

DEREE COLLEGE SYLLABUS FOR: SM 3030 STRENGTH AND CONDITIONING			
(Summer 2022)		US CR: 3/0/3	
PREREQUISITES:	None		
CATALOG DESCRIPTION:	Examination of the major assessment tools of physical conditioning like muscular strength, flexibility, cardiorespiratory ability etc. and development of exercise programs relevant to the age, ability and level of performance of individuals		
RATIONALE:	The primary goal of the course is to critically discuss the assessment methods of the physical conditioning and the well-being of individuals. Additionally, help the students build a detailed exercise program taking under consideration the needs and abilities of exercisers.		
LEARNING OUTCOMES:	<p>As a result of taking this module the student should be able to:</p> <ol style="list-style-type: none"> 1. Assess the well-being and the physical conditioning of an individual. 2. Analyze and evaluate the techniques that coaches use to help athletes and sport participants improve performance. 3. Formulate a detailed coaching program based on a critical evaluation of theories of coaching. 		
METHOD OF TEACHING AND LEARNING:	<p>In congruence with the teaching and learning strategy of the college, the following tools are used:</p> <ul style="list-style-type: none"> ➤ Classes consist of lectures followed by discussion of case-studies and presentations on different coaching aspects. Throughout the lectures students develop knowledge and understanding related to the subject content. In-class small projects reinforce students' cooperation skills, while enriching their cognitive skills. ➤ Group project and presentation: Students engage in research of relevant academic literature and evaluate actual examples of coaching practices in the sports industry. ➤ Office Hours: Students are strongly encouraged to make use of the office hours of their instructor in order to consult and discuss issues related to the course's content. ➤ Use of blackboard site, where instructors post lecture notes, assignments, instructions, timely announcements, as well as additional resources. 		
ASSESSMENT:	Coursework –formative	0%	Discussion of case studies, articles and other sources
	Written Project and Presentation-summative	50%	Group Project 4000-5000 words (40%) and Presentation (10%)
	Final Examination (2-hour comprehensive) - summative	50%	Essay-type questions
	<p>The formative coursework aims to prepare students for the summative assessments: The Written Project and Presentation test Learning Outcomes 2 and 3. The Final Examination tests Learning Outcomes 1, 2.</p>		
INDICATIVE READING LIST:	<p>REQUIRED MATERIAL</p> <p>Haff G. G. & Triplett T. N. (2015). <i>Essentials of strength training and conditioning</i>. Champaign, IL: Human Kinetics.</p> <p>RECOMMENDED READING:</p>		

	<p>A. BOOKS</p> <ul style="list-style-type: none"> • Finley, C. & Carpenter R.A. (2005). <i>Healthy eating every day</i>. Champaign, IL: Human Kinetics. • Heyward V. H. & Gibson A. L. (2014). <i>Advanced Fitness Assessment and Exercise Prescription</i>. Champaign, IL: Human Kinetics. • Janssen, J. & Dale G.. (2002). <i>The seven secrets of successful coaches</i>. Tucson, AZ: Winning the Mental Game. • Jones R. L, Hughes M. & Kingston K. (2008). <i>An introduction to Sport Coaching. From Science and Theory to Practice</i>. New York, N.Y.: Routledge. • Lyle J.& Cushion C. (2017). <i>Sport Coaching Concept</i>. New York, N.Y.: Routledge. • Robinson, P.E. (2014). <i>Foundations of Sports Coaching</i>. New York, N.Y.: Routledge. • Walton J. L., & Wuest D. (2018). <i>Physical Education, Exercise Science and Sport</i>. New York, N.Y.: Mc Graw Hill • Weinberg, R. S. (2010). <i>Mental toughness for sport, business and life</i>. Bloomington, IN. Author House. • Weinberg, R. S., & Gould, D. (2014). <i>Foundations of sport and exercise psychology</i>. Champaign, IL: Human Kinetics. <p>B. ARTICLES</p> <ul style="list-style-type: none"> • Bouche, J. (1999). Football coaching: A matter of trust. <i>Coach and Athletic Director</i> 69 (1): 26. • https://hbr.org/2015/02/how-to-coach-according-to-5-great-sports-coaches • Weinberg, R., Butt, J., & Culp, B. (2011). Coaches' views of mental toughness and how it is built. <i>International Journal of Sport and Exercise Psychology</i>, 9, 156–172. • Williams, A.M. and K. Davids. (1998). Visual search strategy, selective attention, and expertise in soccer. <i>Research Quarterly for Exercise and Sport</i> 69: 111-128. • Wilson, K., & Brookfield, D. (2009). Effect of goal setting on motivation and adherence in a six-week exercise program. <i>International Journal of Sport and Exercise Psychology</i>, 6, 89–100. • Wuerth, S., Lee, M.J., & Alfermann, D. (2004). Parental involvement and athletes' career in youth sports. <i>Psychology of Sport and Exercise</i>, 5, 21–33. • Yukelson, D. (1997). Principles of effective team building interventions in sport: A direct services approach at Penn State University. <i>Journal of Applied Sport Psychology</i>, 9, 73–96.
COMMUNICATION REQUIREMENTS:	Assignments presented in Word. Use of proper English, both oral and written.
SOFTWARE REQUIREMENTS:	Blackboard, MS Office, search engines
WWW RESOURCES:	Students are expected to use the internet at their own discretion to select information on the module. Useful sources include: <ul style="list-style-type: none"> • http://coach.ca/ • CompuSports, Inc. 2009. PracticePlanner Pro - PracticePlanning Software. www.coachingware.com/practiceplannerpro.asp. • http://www.appliedsportpsych.org
INDICATIVE CONTENT:	<ol style="list-style-type: none"> 1. Physical Fitness Testing 2. Basic Principles for Exercise Program Design

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| | <ol style="list-style-type: none">3. Exercise Program Adherence4. Using Technology to Promote Physical Activity5. Strength and Muscular Endurance Assessment6. Additional Considerations for Muscular Fitness Testing7. Muscular Fitness Testing of Older Adults8. Muscular Fitness Testing of Children9. Obesity, Overweight, and Underweight: Definitions and Trends10. Obesity: Types and Causes11. Weight Management Principles and Practices12. Well-Balanced Nutrition13. Designing Weight Management Programs: Preliminary Steps14. Designing Weight Loss Programs15. Designing Weight Gain Programs |
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