quarter, students may opt to 1) participate as a volunteer in a research study conducted in the kinesiology department, 2) assist in an investigation, or 3) attend a professional kinesiology-related conference. This assignment is optional and proof of full completion may be used to earn points towards your final grade. See the instructor for more details. Documentation paperwork provided on Blackboard.

Note on Grading Policy: Learning is an active process and the student is responsible for his or her own experience. Accordingly, this is an activity-based course that requires student participation, and due to limited class meetings per term, the course must proceed as scheduled. Any work not submitted by the due date as a result of an absence—including medical, university-related, family-related, or personal reasons—will not be excused. There will be no make-up dates for any of the items listed above. No work will be accepted after the due date. If an emergency arises, you must notify the instructor prior to each due date. Course will be based on a 1000 point scale, though students have the opportunity to earn more than 1000 points over the course of the quarter. There will be no extra credit. There will be no make-up classes.

Grading Scale:

Attendance/Participation:		=	50 points	(5% of final grade)
Lab Assessment/Reports:	2 ×	50 points each	=	100 points (10% of final grade)
Assignments:	3 ×	40 points each	=	120 points (12% of final grade)
Quizzes:	4 ×	20 points each	=	80 points (8% of final grade)
Examinations:	3 ×	150 points each	=	450 points (45% of final grade)
Presentation:	1 ×	200 points	=	200 points (20% of final grade)
Optional (Asgmt, Presentation, Participation)	1 ×	10 points	=	<u>10 points</u> (1% of final grade)
		Total:	1,010 points	(101% of final grade)

1000 – 930 = A	899 – 870 = B+	799 – 770 = C+	699 – 670 = D+	≤ 599 = F
929 – 900 = A-	869 – 830 = B	769 – 730 = C	669 – 630 = D	
	829 – 800 = B-	729 – 700 = C-	629 – 600 = D-	

University Policies

Americans with Disabilities Act (ADA) (Accessibility) Statement:

It is the policy of California State University, San Bernardino to make reasonable accommodations for qualified students with disabilities, in accordance with the Americans with Disabilities Act (ADA). If you are in need of an accommodation for a disability in order to participate in this class, please contact Services to Students with Disabilities at UH-183, (909) 537-5238.

California State University, San Bernardino Diversity Statement:

California State University, San Bernardino (CSUSB) seeks a campus climate that welcomes, celebrates, and promotes respect for the entire variety of human experience. In our commitment to diversity, we welcome people from all backgrounds and we seek to include knowledge and values from many cultures in the curriculum and extra-curricular life of the campus community.

University Policies on Course Withdrawal, Cheating and Plagiarism:

Cheating and Plagiarism will not be tolerated and will result in failing grade for the assignment/exam. See Academic Regulations and Procedures in the University Bulletin of Courses for the University policies on course withdrawal, cheating, and plagiarism. For this class, all assignments are to be completed by the individual student unless otherwise specified.

Department Professional Standards and Expectations of Students:

The Kinesiology Department at California State University, San Bernardino strives for optimal student success during their academic programs and in prospective jobs and/or post-graduate degree programs. We as a department have high ethical and professional standards that help promote an environment where all individuals have the opportunity to succeed academically, professionally, and personally. We expect these standards to be followed on campus and in the classroom and at any external events or schools where you are representing CSUSB's Kinesiology Department. Some of these standards include: accountability of attending class on time and coming prepared, having respect for your peer and instructors, taking responsibility for your actions or lack of actions, practicing academic integrity, communicating appropriately via email in a professional manner (i.e., address professors correctly, identify what class you are in, use professional language), and strive to improve verbal professional communication with peers and instructors. More specific standards and expectations can be found on the Kinesiology Department website, <http://kine.csusb.edu/mission.html>.

Water and Physical Activity

Students who are enrolled in activity courses or any course that requires physical activity as part of the course curriculum should bring a source of water to every class meeting.

Dropping and Adding

You are responsible for understanding the policies and procedures about add/drops, academic renewal, etc. (see CSUSB Bulletin).

Course Outline

(Note: subject to change)

Week	Lecture Topic	Items Due
1	Intro/Syllabus/ Needs Analysis (CH 17)/ Principles of Test Selection and Administration (CH 12)	
2	Bioenergetics of Exercise and Training (CH 3)/ Endocrine Responses to Resistance Exercise (CH 4)	
3	Warm-up and Flexibility Training (CH 14)/ Adaptations to Aerobic Training Programs (CH 6)	
4	Program Design and Technique for Aerobic Endurance Training (CH 20)	

	Exam 1	
5	Adaptation to Anaerobic Training Programs (CH 5)/ Program Design for Resistance Training (CH 17)	
6	Anaerobic Assessment Lab	
7	Periodization (CH 21) Exam 2	
8	Program Design for Resistance Training (CH 18)/ Program Design and Technique for Speed and Agility Training (CH 19)	
9	Speed and Agility Assessment Lab	
10	Rehabilitation and Reconditioning (CH 22)	
11	Basic Nutrition Factors in Health (CH 9)/ Nutrition Strategies for Maximizing Performance (CH 10)	
12	Performance-Enhancing Substances and Methods (CH 11) Presentation Prep	
13	Exam 3 Presentation Prep	
14	Presentation Day	
15	Presentation Day	
16	Final Exam (Presentations)	