General Information
Instructor: Matthew Segovia, M.S.
Email: mdsegovia@utep.edu
Office Hours: By appointment – scheduled as needed
Class time: MGYM 118 T/R 4:30pm – 5:50pm

Course Description
This course is designed to introduce the student to a variety of application scenarios related to the field of strength and conditioning. Various components of training to include physiological and psychological adaptations will be assessed and applied to a specific population in the attempt to improve a measureable performance outcome.

Learning Objectives
By the end of this course, students should be able to:
1. Understand and describe basic physiological adaptations to exercise
2. Identify the needs of a given population with regards to training and program design
3. Demonstrate the ability to identify specific components (to include muscle action and force production) related to a performance movement
4. Demonstrate the ability to identify and prescribe a variety of exercises to meet the needs of a specific population
5. Understand the core components of periodization and implementation

Course Evaluation
Final Project 300 pts
Practical sessions (7) 210 pts (30 ea.)
Design submission (7) 210 pts (30 ea.)
Training Critique 80 pts
Class Participation 50 pts
Total 850 pts

Grading Policy
A 850-761 pts
B 760-676 pts
C 675-591 pts
D 590-506 pts
F 505-0 pts

Course Project: The course project is a comprehensive training program focused on strength and conditioning of a specific population of choice. More details will be made available during the semester.
Attendance Policy: Attendance will not be taken during the term of this course. However, it is highly encouraged that students regularly attend class to ensure concept understanding along with repeated absences negatively affecting the students' grade. The last day to drop this course is October 29th, 2021 without receiving a ‘W’ or failing grade.

Course Content
See the class schedule for approximate dates for each covered topic.

University Policies and Resources

Changes to this syllabus: The course schedule may be altered by the instructor, with sufficient notice being provided to students.

Cheating, Plagiarism, Scholastic Dishonesty, and Student Discipline: Cheating is obtaining a reward for ability by dishonest means. It is unethical and not acceptable. Plagiarism occurs whenever a student quotes, paraphrases, or summarizes another person's work without providing correct citation. Plagiarism occurs whether the work quoted is a book, article, website, reader's guide like Cliffs Notes or SparkNotes, another student's paper, or any other source. An entire essay is fraudulent even if only a single sentence is plagiarized. Do not submit work under your name that you did not do yourself, ever. You may not submit work for this class that you did for another class. If you cheated or plagiarized, you will be subject to disciplinary action as stated in the UTEP undergraduate catalog policy.

“Scholastic dishonesty (which includes the attempt of any student to present the work of another as his or her own, or any work which s/he has not honestly performed, or attempting to pass any examination by improper means) is a serious offense and will subject the student to disciplinary action. The aiding and abetting of a student in any dishonesty is held to be an equally serious offense. All alleged acts of scholastic dishonesty should be reported to the Dean of Students for disposition. It is the Dean of Students’ responsibility to investigate each allegation, dismiss the allegation, or proceed with disciplinary action in a manner which provides the accused student his or her rights of due process.” Refer to http://www.utep.edu/dos/acadintg.htm for further information.

UTEP has a site license for Turnitin.com, a plagiarism detection site that you can also use to check your own work for this or other classes to prevent getting in trouble. If you want to test your understanding of plagiarism, take the self-assessment at http://education.indiana.edu/~frick/plagiarism or visit http://www.turnitin.com

When an assignment specifies that you must perform a task individually, asking for your classmates’ help is collusion and thus scholastic dishonesty. Any instances of scholastic dishonesty will be reported to the Dean of Students Office.

Deadline Policy and Late Assignments: It is essential that you regularly visit the course schedule and Blackboard website prepared to work. Once a deadline has passed, you can no longer turn in your work for credit. Plan carefully to ensure you meet the deadlines. If you wait until the last minute, things that can go wrong often do. Start early so you have time to deal with problems and are still able to turn in your assignments on time. Do not procrastinate!

Missed Tests: All assignments will strictly follow UTEP’s attendance policy. Any missed assignment that does not meet the requirements of an excused absence will be counted as a 0. If you are going to / or miss an assignment and you believe the absence is excusable, you must contact the Professor within 24 hours of the assignments due date. Emailing later in the semester about missing grades, even if the absence was excused, will not be accepted. It is the student’s responsibility to keep track of when assignments are due and also communicating to the Professor when absences happen.

