

McMASTER UNIVERSITY
DEPARTMENT OF KINESIOLOGY

KINESIOLOGY 3F03 -ATHLETIC TRAINING AND CONDITIONING

Term 1

Fall 2017

Instructor: Ben Bahrami

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Office Hours: I am happy to schedule appointments; contact me by email

COURSE DESCRIPTION

The emphasis of this course is on the fundamental principles of training and programming for athletic physical development. As the course includes both Active participation is required to understand the implementation of assessment protocols, program prescription and instruction of exercises for athletic populations.

COURSE EXPECTATIONS

- All information will be posted on AVENUE: **you are responsible for checking it daily** for class cancellations, changes to schedule, posting of weekly TA office hours, and changes to preparatory material. Other information may also be posted.
- **Phones must be turned off during class.** You are welcome to leave the class at any time if you have an urgent situation to take care of.
- Attendance and preparation is required for all sessions. Textbook readings and the Internet are not considered an alternate for classes.
- Our class, in particular the labs, will be very interactive. Please wear comfortable shoes and clothing that is easy to move around (lightweight T-shirts, shorts and pants) in order to attempt various exercise progressions.
- Labs and practical tests are held in a public facility. Please be prepared to be able to demonstrate and speak in a loud environment.

LABORATORY SAFETY

Laboratory safety procedures will be reviewed during the first lab of the year. Many of the labs involve active participation and teaching/ testing of classmates through various forms of exercise. You are expected to adhere to the laboratory guidelines at all times. Failure to do so will result in removal from the laboratory setting. All risk associated with participation will be outlined in your required readings or by the course conductor and it is your responsibility to review these and ask questions should you have any prior to attending the lab. If you are currently injured and cannot physically participate in the lab, please notify your instructor and teaching assistants and attend the lab to observe material covered.

LECTURES AND LABS

2 lectures per week: Monday and Wednesday 1:30-2:20pm

Lecture Location: BSB 119

Labs are scheduled approximately every second week (see weekly outline)

Lab Location: High Performance Area (HPA) of the David Braley Athletic Centre (DBAC) – Third Floor Track Level.

RECOMMENDED TEXT

Haff, G. G., & Triplett, N. T. (2016). *Essentials of Strength Training and Conditioning* (4 ed.): Human Kinetics.

ADDITIONAL REQUIRED READINGS

KIN 3F03 Course Website: <http://avenue.mcmaster.ca/>

- You are responsible for checking this website daily for announcements and class material.
- Independent reading via Peer Reviewed Research Articles may be assigned throughout the term. This will be noted in class lectures and posted on the course website.

TOPICS TO BE COVERED/WEEKLY OUTLINE

Dates of Sessions	Material	Note
Week 1: Lecture Sep 6	Lecture 1: Introduction & Expectations Principles of Strength and Conditioning	
Week 2: Lec - Sep 11 & 13	Lectures 2&3: Flexibility & Mobility	
Week 3: Lec - Sep 18 & 20 Lab - Sep 18/19/21	Lectures 4&5: Prep/Recovery & Torso Lab 1: Prep & Recovery	LAB WEEK
Week 4: Lec - Sep 25 & 27	Lectures 6&7: Strength Development & Exercise Prescription	
Week 5: Lec - Oct 2 & 4 Lab - Oct 2/3/5	Lectures 8&9: Assessments & Testing Lab 2: Torso	LAB WEEK
Week 5: Oct 9-15	Mid Term Recess	
Week 6: Lec - Oct 16 & 18 Practical - Oct 16, 17, 19	Lectures 10&11: Cueing & Coaching Exercises Practical: 10 minutes of Exercise Prescription & Demonstration Based on Assigned Scenario	PRACTICAL EVALUATION
Week 7: Lec - Oct 23 Mid Term Oct 25	Lecture 12: Mid term Review Midterm October 26 th : IN CLASS	MID TERM IN CLASS
Week 8: Lec-Oct 30 & Nov 1 Lab- Oct 30/ 31/Nov 2	Lectures 13 & 14: Power Development Lab 3: Lower Body Exercises	LAB WEEK
Week 9: Lec - Nov 6 & 8	Lectures 15 & 16: Speed, Agility, & Quickness (SAQ)	DISCUSS ASSIGNMENT
Week 10: Lec - Nov 13 & 15 Lab - Nov 13, 14, & 16	Lectures 17 & 18: Energy System Development Lab 4: Upper Body Exercises	LAB WEEK
Week 11: Lec- Nov 20 & 22 Practical Nov 20, 21, 23	Lectures 19 & 20: Program Design Practical: 10 minutes of Exercise Prescription & Demonstration Based on Assigned Scenario	PRACTICAL EVALUATION
Week 12: Lec - Nov 28 & 30 Labs Nov 28/29/Dec 1	Lectures 21 & 22: Periodization	TERM ASSIGNMENT DUE NOV 27 @ start of class
Week 13: Review - Dec 6	Lecture 23: Review Lecture	Prepare Questions

