THE UNIVERSITY OF TEXAS AT EL PASO
COLLEGE OF HEALTH SCIENCES - KINESIOLOGY PROGRAM
KIN 4445: Strength and Conditioning Program Design and Periodization,
CRN: 28196, Spring 2021

Course Description
Analysis of concepts of program design for resistance, plyometric, speed, agility, and aerobic endurance training. Also includes the concepts of the development of rehabilitation and reconditioning strategies, and the concepts of periodization to improve sports performance.

Course Prerequisites
KIN 3331, KIN 4312, KIN 4440, KIN 4341, and department approval.

Course Objectives
This course is designed to provide individuals from allied healthcare professions and physical activity domains with a comprehensive view of the anatomical and physiological basis of human movement and an understanding of how to stress the human body to achieve development in sport performance. The course will lean heavily on prerequisite coursework and a working knowledge of anatomical and physiological terminology is expected. At the conclusion of this course, the student should be able to:
1. Demonstrate an understanding of the manipulation of training intensity, frequency and volume in the design process of holistic strength and conditioning programs.
2. Discuss training factors that must be manipulated in the development of athletic speed, power, endurance, strength, agility, and flexibility.
3. Discuss the importance of periodization in the development of a comprehensive training program as well as how the concepts of periodization should be applied.
4. Explain and describe different periodization models and the effective application of each model.
5. Discuss the process of athletic injury management, rehabilitation, and reconditioning.

Class Meetings and Instructor Contact
Instructor: Sandor Dorgo, Ph.D., CSCS
Class sessions: Wednesdays, 12:00 pm – 2:20 pm
Office hours: Virtual office hours on Mondays, 2:30 – 3:30 pm, or by appointment
Online meeting: Class and office hour meetings through Blackboard (Zoom meetings link)
Instructor’s E-mail: sdorgo@utep.edu

Required Textbook

Technology Requirements
The entire course content is delivered via the Blackboard learning management system. Students should have a reliable electronic device (desktop, laptop, tablet, etc.) and preferably high-speed internet access to be able to access, download, and upload all materials, assignments, and exams on Blackboard, and to voluntarily attend virtual class meetings. Campus resources (listed below) are available for students to rent relevant equipment, if necessary. Students should ensure that their UTEP e-mail account is working and that they have access to the Web and a stable web browser. Google Chrome and Mozilla Firefox are the best browsers for Blackboard; other browsers may cause complications. When having technical difficulties, students should update their browser, clear their cache, or try switching to another browser.

For lectures and discussions, students will need to have access to a computer/laptop, a webcam, and a microphone. For the video assignments, students will need to have access to a video recording device (digital camcorder, camera, or smart phone with sufficient storage space), potentially a tripod to fix their camera, a wireless microphone or airpods for improved voice quality, and a computer/laptop with broadband internet access for video downloads/uploads.

Students may need to download or update the following software: Microsoft Office, Adobe Acrobat Reader, Windows Media Player, QuickTime, and Java. Students should check that their computer hardware and software are up-to-date and able to access all parts of the course. Students who do not have a word-processing software, they can download Word and other Microsoft Office programs (including Excel, PowerPoint, Outlook and more) for free via UTEP’s Microsoft Office Portal. Click the following link for more information about Microsoft Office 365 and follow the instructions.

IMPORTANT: Students who encounter technical difficulties beyond their scope of troubleshooting, they should contact the UTEP Help Desk as they are trained specifically in assisting with technological needs of students. Students should not contact the course instructor for technical assistance and troubleshooting.

**Attendance Policy**

The course will be delivered fully online. All assignments and tests will be accessible through Blackboard. All class meetings and discussions will be facilitated through Blackboard Collaborate and/or Zoom. The instructor will set up the recurring virtual meetings. Students will be encouraged but not required to attend the virtual class meetings. Regularly attending the virtual class meetings and participating in the discussion of the course material will benefit the students’ understanding of the course content. Also, study resources will be provided on Blackboard to facilitate student learning outside the live virtual meetings.

**Tardy Policy**

Classes meetings will be held on Blackboard Collaborate and/or Zoom. Students will be encouraged but not required to attend class meetings from beginning to end.

**Preparation for Classes**

Students will have reading assignments on a regular basis. The instructor will strive to cover all study materials and provide abundant amount of information; however, due to the limits of virtual class meetings and other influencing factors, students will also be expected to attain textbook and reading assignment information on their own.
**In-class Participation**

All course lectures will be recorded, accompanied by the pertinent Power-Point presentations. The presentations and recorded lectures will be available for students on Blackboard. In addition to these lecture recordings, real-time virtual class meetings will be held for discussions and course related physical activities. Students are encouraged to actively participate in all online discussions and online physical activities. Discussions and in-class activities will be applied in order to better understand the given material, enhance learning, practice communication skills and demonstrate knowledge without paper or text. Students should be participating in the virtual class meetings with their webcams turned on and their microphones enabled for communication. Students should not record the discussion sessions and post them to any sites.

