

KIN 341 COURSE OUTLINE



COURSE TITLE: **KIN 341 Training for Performance**

CLASS SECTIONS: **X02 (BAET) and 001 (KIN)**

TERM: **Winter 2024**

COURSE CREDITS: **3**

Camosun College campuses are located on the traditional territories of the Lək̓ʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

Learn more about Camosun's [Territorial Acknowledgement](#).

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.

INSTRUCTOR DETAILS

NAME: Tony Webster, Ph.D.

EMAIL: webstert@camosun.ca

OFFICE: PISE 212C

HOURS: Mon & Thurs 10.30-11.30am or by appointment

As your course instructor, I endeavour to provide a fair and inclusive learning environment. If you experience barriers to learning in this course, do not hesitate to discuss them with me as early as possible. I also endeavour to create a class environment that is conducive to respectful engagement and critical enquiry in the pursuit of knowledge. All ideas relevant to the subject area are welcome and subject to scrutiny and discussion.

CALENDAR DESCRIPTION

Students will develop the knowledge and skills required to design advanced strength and conditioning programs for high performance athletes. Students will focus on application of training principles, training stress theory and periodization concepts necessary for planning and developing athletic performance. The students will examine advanced strength, power, speed and endurance training tools and techniques that can be implemented into safe and effective training programs for a variety of populations and sports.

PREREQUISITE(S): C in KIN 240

COURSE LEARNING OUTCOMES / OBJECTIVES

Upon successful completion of this course a student will be able to:

- Analyze the physical, technical, tactical and psychological demands of high-performance sport and/or occupations.
- Analyze an athlete's strengths and weaknesses using appropriate quantitative and/or qualitative testing protocols.
- Identify evidence-based strength, power, speed and/or endurance training methods for enhancing athletic performance.
- Explain the benefits and risks of advanced training tools and techniques to improve athletic performance.
- Explain and apply advanced training and periodization principles to a variety of sports, occupations and individuals.

- Design and deliver safe and effective training sessions that develop sport-specific strength, power, speed and/or endurance.
- Apply appropriate periodization models to design a safe and effective long-term training program for development of peak athletic performance.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

- (a) Haff GG & Triplett NH. Essentials of Strength Training and Conditioning. 4th edition. Champaign: Human Kinetics, 2016. [Available in bookstore – **recommended** (optional) for the course. **Required** if you wish to pursue the NSCA-CSCS exam].
- (b) Laboratory/practical manual [Available on D2L].
- (c) Other: Various assigned readings identified throughout the course [Posted on D2L or on internet]

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

	<u>SECTION</u>	<u>DAY/TIME</u>	<u>LOCATION</u>
Lectures:	X02	Mon 12.00 - 1.20pm	TEC 173
		Thurs 11.30am - 12.50pm	PISE 329A
	001	Tues 9.30 - 10.50am	CHW 351
		Wed 4.00 - 5.20pm	PISE 329A
Labs:	X02A	Mon 8.30 – 10.20am	PISE 223 Movement studio
	001B	Mon 2.30 – 4.20pm	PISE 223 Movement studio
	001A	Thurs 2.30 – 4.20pm	PISE 223 Movement studio
	X02C	Fri 12.30 – 2.20pm	PISE 223 Movement studio

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

WEEK	WEEK OF:	LECTURE TOPICS/CHAPTERS [**Assignment dates**]	LAB TOPIC/THEME (LOCATION)
1	Jan 8	Course outline & introduction. 1 - Fitness, performance and health. [**Assignment #1 given**]	Lab 1 – Movement assessment (PISE 223) [**D2L quiz #1 due Jan 14th**]
2	Jan 15	2 - Analyzing the sport. 3 - Analyzing the athlete.	Lab 2 - Barbell strength #1 (PISE 223)
3	Jan 22	4 - Training principles.	Lab 3 - Barbell strength #2 (PISE 223)
4	Jan 29	5 - Program planning & periodization	Lab 4 - Barbell strength #3 (PISE 223) [**D2L quiz #2 due Feb 4th**]
5	Feb 5	5 - Program planning & periodization **Assignment #1 due / assignment #2 given**	Lab 5 - Olympic lifting #1 (PISE 223)
6	Feb 12	6 - Warm-up & flexibility. 7 - Cross training and interference	Lab 6 - Olympic lifting #2 (PISE 223)
7	Feb 19	NO CLASSES (READING BREAK)	NO LABS (READING BREAK)

