

**Colorado Mesa University**  
**Department of Kinesiology**

**KINE 403 – Advanced Strength and Conditioning**  
Spring 2022, CRN # 47540

**Instructor:** Kristin Heumann, PhD, CSCS\*D, c-EP      **Class Times:** TR 8:00 – 9:15 AM  
**Office:** MC 238      **Class Locations:** EH 128  
**Office Hours:** MW10:00-11:00 AM in-person with a mask required  
TR 2:00-3:30 PM on Microsoft Teams  
**Dept. Phone:** 248-1763  
**Email:** [kheumann@coloradomesa.edu](mailto:kheumann@coloradomesa.edu) \*\*Please allow at least 24 hours for a response\*\*

**COURSE DESCRIPTION**

Emphasis on strength and conditioning techniques and program design.

**REQUIRED TEXTBOOKS**

Haff, G.G., & Triplett, N.T. **Essentials of Strength Training and Conditioning, 4<sup>th</sup> ed.** Human Kinetics, 2016. ISBN-13: 978-1-4925-0162-6.

**COURSE FORMAT**

This course combines lecture, independent assignments, readings, hands-on learning, student presentation, and written exams.

**Exams:** The exams include lecture material, assigned readings and information from the hands-on technique portion of class.

**STUDENT LEARNING OUTCOMES**

1. Apply biomechanical principles to movement and be able to communicate and formulate conclusions about the results.
2. Describe procedures and/or statistical analyses for physiological assessments.
3. Evaluate the functions of the individual body systems.
4. Identify the scope and definitions of health, fitness, and human performance with the ability to analyze the data critically.

**COURSE OBJECTIVES**

1. To design and implement an individualized strength and conditioning program.
2. To understand and apply principles essential to effective program design.
3. To demonstrate knowledge of the basic physiological adaptations that result from various strength and conditioning programs.
4. To demonstrate knowledge of the factors external to training that may affect performance.
5. To acquire a foundational knowledge of strength and conditioning programs that will enable a student to successfully complete a National Strength and Conditioning Association certification examination.

## **COURSE REQUIREMENTS**

Please place your cell phone on “silence/off” during all class sessions. DO NOT use them during class time. The instructor reserves the right to dismiss you from class if you are using your cell phone during class time.

**Plagiarism of any kind will not be tolerated.** Citations and reference lists should be used whenever an outside source is referred to for information.

An undergraduate student should expect to spend on this course a minimum of two hours outside the classroom for every hour in the classroom. The outside hours may vary depending on the number of credit hours or type of course. More details are available from the faculty member or department office and in CMU’s *Curriculum Policies and Procedures Manual*.

## **ACADEMIC INTEGRITY**

You, as a student, accept the following statements as a part of your obligation to the Colorado Mesa University academic community:

1. Never intentionally represent the works or ideas of others as your own without proper acknowledgment. Examples include a submission of purchased research papers as one's own work, paraphrasing and/or quoting material without properly documenting the source be it from a hard document or internet web page;
2. Never use unauthorized material, falsified, altered, or fabricated information in an academic assignment or campus related activity;
3. Never take someone else's ideas during a discussion or from a lecture without citing the individual and the circumstances of the lecture or discussion;
4. Never infringe upon the rights of other students by removing material from the library without authorization, defacing or destroying library materials, or similarly abusing library privileges. Such acts are considered to be academic dishonesty and will be treated as such;
5. Never give or receive assistance on an examination, quiz, term paper, or project unless specifically authorized by the instructor to do so;
6. Never forge an academic document;
7. Never submit in whole or substantial portions of either written or oral academic work which has previously earned credit, when submission is made without instructor authorization;
8. To respect the rights of other students in the area of computer usage. Specifically, every student has a right to privacy and a fair share of resources. Any abuse of these rights or unauthorized access to another student's computer program is considered academic dishonesty.
9. To take appropriate action, as dictated by personal honor, upon becoming aware of a violation of academic integrity. This includes reporting the violation to the faculty member, the department head, confronting the student(s) involved, or exerting some form of peer pressure or social sanction.