**Netiquette**

Communication online can be challenging. It’s possible to miscommunicate what we mean or to misunderstand what others mean given the lack of body language and immediate feedback. Therefore, students should keep these netiquette (network etiquette) guidelines in mind. Failure to observe them may result in disciplinary action:

- Always consider audience. This is a college-level course; therefore, all communication should reflect polite consideration of other’s ideas.
- Respect and courtesy must be provided to classmates and to the instructor at all times. No harassment or inappropriate postings will be tolerated.
- When reacting to someone else’s message, address the ideas, not the person. Post only what anyone would comfortably state in a face-to-face situation.
- Blackboard is not a public internet venue; all postings to it should be considered private and confidential. Whatever is posted on in these online spaces is intended for classmates and professor only. Please do not copy documents and paste them to a publicly accessible website, blog, or other space.

**Scholastic Honesty, Discipline, and Professional Conduct**

The University of Texas at El Paso prides itself on its standards of academic excellence. In all matters of intellectual pursuit, UTEP faculty and students must strive to achieve excellence based on the quality of work produced by the individual. In the classroom and in all other academic activities, students are expected to uphold the highest standards of academic integrity. Any form of academic dishonesty is an affront to the pursuit of knowledge and jeopardizes the quality of the degree awarded to all graduates of UTEP. It is imperative, therefore, that the members of this academic community understand the regulations pertaining to academic integrity and that all faculty insist on adherence to these standards. Any student who commits an act of academic dishonesty is subject to discipline. Academic dishonesty includes, and is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, and any act designed to give unfair advantage to a student or the attempt to commit such acts. Proven violations of the detailed regulations, as printed in the [HOOP: Student Conduct and Discipline](https://www.utep.edu/student-affairs/osccr/), can result in
sanctions ranging from disciplinary probation, to a failing grade on the work in question, to a failing grade in the course, to suspension or dismissal, among others.

Accommodations Policy

The University is committed to providing reasonable accommodations and auxiliary services to students, staff, faculty, job applicants, applicants for admissions, and other beneficiaries of University programs, services and activities with documented disabilities in order to provide them with equal opportunities to participate in programs, services, and activities in compliance with sections 503 and 504 of the Rehabilitation Act of 1973, as amended, and the Americans with Disabilities Act (ADA) of 1990 and the Americans with Disabilities Act Amendments Act (ADAAA) of 2008. Reasonable accommodations will be made unless it is determined that doing so would cause undue hardship on the University. Students requesting an accommodation based on a disability must register with the UTEP Center for Accommodations and Support Services (CASS). Contact the Center for Accommodations and Support Services at 915-747-5148, or email them at cass@utep.edu, or apply for accommodations online via the CASS portal.

Grading Scale

A: 90.00-100%; B: 80.00-89.99%; C: 70.00-79.99%; D: 60.00-69.99%; F: below 59.99%

Evaluation of Students

Final grade will be based on the cumulative number of points of the following:

<table>
<thead>
<tr>
<th>Event:</th>
<th>Value:</th>
<th>Due date:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quizzes</td>
<td>76%</td>
<td>Weekly</td>
</tr>
<tr>
<td>Preparatory assignments</td>
<td>7%</td>
<td>Weekly</td>
</tr>
<tr>
<td>Literature review</td>
<td>8%</td>
<td>Wednesday, 5/12</td>
</tr>
<tr>
<td>Periodization project</td>
<td>9%</td>
<td>Wednesday, 5/12</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>100%</td>
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Quizzes: Quizzes will include materials covered in class with particular focus on the covered textbook chapters, as well as other assigned reading.

Preparatory Assignments:

Students’ preparation for the comprehensive periodization project will be assisted by a series of smaller but relevant assignments. Detailed description of the assignments will be provided on Blackboard.

Literature Review Paper:

A literature review paper assignment will be given to each student. Detailed description of the assignments will be provided on Blackboard.

Periodization Project:
A final project topic will be given to each student. Detailed description of the project will be provided on Blackboard and in class.

**Late Submission of Assignments**
Due dates for each assignment will be enforced. Late submissions for assignments will not be accepted. Failure to submit an assignment by the designated due date and time will result in zero credit for the given assignment.