WEEK	WEEK OF:	LECTURE TOPICS/CHAPTERS [**Assignment dates**]	LAB TOPIC/THEME (LOCATION)
8	Feb 26	8 - Resistance training	PRACTICAL EXAMS IN LABS THIS WEEK
9	Mar 4	8 - Resistance training	Lab 7 - SAQ training #1 (Gym/field) [**D2L quiz #3 due Mar 10th**]
10	Mar 11	9 - Plyometric training	Lab 9 - Olympic lifting #3 (PISE 223)
11	Mar 18	10 - Speed, agility and speed-endurance training	Lab 10 - SAQ training #2 (Gym/field)
12	Mar 25	11 - Aerobic endurance training	Lab 11 - SAQ training #3 (Gym/field) [**D2L quiz #4 due Mar 24th**]
13	Apr 1	11 - Aerobic endurance training **Assignment #2 due**	Lab 12 - Conditioning (Gym/field)
14	Apr 8	12 - Rehabilitation and reconditioning	Lab 12 - Conditioning (Gym/field) [**D2L quiz #5 due Apr 14th**]

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced notice is required. Deadlines can be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

EVALUATION OF LEARNING

DESCRIPTION	WEIGHTING
Assignment #1 - Activity & athlete analysis	25%
Assignment #2 - YTP/Training plan	25%
D2L quizzes (5 @ 3% each)	15%
Midterm practical exam	10%
Final Written Exam (D2L)	25%
	100%

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf) policy for more information.
<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

COURSE GUIDELINES & EXPECTATIONS

Practical sessions and quizzes:

Students may access the practical/laboratory manual via D2L. You will be required to complete FIVE “open book” D2L quizzes based upon material covered in the lab and other provided readings posted on D2L. The timelines will be clearly indicated to you on D2L. Practical sessions are scheduled every week (see schedule below). The goals of the practical sessions will be to expose students to tools, tests and techniques that can be used to train and test performance in athletic populations. Everyone will be required to participate and cooperate in these sessions so you should come prepared to be active. Some of the later sessions may be

outside (weather permitting) so prepare appropriately! The locations of the upcoming practical sessions may vary and will be announced ahead of each session.

Midterm practical exam:

You will be provided with detailed guidelines for this short (10 minute) practical exam. It will occur during your normal lab slot the week after reading break. You will be asked to coach a barbell strength or power based movement that will be randomly selected.

Missed exams:

The final exam for this course must be written at the time/date that is scheduled. If a student is unable to write an exam through no fault of their own for medical or other reasons, valid documentation must be provided and discussed with the instructor. If a student who is absent has not made arrangements with the instructor in advance, he or she will receive a zero. Final exams may be scheduled at any time during the final exam block; therefore, students should avoid making travel plans, professional or personal commitments for the duration of the exam period. Students must write the final exam to pass the course.

Late assignments:

The assignments in this class are pre-scheduled by the instructor and are due on specific dates (see schedule below and D2L). Note that the assignment dropbox will remain open for ONE WEEK after the due date. However, for **each day** that your assignment is late, you will receive a deduction as described in the relevant marking rubrics.

STUDENT RESPONSIBILITY

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

SUPPORTS AND SERVICES FOR STUDENTS

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

Support Service	Website
Academic Advising	http://camosun.ca/advising
Accessible Learning	http://camosun.ca/accessible-learning
Counselling	http://camosun.ca/counselling
Career Services	http://camosun.ca/coop
Financial Aid and Awards	http://camosun.ca/financialaid
Help Centres (Math/English/Science)	http://camosun.ca/help-centres
Indigenous Student Support	http://camosun.ca/indigenous

Support Service	Website
International Student Support	http://camosun.ca/international/
Learning Skills	http://camosun.ca/learningskills
Library	http://camosun.ca/services/library/
Office of Student Support	http://camosun.ca/oss
Ombudsperson	http://camosun.ca/ombuds
Registration	http://camosun.ca/registration
Technology Support	http://camosun.ca/its
Writing Centre	http://camosun.ca/writing-centre

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started: <http://camosun.ca/services/accessible-learning/>

Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the “Attendance” section under “Registration Policies and Procedures” (<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun’s Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student’s right to choose what is right for them. For more information see Camosun’s Sexualized Violence and Misconduct Policy: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and camosun.ca/sexual-violence. To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-3703841

Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College’s Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College’s expectations of academic integrity and student behavioural conduct.

Changes to this Syllabus: Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.