

George Mason University
College of Education and Human Development
School of Kinesiology

EFHP 640.DL1 Principles of Strength and Conditioning
3 Credits, Spring 2021, Asynchronous Online

Faculty

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Prerequisites/Corequisites

Graduate standing or permission of instructor.

University Catalog Course Description

Analyzes exercise techniques, training program designs, organization and administration, and testing and evaluation using scientific principles of strength and conditioning.

Course Overview

Emphasis will be placed upon assessment, description, and analyses of movement and designing training programs to enhance performance and prevent injury using research-based scientific principles of strength and conditioning. While this course will assist those, who desire to challenge certification examinations including, but not limited to: the American College of Sports Medicine (ACSM)'s – Certified Personal Trainer (CPT), the National Strength and Conditioning Association's (NSCA) Certified Strength and Conditioning Specialist (CSCS), or the American Council on Exercise (ACE)'s Personal Trainer Certification (PTC) examinations, it is NOT designed as an exam preparation course.

Course Delivery Method

This course will be delivered online (100%) using asynchronous format via the Blackboard learning management system (LMS) housed in the MyMason portal. Log into the Blackboard course site using your Mason email (everything before @masonlive.gmu.edu) and password.

Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.

Technical Requirements

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with standard up-to-date browsers. To get a list of Blackboard's supported browsers [click here](#).
To get a list of supported operation systems on different devices [click here](#).
- Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.
- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of course requirements.
- The following software plug-ins for PCs and Macs, respectively, are available for free download:
 - [Respondus Lockdown Browser and Monitor](#)
 - [Adobe Acrobat Reader](#)
 - [Windows Media Player](#)

- [Apple Quick Time Player](#)

Expectations

- Course Week:
Asynchronous courses do not have a "fixed" meeting day. However, the modules and assignments for this course are set to start on MONDAY and finish on FRIDAY.
- Log-in Frequency:
Students should actively check the course Blackboard site and their Mason email for communications from the instructor, class discussions, and/or access to course materials on a daily basis.
- Participation:
Students are expected to actively engage in all course activities throughout the semester, which includes viewing all course materials, completing course activities and assignments, and participating in course discussions and group interactions.
- Technical Competence:
Students are expected to demonstrate competence in the use of course technology. Students who are struggling with technical components of the course should seek assistance from Mason Information Technology Services: <https://its.gmu.edu/service/its-support-center/>.
- Technical Issues:
Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.
- Workload:
Please be aware that this course is **not** self-paced. Students are expected to meet *specific deadlines* and *due dates* listed in the **Class Schedule** section of this syllabus. It is the student's responsibility to keep track of the course schedule of topics, readings, activities and assignments due.
Technology Services: <https://its.gmu.edu/service/its-support-center/>.
- Instructor Support:
Students may schedule a one-on-one meeting to discuss course requirements, content, or other course-related issues. Please refer to information provided in the syllabus in order to schedule a time to meet with the instructor, whether via telephone, web conference, or face to face. Students should email the instructor to schedule a one-on-one session.
- Netiquette:
The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students should re-read their responses carefully before posting them, so as others do not consider them as personal offenses. *Be positive in your approach with others and diplomatic in selecting your words.* Remember that you are not competing with classmates but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.
- Accommodations:
Online learners who require effective accommodations to ensure accessibility must be registered with George Mason University Disability Services (<https://ds.gmu.edu/>) and provide notification of such to the course instructor.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Describe muscle, nerve anatomy, bone, and connective tissue anatomy and physiology and their adaptations to exercise training.
2. Explain the biomechanics of exercise training and how it applies to exercise prescription.
3. Analyze responses of several body systems and their responses to exercise.
4. Discuss the adaptations that occur during both aerobic and anaerobic exercise.
5. Discuss psychology of exercising individuals and their performance, taking into account nutrition, performance enhancing substances and the effect of age and sex related differences.
6. Evaluate exercise testing and administration techniques.
7. Interpret baseline scores and norms associated with exercise tests.

8. Assess aerobic exercise, anaerobic exercises, plyometrics, and speed and agility training techniques.
9. Design training programs that includes strength and conditioning principles including warm-ups and cool-down, periodization, exercise testing, conditioning, plyometrics, and flexibility.
10. Discuss strength and conditioning facility layouts and policies and procedures, as well as discuss risk management.

Required Text

Bompa, T.O. and Buzzichelli, C.A. *Periodization: Theory and Methodology of Training (6th edition)*. Human Kinetics, Champaign, 2018. ISBN: 1492544809

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor. Assignments submitted to Blackboard will receive **half** credit for up to 24-hours after the due date and **no** credit thereafter.

Assignments and Examinations

- Examinations (2 @ 150 points each; 300 points total)

Exams are non-cumulative and cover information from lectures, assigned readings, and videos. Exams are timed and will be open for a 24-hour window. Once you complete a question, you will not be able to return to it. You will be required to install and utilize the [Respondus LockDown Browser](#) and Monitor during all exams. Exams will be graded for half-credit if an ID is not provided or a thorough environment scan is not completed. Further, no one is permitted in the area when you are taking the exam.

- Quizzes (4 @ 50 points each; 200 points total)

Students are required to complete four quizzes. The predominant format for quizzes is multiple choice. Quizzes are timed and will be open for a 24-hour window. Once you complete a question, you will not be able to return to it. You will be required to install and utilize the [Respondus LockDown Browser](#) and Monitor during all quizzes. Quizzes will be graded for half-credit if an ID is not provided or a thorough environment scan is not completed. Further, no one is permitted in the area when you are taking the quiz.