**Make-up Work**
In general, make-up work is not provided. However, under truly extenuating circumstances, such as in the case of a documented emergency, the instructor will work with the affected students to find reasonable make-up work accommodations. Note that make-up work may be in a different format than the original work, may require more intensive preparation, and may be graded with penalty points. If students miss quiz or assignment submissions and the reason is not considered excusable, they will receive a zero. It is therefore important that students reach out to the instructor in advance, if at all possible, explain their situation. Once a deadline has been established for make-up work, no further extensions or exceptions will be granted.

**Extra Credits**
No extra credit opportunities will be presented in this course.

**Syllabus**
The electronic copy of the syllabus will be accessible for students on Blackboard. It is recommended that students review the syllabus thoroughly before the start of the semester and later consult with it frequently.

**Copyright Statement for Course Materials**
All materials used in this course are protected by copyright law. The course materials are only for the use of students currently enrolled in this course and only for the purpose of this course. Course materials may not be further disseminated.

**Course Schedule**
Tentative course schedule is posted on Blackboard with specific details on daily reading assignments and course content. Please note that the last day to withdraw from class with an automatic “W” is April 1st. The instructor will not drop students from the course. If students perceive that they are unable to complete the course successfully, they should contact the Registrar’s Office to initiate the drop process. If failing to drop the course by the course drop due date, students will be at risk of receiving an “F” grade.

The instructor has the right to change or modify course content, presented material, required assignment details, course schedule, and grading procedure. Students will be notified of any changes.

**Available Student Resources:**
UTEP COVID-19 Safety Policies

The following guidelines must be followed:
- Stay at home if you have been diagnosed with COVID-19, or are experiencing COVID-19 symptoms, or have had a recent contact with a person who has received a positive COVID-19 test.
- Report at https://adminapps.utep.edu/screening/Home/Launch if you have been diagnosed with COVID-19, or are experiencing COVID-19 symptoms, or have had a recent contact with a person who has received a positive COVID-19 test.
- Complete screening questions at https://adminapps.utep.edu/screening/Home/Launch every day before coming to UTEP campus and follow the instructions provided.
- While on campus, follow these safety precautions:
  - Wear face covering when in common areas or when others are present
  - Maintain a minimum separation of six (6) feet between yourself and others when possible, and arrange space to make this possible in almost all circumstances
  - Adhere to room and space limitations on number of occupants
  - Wash and/or sanitize hands frequently.

COVID-19 Accommodations

Students are not permitted on campus when they have a positive COVID-19 test, exposure or symptoms. Students who are not permitted on campus should contact the instructor as soon as possible in order to arrange necessary and appropriate accommodations.

COVID-19 Precautions

Students should complete the COVID-19 student training module at https://covidtraining.questionpro.com/. In general, students must stay home and report if they (1) have been diagnosed with COVID-19, (2) are experiencing COVID-19 symptoms, or (3) have had recent contact with a person who has received a positive coronavirus test. Reports should be made at screening.utep.edu. If students know of anyone who should report any of these three
criteria, they should encourage them to report. If the individual cannot report, students can report on their behalf by sending an email to COVIDaction@utep.edu. If students need temporary accommodations due to COVID-19, they should contact the course instructor at their earliest convenience. Students should consider regularly participating in the UTEP COVID testing program, particularly if they visit the UTEP campus. More information may be available here: https://www.utep.edu/resuming-campus-operations/testing/index.html

For each day that students attend campus, for any reason, they must complete the questions on the UTEP screening website (screening.utep.edu) prior to arriving on campus. The website will verify if students are permitted to come to campus. Under no circumstances should anyone come to campus when feeling ill or exhibiting any of the known COVID-19 symptoms. If students are feeling unwell, they should inform the instructor. Students are advised to minimize the number of encounters with others to avoid infection.

Student must wear face coverings when in common areas of campus or when others are present. Students must wear a face covering over their nose and mouth at all times if this class meets in-person. If students choose not to wear a face covering, they may not enter the classroom. If students remove their face covering, they will be asked to put it on or leave the classroom. Students who refuse to wear a face covering and follow preventive COVID-19 guidelines will be dismissed from the class and will be subject to disciplinary action according to Section 1.2.3 Health and Safety and Section 1.2.2.5 Disruptions in the UTEP Handbook of Operating Procedures.

Non-Compliance with Safety Guidelines

Students are required to comply with above stated COVID-19 safety policies. Students who fail to comply may be dismissed from the internship sites by the site supervisors or the course instructor. Consequences of non-compliance may include dismissal from the course and submitting a report to https://cm.maxient.com/reportingform.php?UnivofTexasElPaso&layout_id=0.