**Students found to have violated any of these standards will be sanctioned. In addition, the student will be given a failing grade for the course.**

Students are expected to adhere to the academic policies of Colorado Mesa University, found at: <http://www.coloradomesa.edu/academics/policies.html>

The Americans with Disabilities Act (ADA) is a federal antidiscrimination statute that provides comprehensive civil rights protection for persons with disabilities. One element of this legislation requires that all qualified students with documented disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. In coordination with Educational

Access Services, reasonable accommodations will be provided for qualified students with disabilities. Please meet with the instructor the first week of class to make arrangements. The Coordinator of Educational Access Services can be contacted at 248-1826, or in person in Houston Hall, Suite 108.

### **TOMLINSON LIBRARY**

CMU's professional reference librarians support students with their research (finding print and electronic resources, evaluating sources, and citing them) – so don't be shy!

24/7 chat support from librarians is available via the library homepage and/or you can email your questions to [libref@coloradomesa.edu](mailto:libref@coloradomesa.edu).

The Reference Desk is on the first floor of Tomlinson Library. Reference Desk hours: Monday-Thursday 8am-9pm; Friday 8am-5pm; Saturday 10am-5pm; and Sunday 1pm-9pm. You can also reach a librarian by calling 970.248.1860.

### **THE WRITING CENTER HH223**

The Writing Center serves students across all disciplines and various stages of the writing process. We provide support for students to assimilate into the writing conventions of the university and their specific academic disciplines. Hours of operation are Monday-Friday 10-5 pm. Tutoring in writing will be located at branch campus also. Workshops for students in APA/MLA and English Language Learner small group tutoring is available.

### **CLASS ATTENDANCE**

This is a face-to-face class and attendance is expected. *Preparation* for class means reading the assigned readings & reviewing all information required for that week.

**If you choose not to attend class, do not email the instructor and expect her to assist you with tasks that were completed in class. There are exceptions with students who have absences that are excused or extenuating circumstances. Please notify the instructor prior to the missed class when possible so that you do not fall behind in the course.**

### **ASSIGNMENTS**

1. Assignments are due at the **beginning of class on the due date.**
2. No late assignments will be accepted.

### **CONTACT INFORMATION**

If you have any problems, comments, or concerns over the course of the semester with this class, please visit with your instructor during regular office hours or scheduled appointment.

**YOU ARE REQUIRED TO USE YOUR CMU E-MAIL ADDRESS FOR ALL ELECTRONIC COMMUNICATION.**

### **EMAIL POLICIES**

1. Allow 48 hours for email replies on weekdays and 72 hours for email replies on weekends.
2. If a student has not received a reply within 72 hours, he/she needs to re-send the email.
3. All emails should be written in a professional manner. Do not write in all caps, use text language, or write in all lowercase letters.
4. Send emails directly to your instructor. Do not go through D2L, since there is no proof of sent emails.
5. Do not email and ask instructors about assignment grades. The assignments will be graded and returned after grading. At that time you can ask the instructor about any questions/feedback received.

## **POINT BREAKDOWN FOR ASSIGNMENTS AND EXAMS\***

	<b>Points Received/ Points Possible</b>
1. <u>Exams</u>	_____/200
Exercise Science and Nutrition Exam 1	
Practical Application Exam 2	
2. <u>Assignments</u>	_____/330
Social Media Assignment (30 points)	
Position Needs Analysis (50 points)	
Individual Written Project (100 points)	
Exercise Prescription Group Project (150 points)	
<b><u>TOTAL</u></b>	<b><u>/530 Points</u></b>

\*Note: Further information will be given for each assignment on D2L. Make sure your CMU email is working and watch for announcements, lecture notes and other class information on D2L. If you need assistance accessing D2L or any information, please ask!

\*The instructor reserves the right to add or remove assignments/exams as needed based on the pace of the course. All changes will be discussed in class and posted on D2L.

\*Announcements will also be posted on the facebook page for this class: KINE 403 – Preparation for CSCS.

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**DO NOT** try to convince the instructors at any time of the course that you must have an A (or whatever grade) for a certain scholarship, medical school, PT school, etc. You will be given what you **earn**. Grades will not be rounded up. Extra credit opportunities are available, and all assignments have due dates posted & specific requirements. Incomplete grades will only be given for extenuating circumstances. If you are concerned about your grade, please do not wait until the end of the semester to express this concern.

Rubrics are available for your benefit so that you understand the expectations for assignments. Please refer to rubrics and peer review your classmates work prior to turning in assignments. Seek assistance from the TLC when needed.

Exam reviews will be conducted the week prior to the exam.