Covid-19 Precautions: Please stay home if you have been diagnosed with COVID-19 or are experiencing COVID-19 symptoms. If you are feeling unwell, please let me know as soon as possible, so that we can work on
appropriate accommodations. If you have tested positive for COVID-19, you are encouraged to report your results to covidaction@utep.edu, so that the Dean of Students Office can provide you with support and help with communication with your professors. The Student Health Center is equipped to provide COVID 19 testing.

The Center for Disease Control and Prevention recommends that people in areas of substantial or high COVID-19 transmission wear face masks when indoors in groups of people. The best way that Miners can take care of Miners is to get the vaccine. If you still need the vaccine, it is widely available in the El Paso area, and will be available at no charge on campus during the first week of classes. For more information about the current rates, testing, and vaccinations, please visit epstrong.org

**Students in Need of Assistance:** UTEP seeks to provide reasonable accommodations for all qualified individuals who need accommodations or support for their learning. This university adheres to all applicable federal, state, and local laws, regulations and guidelines with respect to providing reasonable accommodations as required, affording equal educational opportunity. It is the student’s responsibility to register with the **Center for Accommodations and Support Services:**

http://sa.utep.edu/cass/ in the UTEP Union Bldg. East Wing, Room 106 **within the first two weeks of classes**, and inform the faculty member to arrange for appropriate accommodations or support.

The CASS Office can also be reached in the following ways: Web: http://cass.utep.edu/; Phone: (915) 747-5148 voice or TTY; Fax: (915) 747-8712; E-Mail: cass@utep.edu

**Campus Safety and Emergencies Notifications:** Information Technology at UTEP provides emergency notification via your mobile phone. Visit http://www.utep.edu/it for more information and registration. Check the UTEP website for health-related information and updates.

**Blackboard Help:** Students can receive help on blackboard 24/7 by calling 915-747-4357 and selecting option number 2, or by visiting https://www.utep.edu/technologysupport/ServiceCatalog/Student_Services.html

**Important Dates:**
September 6 – Labor Day; no class
October 29 – Drop Deadline
November 25-26 – Thanksgiving Holiday; no class
December 2 – Last day of classes
December 3 – Dead Day
December 6-10 – Final Exam week
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<th>Week</th>
<th>Date</th>
<th>Topic Covered</th>
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<td>August 22 – 28</td>
<td>Syllabus &amp; Intro&lt;br&gt;What is S&amp;C? course expectations</td>
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<td>2</td>
<td>August 29 – Sept 4</td>
<td>Physiology/Substrate utilization&lt;br&gt;CH. 3</td>
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<td>3</td>
<td>September 5 – 11&lt;br&gt;No classes on 6th</td>
<td>Psychology/PES&lt;br&gt;CH. 8/11</td>
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<td>September 12 – 18</td>
<td>Principles of the Warm Up&lt;br&gt;CH. 14</td>
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<td>September 19 – 25</td>
<td>Testing Protocols&lt;br&gt;CH. 12</td>
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<td>6</td>
<td>September 26 – Oct 2</td>
<td>Exercise Technique – Basis of biomechanics and relation to sport&lt;br&gt;“lets hurt some feelings”&lt;br&gt;Traditional lifting</td>
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<td>7</td>
<td>October 3 – 9</td>
<td>Oly lifting&lt;br&gt;Applications of lifts</td>
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<td>8</td>
<td>October 10 – 16</td>
<td>Practical design/implementation&lt;br&gt;Youth lower</td>
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<td>October 17 – 23</td>
<td>Practical D/I&lt;br&gt;Youth upper – speed agility</td>
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<td>10</td>
<td>October 24 – 30</td>
<td>Practical D/I&lt;br&gt;Adult lower</td>
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<td>October 31 – Nov 6</td>
<td>Practical D/I&lt;br&gt;Adult upper – speed agility&lt;br&gt;Drop Deadline – October 29</td>
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<td>12</td>
<td>November 7 – 13</td>
<td>Practical D/I&lt;br&gt;Adult general pop/ crossfit</td>
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<td>13</td>
<td>November 14 – 20</td>
<td>Practical D/I&lt;br&gt;Specialty sport</td>
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<td>14</td>
<td>Nov 21 – 27</td>
<td>Practical D/I&lt;br&gt;Special populations&lt;br&gt;November 25-26 – no class: Thanksgiving</td>
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<td>15</td>
<td>Nov 28 – Dec 2&lt;br&gt;Dec 3 – Dead Day</td>
<td>Course project prep time&lt;br&gt;<strong>Course project due Dec 2 by 11:59pm</strong></td>
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<td>16</td>
<td>Dec 6 – 10</td>
<td><strong>Final Exam Week</strong></td>
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