- Article Presentation Assignment (150 points total)

Students will work in pairs and select an article from the textbook. It must come from the assigned chapter for the week. Students will create a PowerPoint video presentation (10-15 minutes, split screen with both presenters on-screen), in which they present and summarize the article, and post by **Monday @ 11:59 pm** of their assigned week. Each class member has to respond to the presenters' video presentation by **Wednesday @ 11:59 pm**. The assigned pair for that week then has to respond to the class with a summary response of the discussion by **Saturday @ 11:59 pm**.

- Final Group Project (250 points total)

Students will complete a group project that will require developing a data collection protocol, collecting data, data analysis, presentation, and paper. The project will allow them to apply theory from the course to investigate a specific research question. The research question must be approved by the instructor before data collection begins.

- Class Participation (100 points total)

Responses to assigned Article Video Presentations via Discussion Board (50 points total).

Other opportunities to earn class participation points will include posted videos and synchronous discussions (50 points total).

Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

Academic Load

Although many students must work to meet living expenses, employment and personal responsibilities are not acceptable reasons for late arrivals, missed classes, or incomplete assignments. Employment must not take priority

over academic responsibilities. For additional information on this subject, please see the Academic Catalog: http://catalog.gmu.edu/content.php?catoid=5&navoid=104#Registration_attendance
 Students failing to observe these guidelines should expect no special consideration for academic problems arising from the pressures of employment.

Honor Code

Students are held to the standards of the George Mason University Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>). Violations, including cheating and plagiarism, will be reported to the Honor Committee. Student assignments may be put through plagiarism detecting software.

Written Assignments

- All assignments must be typed in Microsoft Word, and formatted as follows (*unless otherwise specified*): double spaced, 12-point Times New Roman font, 1-inch margins, your name and title in the running header at top left had corner, continuous line numbers on left margin, and page numbers centered in footer. Failure to comply with any or all parts of this format will result in an unacceptable assignment, which corresponds to zero (0) points.
- Pay close attention to spelling and grammar as these will count towards your grade. American Medical Association Manual (AMA) of Style (10th edition) format must be used for all written work in this class (e.g., in referencing, creation of tables, and formatting headers for paper sections).
- All assignments must be submitted to Blackboard by 11:59 pm on the day they are due.

E-mail Correspondence

Messages must originate from a GMU address. Please address the subject line for all email pertaining to this course as: *EFHP 640: Last Name – purpose of email*.

Grading

A. Written Examinations

Exam 1	15%
Exam 2	15%

B. Quizzes 20%

C. Article Presentation Assignment 15%

D. Final Group Project 25%

E. Class Participation 10%

Total 100%

Course Grading Scale

Grades are final following 24 hours after posting date. Graduate students must maintain a 3.00 average in their graduate degree program. The final letter grade is based on the following scale:

Grade	Percentage	Points
A	94 – 100%	940-1000
A-	90 – 93%	900-939
B+	88 – 89%	880-899
B	84 – 87%	840-879
B-	80 – 83%	800-839
C	70 – 79%	700-799
F	0 – 69%	0-699

Class Schedule (Faculty reserves the right to alter the schedule as necessary with notification to students)

Week	Topic	Text Chapter/Assignment Due
1-Jan 25	EFHP 640 Course Overview Part I: Training Theory	Videos: Course Syllabus, BB site, NSCA CH 1: Basis for Training
2-Feb 1	Part I: Training Theory	CH 2: Principles of Training Article 1 Feb 5 @ 10 am Synchronous Discussion 1
3-Feb 8	Part I: Training Theory	CH 3: Preparation for Training Feb 12 Quiz #1 CH 1-3 due @ 11:59 pm Article 2
4-Feb 15	Part I: Training Theory	CH 4: Variables of Training Article 3
5-Feb 22	Part II: Planning and Periodization	CH 5: Periodization of Biomotor Abilities Article 4 Feb 26 @ 10 am Synchronous Discussion 2
6-Mar 1	Part II: Planning and Periodization	CH 6: Planning the Training Session Mar 5 Quiz #2 CH 4-6 due @ 11:59 pm Article 5
7-Mar 8	Exam 1	Mar 12 Ex #1 CH 1-6 due @ 11:59 pm
8-Mar 15	Part II: Planning and Periodization	CH 7: Planning the Training Cycles Article 6 Mar 19 @ 10 am Synchronous Discussion 3
9-Mar 22	Part II: Planning and Periodization	CH 8: Periodization of the Annual Plan Article 7 Mar 26 Final Group Project Proposal Presentation due @ 11:59 pm
10-Mar 29	Part II: Planning and Periodization	CH 9: Peaking for Competition Apr 2 Quiz #3 CH 7-9 due @ 11:59pm Article 8
11-Apr 5	Part III: Training Methods	CH 10: Strength and Power Development Article 9 Apr 9 @ 10 am Synchronous Discussion 4
12-Apr 12	Part III: Training Methods	CH 12: Speed and Agility Training Apr 16 Quiz #4 CH 10, 12 due @ 11:59 pm Article 10
13-Apr 19	Exam 2	Apr 23 Ex #2 CH 7-10, 12 due @ 11:59 pm
14-Apr 26	**Final Project Presentations**	Article 11 (if necessary)
15-May 3	**Final Project Presentations**	Article 12 (if necessary)

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

COVID Syllabus Addendum Spring 2021

- Students are expected to read and familiarize themselves with the COVID-19 syllabus addendum provided by the College of Education and Human Development. This is located in Blackboard under the START HERE Course Module.

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>)
- Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ds.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:

As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at 703-380-1434 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/>