EVALUATION

Practical 1	10%	Oct 16, 17, 19 – based on assigned labs
Midterm Test	20%	Wednesday October 25 during lecture time
Practical 2	10%	Oct 20, 21, 23 – based on assigned labs
Term Assignment	20%	Due Nov 27 – Email & hard copy by 1:30pm
Final Exam	40%	Scheduled by the Office of the Registrar

a. Practical 1 & 2

Practical examinations will focus on integrating laboratory and lecture material into a real-life application. Each test is scheduled to take 10 minutes. Students will be given a scenario and on the spot be responsible for; instructing the correct exercise, providing an option as a progression for the exercise, and providing a regression for the exercise.

b. Midterm and Final Written Exams

The written exams will consist of short answer, longer answer, multiple choice, and fill in the blank questions. The midterm exam will cover material presented in the first half of the term. The final exam will cover material presented in the entire course. The final exam will be scheduled by the Registrar's Office.

c. Term Assignment

Students will be responsible for designing two 4 week training programs for a team (details and phase of the off-season will be outlined). The assignment will be an application of all topics covered in class except for periodization.

POLICY REGARDING DEFERRED TESTS AND EXAMS

In the event of an absence for medical or other reasons, students should review and follow the Academic Regulation in the Undergraduate Calendar "Requests for Relief for Missed Academic Term Work". **Please note these regulations have changed and are effective Fall 2015.**

If you use the MSAF you must report your absence to me by email **within 2 working days** in order to request accommodation (bahrami@mcmaster.ca). If you fail to do so you may forfeit your opportunity for accommodation and receive a score of zero on your evaluation. Students who miss a test (practical or written) for legitimate reasons such as illness will be allowed to defer the percentage of the missed evaluation to the final exam. Students who miss a Registrar-scheduled final exam can apply to the Associate Dean's office for permission to write in the deferred final exam schedule. In all cases, appropriate documentation must be submitted to the Office of the Associate Dean, Faculty of

Science, for consideration of deferred examination permission. Under no circumstances will the instructor re-schedule a final exam for individual students.

USE OF COURSE MATERIALS

Course materials provided by the instructor are for use by students registered in this class only. Under no circumstances are these materials to be shared, posted or sold to a third party without permission from the instructor. This includes, but is not limited to, online posting of instructor provided lecture/lab notes, online lectures, recordings of lectures, or any lab materials on a website other than the Avenue site designed for the course.

ACADEMIC INTEGRITY

Academic dishonesty consists of misrepresentation by deception or by other fraudulent means and can result in serious consequences (e.g. the grade of zero on an assignment, loss of credit with a notation on the transcript reading "Grade of F assigned for academic dishonesty", and/or suspension or expulsion from the university). It is your responsibility to understand what constitutes academic dishonesty. For information on the various kinds of academic dishonesty please refer to the Academic Integrity Policy, specifically Appendix 3, located at: <http://www.mcmaster.ca/univsec/policy/AcademicIntegrity.pdf>

The following illustrates only three forms of academic dishonesty:

- Plagiarism (e.g. the submission of work that is not one's own or for which other credit has been obtained),
- Improper collaboration on group work.
- Copying or using unauthorized aids in tests and examinations.

ACADEMIC ACCOMMODATION OF STUDENTS WITH DISABILITIES

Students who require academic accommodation must contact Student Accessibility Services (SAS) to make arrangements with a Program Coordinator. Academic accommodations must be arranged for each term of study. Student Accessibility Services can be contacted by phone 905-525-9140, ext. 2865 or e-mail sas@mcmaster.ca. For further information, consult McMaster University's Policy for Academic Accommodation of Students with Disabilities.

ON-LINE LEARNING RESOURCES

Students should be aware that, when they access the electronic components of this course, private information such as first and last names, user names for the McMaster e-mail accounts, and program affiliation may become apparent to all other students in the same course. The available information is dependent on the technology used. Continuation in this course will be deemed consent to this disclosure. If you have any questions or concerns about such disclosure, please discuss this with the course instructor.

MODIFICATIONS TO COURSE

The instructor and university reserve the right to modify elements of the course during the term. The university may change the dates and deadlines for any or all courses in extreme circumstances. If either type of modification becomes necessary, reasonable notice and communication with the students will be given with explanation and the opportunity to comment on changes. It is the responsibility of the student to check their McMaster email and course websites weekly during the term and to note any changes.

FEEDBACK

It really helps us improve our services when we hear from our students, faculty and staff about what we can do better. A feedback process brings to our attention situations in which we may not have adequately considered accessibility and allows us to better plan for accessibility in the future.