

SAMPLE COURSE OUTLINE

Course Code, Number, and Title:

KINS 3303: High Performance Strength and Conditioning

Course Format:

[Course format may vary by instructor. The typical course format would be:]

Lecture 2 h + Seminar 0 h + Lab 2 h

Credits: 3

Transfer credit: For information, visit bctransferguide.ca

Course Description, Prerequisites, Corequisites:

In this course, students examine various techniques associated with improving athletic performance through strength and conditioning. Emphasis is placed on movement analysis, methods of training, athletic testing, and advanced program design.

Prerequisite: KINS 1100; and one of KINS 1103 or 1120.

Students with work experience and/or current certification in strength and conditioning may contact the instructor to request permission to override the prerequisites.

Corequisite: None

Learning Outcomes:

Upon successful completion of this course, students will be able to:

Knowledge Outcomes

1. Understand human adaptation to performance-based training protocols with respect to each biomotor ability
2. Translate sport-specific energy system requirements into relevant conditioning drills.
3. Apply the concept of periodization to advanced program design.
4. Effectively design, set up, and implement accurate methods of performance testing in a field setting
5. Have the ability to critically analyze research and scrutinize media claims with respect to training methodology

Performance and Movement Analysis Outcomes

1. Demonstrate correct performance in selected strength, stability, mobility, agility and movement skills
2. Demonstrate the ability to detect errors and correct incorrect performance in strength and conditioning drills

snəwəyət̚ leləm̚ Langara College acknowledges that we are located on the unceded territory of the Musqueam people.

Pedagogical Outcomes

1. Demonstrate the ability to communicate effectively in a pedagogical setting:

- use developmentally appropriate, gender neutral, culturally sensitive language
- speak clearly, projecting voice appropriately
- exhibit a professional demeanor
- employ both verbal and nonverbal communication techniques
- use effective demonstrations and explanations when introducing skills and concepts
- provide positive, focused, meaningful feedback

Instructor(s): TBA

Office: TBA Phone: 604 323 XXXX Email: TBA

Office Hours: TBA

Textbook and Course Materials:

[Textbook selection may vary by instructor. An example of texts and course materials for this course might be:]

Baechle & Earle. "Essentials of Strength and Conditioning". Human Kinetics. 2008.

Note: This course may use an electronic (online) instructional resource that is located outside of Canada for mandatory graded class work. You may be required to enter personal information, such as your name and email address, to log in to this resource. This means that your personal information could be stored on servers located outside of Canada and may be accessed by U.S. authorities, subject to federal laws. Where possible, you may log in with an email pseudonym as long as you provide the pseudonym to me so I can identify you when reviewing your class work.

Assessments and Weighting:

Final Exam 30%

Other Assessments %

(An example of other assessments might be:) %

Midterm Exam: 25%

Assignments: 20%

Lab work: 20%

Participation: 5%

Additional Information:

Number of assignments: 1- Case Study

Participation format: Active participation in fitness testing protocols

This generic outline is for planning purposes only.

Number and type of writing assignments: 1- Written Case Study pertaining to a specific situation involving a participant with particular goals and symptoms

Proportion of individual and group work:

Individual: 80%

Group: 20%

Grading System: Letter grade

Specific grading schemes will be detailed in each course section outline.

Passing grade: D

Topics Covered:

[Topics covered may vary by instructor. An example of topics covered might be:]

- 1 Introduction
- 2 Base of Performance
- 3 Athletic Testing
- 4 Lab: Athletic Testing
- 5 Muscular Strength
- 6 Lab: Grind Lifts
- 7 Explosive Power
- 8 Lab: Plyometrics
- 9 Acceleration/Deceleration
- 10 Lab: Acceleration and Deceleration Drills
- 11 Stability and Joint Mobility
- 12 Nutrition for Sport
- 13 Aerobic Endurance Training Protocols
- 14 Anaerobic Training Protocols
- 15 Periodization I
- 16 Periodization II
- 17 Program Design

As a student at Langara, you are responsible for familiarizing yourself and complying with the following policies:

College Policies:

[E1003 - Student Code of Conduct](#)

[F1004 - Code of Academic Conduct](#)

[E2008 - Academic Standing - Academic Probation and Academic Suspension](#)

[E2006 - Appeal of Final Grade](#)

[F1002 - Concerns about Instruction](#)

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Departmental/Course Policies:

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