

**Syllabus**  
**HESM 211-006 Strength Training and**  
**Conditioning**  
**Fall 2019**

Instructor: **Mark Beatty**  
Office: **1309 Carmichael Gym**  
Email: [mabeatty@ncsu.edu](mailto:mabeatty@ncsu.edu)  
Course Meeting: **MW 1:30pm-2:45pm**  
Office hours: **By appointment**  
Credit Hours: **Two**  
Course Prerequisites: **None**

**Course Meeting:**  
Biltmore Hall, room 2102.

**Required Text:** Clark, M. A., Lucett, S.C., & Sutton, B.G. (Eds.). (2015). *NASM Essentials of Sports Performance Training* (Rev. ed.). Burlington, MA: Jones & Bartlett Learning.

**Course Description:**

This course is designed to provide a comprehensive overview of strength and conditioning. Emphasis is placed on the exercise sciences (including anatomy, exercise physiology, and biomechanics) and nutrition, exercise technique, program design, and testing and evaluation. At the start of each week you will be given chapters to read along with a power point lecture for each chapter. You will be given an outline for each chapter along with a designated Problem or Lab assignment for that week.

**Health Information Statement:** Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Health and Exercise Studies supports the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different HES course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making an appointment at Student Health to discuss your concerns (appointment number is 919.515.7107 or book on-line at [healthweb.ncsu.edu](http://healthweb.ncsu.edu))

## Course and Student Learning Outcomes

By the end of this course, students will be able to:

1. Apply scientific knowledge to train athletes and clients for the primary goals of improving athletic performance and fitness.
2. Learn how to conduct sport-specific testing sessions.
3. Learn how to demonstrate and teach proper exercise techniques.
4. Learn how to design and implement safe and effective strength training and conditioning and personal training programs.
5. Learn how to provide guidance regarding nutrition and performance-enhancing substances.
6. Apply exercise prescription principles for training variation, injury prevention, and reconditioning.

### Grading:

Midterm Exam	25%
Final Exam	25%
OPT Essay	20%
Program Design Project	15%
Lift Presentation	15%

### Exams

There will be two exams worth 25 points each. Questions will be multiple choice.

### OPT Essay

Students will select what they feel is the most important part of NASM's Optimum Performance Training (OPT) model, and defend their argument. Essay (2-3 pages) must be completed using APA format.

### Lift Presentation

Students will be given a lift to demonstrate for the rest of the class.

### Program Design Project

The program design project is intended to provide experience in designing a strength training and conditioning program to meet the goals and needs of an elite athlete (college or pro). You will design a power program (Phase 5 OPT) for a basketball, football, baseball, OR soccer athlete (you will choose ONE position from ONE sport). Areas of emphasis for the evaluation of the program will include selection of appropriate program design variables for resistance training (exercise selection, training frequency, exercise order, training load and repetitions, volume, and rest periods), and reasoning behind your selections.

**Attendance:**

Students are expected to attend all classes and to arrive and leave at the scheduled times. The instructor will adhere to the university attendance policy. In case of an excused absence, the student will be allowed to make up any written work missed within one week of returning to class. Students are responsible for submitting such work and for scheduling make-up exams with the instructor.

See [http://www.ncsu.edu/policies/academic\\_affairs/courses\\_undergrad/REG02.20.3.php](http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.3.php) for more information.

1.

<b>Absences</b>	<b>Points</b>
0	0
1	0
2-5	0
6	Failure

2. **Attendance recording begins the first day of the semester.**
3. **Tardy two times = absence.**

**Communicating with your instructor**

For all questions regarding the class you may email me at [mabeatty@ncsu.edu](mailto:mabeatty@ncsu.edu), please make sure you identify your class and your full name so I know who I am communicating with. If there are urgent announcements regarding the class, the instructor will send an email using the class distribution list, which will send email to your Unity email address. If your Unity email is set to forward to another email account, please verify that it is forwarding to an email address you check on a daily basis.

**Grading Scale**

Each student has the option of taking the class for a letter grade (+/-), credit only, or audit.

97 - 100 = A+	93 - 96.99 = A	90 - 92.99 = A-
87 - 89.99 = B+	83 - 86.99 = B	80 - 82.99 = B-
77 - 79.99 = C+	73 - 76.99 = C	70 - 72.99 = C-
67 - 69.99 = D+	63 - 66.99 = D	60 - 62.99 = D-
0 - 59.99 = F		

**Requirements for Credit Only:** In order to receive a grade of S, students are required to take all exams and quizzes, complete all assignments, and earn a grade of C- or better. Conversion from letter grading to credit only (S/U) grading is subject to university deadlines. Refer to the Registration and Records calendar for deadlines related to grading. For more details refer

to: [http://www.ncsu.edu/policies/academic\\_affairs/courses\\_undergrad/REG02.20.15.php](http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.15.php)

**Note: The student is responsible for requesting credit only grading on MyPack Portal by the University dead line.**

**Incomplete Grades:** [http://www.ncsu.edu/policies/academic\\_affairs/grades\\_undergrad/REG02.50.3.php](http://www.ncsu.edu/policies/academic_affairs/grades_undergrad/REG02.50.3.php)

Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete work, in which case the period can be extended. Make up work is to be limited to accomplishing the work not completed.