### **TOTAL POINTS SCORES**

**A** = 477 - 530

**B** = 424 – 476

**C** = 371 – 423

**D** = 318 – 370

**E** = < 318

## Acknowledgement of Syllabus Material

I have received and thoroughly read the Syllabus for the KINE 403 course, Advanced Strength and Conditioning. This document is consistent with the requirements for CRN# 47540. I understand the requirements concerning attendance, due dates for all assignments, and the grading procedures.

Please sign and date this form. Upon completion of this task, please return it to Dr. Kristin Heumann.

Print Name: \_\_\_\_\_

CRN #: 47540 \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Phone: \_\_\_\_\_

Please designate your professional interest once you have completed this undergraduate degree:

\_\_\_\_\_

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Please Print Clearly

Please include what your expectations/goals are for this course:

\_\_\_\_\_  
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Colorado Mesa University  
*Department of Kinesiology*  
 KINE 403 – Advanced Strength and Conditioning  
**Spring 2022 Tentative Course Outline**  
**Instructor:** Kristin Heumann, PhD, CSCS\*D, c-EP

<b>DATE/DAY</b>	<b>DESCRIPTION OF LESSON</b>	<b>ASSIGNMENT</b>
<b>January</b>		
25 Tues	Introduction/Syllabus and Syllabus Agreement Historical Perspective	Read Ch 1&2
27 Thur	Structure and Function of the Muscular, Neuromuscular, Cardiovascular, and Respiratory Systems Biomechanics of Resistance Training	Read Ch 3
<b>February</b>		
1 Tues	Bioenergetics of Exercise Training	Read Ch 4
3 Thur	Endocrine Responses to Resistance Training	Read Ch 5
8 Tues	Adaptations to Anaerobic Training Programs	Read Ch 6
	<b>Add/Drop Deadline without receiving a grade</b>	
10 Thur	Adaptations to Aerobic Training Programs	Read Ch 7
15 Tues	Age- & Sex-Related Differences & Their Implications for RT	Read Ch 9, 10
	<b>Position Needs Analysis Due</b>	
17 Thur	Basic Nutrition Factors in Health Nutrition Strategies for Maximizing Performance	Read Ch 11
	<b>Review Sheet</b>	
22 Tues	Performance Enhancing Substances	
24 Thur	<b>Exercise Science and Nutrition Exam 1 Part I</b>	
<b>March</b>		
1 Tues	<b>Exercise Science and Nutrition Exam 1 Part II</b> <b>Intent to Graduate forms due for Fall 2022 Graduation</b>	Read Ch 12, 13
3 Thur	Principles of Test Selection & Administration	
8 Tues	Administration, Scoring, & Interpretation of Selected Tests Periodization Program Design for Resistance Training	Read Ch 17, 21 Read Ch 20
	<b>Social Media Assignment Due</b>	
10 Thur	Program Design & Technique for Aerobic Endurance Exercise Training	Read Ch 19
15 Tues	Program Design & Technique for Speed & Agility Training	
17 Thur	Lab Time – Technique Practice	Read Ch 22
22 Tues	SPRING BREAK – NO CLASS	
24 Thur	SPRING BREAK – NO CLASS	
29 Tues	Rehabilitation and Reconditioning	Read Ch 14
31 Thur	Warm-Up and Stretching <b>Individual Written Project Due</b>	Read Ch 15

<b>DATE/DAY</b>	<b>DESCRIPTION OF LESSON</b>	<b>ASSIGNMENT</b>
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**April**

5	Tues	Exercise Technique for Free Weight & Machine Training	
7	Thur	Q & A - In class	Read Ch 18
11	Mon	<b>Last day to withdraw with a grade of "W"</b>	
12	Tues	Program Design & Technique for Plyometric Training	
14	Thur	Resistance Training – Lab Time	Read Ch 8
19	Tues	Psychology of Athletic Preparation and Performance	Read Ch 23, 24
		<b>Review Sheet</b>	
21	Thur	Facility Design, Layout, & Organization	
		Facility Policies, Procedures, & Legal Issues	
26	Tues	<b>Practical Application Exam Part I</b>	
28	Thur	<b>Practical Application Exam Part II</b>	

**May**

3	Tues	Group Work	
5	Thur	Group Work	
		<b>Exercise Prescription Group Project Due by 5pm</b>	
10	Tues	Presentations – Attendance Required	
12	Thur	Presentations – Attendance Required	
17	Tues	<b>8:00-9:50 am</b> – Presentations – Attendance Required	