**Online class evaluations** will be available for students to complete during the last 2 weeks of semester. Students will receive an email message directing them to a website where they can login using their Unity ID and complete evaluations. All evaluations are confidential; instructors will not know how any one student responded to any question, and students will not know the ratings for any instructors.

Evaluation website: <https://classeval.ncsu.edu/>

Student help desk: [classeval@ncsu.edu](mailto:classeval@ncsu.edu)

More information about ClassEval: <http://www.ncsu.edu/UPA/classeval/>

#### **General Information:**

- 1. Academic Integrity:** For all written assignments, students will be expected to adhere to the **University Honor Code**: "I have neither given nor received unauthorized aid on this test or assignment." It is the understanding and expectation of the instructor that the student's signature on any test or assignment means that the student neither gave nor received unauthorized aid. Consult the university website: [http://www.ncsu.edu/policies/student\\_services/student\\_discipline/POL11.35.1.php](http://www.ncsu.edu/policies/student_services/student_discipline/POL11.35.1.php)
- 2. Students with Disabilities:** Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, student must register with the Disability Services Office (<http://www.ncsu.edu/dso>) located at 1900 Student Health Center, Campus Box 7509, 515-7653. For more information on NC State's policy on working with students with disabilities, please see the Academic Accommodations for Students with Disabilities Regulation at [http://www.ncsu.edu/policies/academic\\_affairs/courses\\_undergrad/REG02.20.1.php](http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.1.php).
- 3. Anti-Discrimination Statement:** NC State University provides equality of opportunity in education and employment for all students and employees. Accordingly, NC State affirms its commitment to maintain a work environment for all employees and an academic environment for all students that is free from all forms of discrimination. Discrimination based on race, color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is a violation of state and federal law and/or NC State University policy and will not be tolerated. Harassment of any person (either in the form of quid pro quo or creation of a hostile environment) based on color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is also a violation of state and federal law and/or NC State University policy and will not be tolerated. Retaliation against any person who complains about discrimination is also prohibited. NC State's policies and regulations covering discrimination, harassment, and retaliation may be accessed at [http://www.ncsu.edu/policies/campus\\_environ](http://www.ncsu.edu/policies/campus_environ) or [http://www.ncsu.edu/equal\\_op](http://www.ncsu.edu/equal_op). Any person who feels that he or she has been the subject of prohibited discrimination, harassment, or retaliation should contact the Office for Equal Opportunity (OEO) at 515-3148.

Last modified: Monday, June 17, 2013, 7:04 AM

Dates	Course Outline: HESM 211	Readings	Quizzes, Exams, Notes, etc.
8/21	Introduction/Orientation		
8/26 & 8/28	Essentials of Integrated Training / Introduction to Human Movement Science	Chapters 1 & 2	
9/4	Sports Performance Testing	Chapter 3	
9/9 & 9/11	Flexibility Training for Performance Enhancement	Chapter 4	Practical experience on 9/9
9/16 & 9/18	Cardiorespiratory Training for Performance Enhancement	Chapter 5	Practical experience on 9/18
9/23 & 9/25	Core Training / Balance Training Concepts for Performance Enhancement	Chapters 6 & 7	
9/30 & 10/2	Plyometric Training Concepts for Performance Enhancement	<b>Chapter 8</b>	Midterm exam review on 9/30
10/7 & 10/9	Speed, Agility, and Quickness Training for Performance Enhancement	Chapter 9	<b>Midterm Exam on 10/7</b>
10/14 & 10/16	Integrated Resistance Training for Performance Enhancement / Olympic Lifting for Performance Enhancement	Chapters 10 & 11	Lifts assigned on 10/16
10/21 & 10/23	The Science of Periodization and the Optimum Performance Training (OPT) Model	Chapter 12	Practical experience on 10/23
10/28 & 10/30	Lifting Presentations		
11/4 & 11/6	Current Concepts in Injury Prevention / Performance Nutrition	Chapters 13 & 14	
11/11 & 11/13	Ergogenic Aids / Performance Psychology: Integrating Physical and Mental Training	Chapters 15 & 16	
11/18 & 11/20	Program Design Project / OPT Essay help sessions		
11/25	<b>OPT Essays due</b>		
12/2 & 12/4	Final Exam Review / <b>Program Design Projects due</b>	Review on 12/2, <b>Projects due 12/4</b>	
12/16	<b>Final Exam at 1:00pm</b>		