THE UNIVERSITY OF TEXAS AT EL PASO
COLLEGE OF HEALTH SCIENCES - KINESIOLOGY PROGRAM
KIN 4445: Strength and Conditioning Program Design and Periodization,
CRN: 17832, Fall 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: Samuel Montalvo, Ph.D., CSCS, *D.
Class sessions: Wednesday, 12:00 pm – 2:20 pm
Office hours: Mondays 9:00-10:00am, by appointment. CHS, room 454.
Online meeting: available upon request via email.
Instructor’s E-mail: smontalvo@utep.edu
Contact number: (915) 504-3980
Instructor’s Academic Social Media:
Fitness Research Lab: www.instagram.com/fitnessresearchlab.utep/
www.facebook.com/fitnessresearchlab.utep/

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
Students are required to attend all sessions. However, per institutional guidelines, students are allowed one unexcused absence through the entire course. A subsequent unexcused absence will result in a one letter grade reduction.

Tardy Policy
Each tardy will result in a 1-point reduction.

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, 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 class meetings will be held for discussions and course related physical activities. Students are encouraged to actively participate in all class discussions. 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.

**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/), also available on the homepage of the Office of Student Conduct and Conflict Resolution and Office of Student Life, 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](https://www.utep.edu/student-affairs/osccr/) (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](https://www.utep.edu/student-affairs/osccr/).
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 on Designated Course Material</td>
<td>5%</td>
<td>On designated Sundays by 11:59 pm</td>
</tr>
<tr>
<td>(total of 8 quizzes)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sport specific periodization project – Part A:</td>
<td>20%</td>
<td>Wednesday, 10/30 by noon</td>
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<tr>
<td>Literature review</td>
<td></td>
<td></td>
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<tr>
<td>Sport specific periodization project – Part B:</td>
<td>20%</td>
<td>Wednesday, 12/12 by noon</td>
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<tr>
<td>Periodization</td>
<td></td>
<td></td>
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<tr>
<td>Final Exam</td>
<td>20%</td>
<td></td>
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<tr>
<td>Total</td>
<td>100%</td>
<td></td>
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</tbody>
</table>

**Quizzes:** Quizzes will include materials covered in class with particular focus on the covered textbook chapters, as well as other assigned reading. Quiz contents are detailed in the course schedule, but may be adjusted as the course proceeds. The instructor will inform the students if any adjustments are necessary. The format of quizzes will be multiple choice. Quiz questions will be developed by the course instructor. All quizzes will be available online through Blackboard for a period of time (typically over several weeks), allowing students to complete the quizzes at their preferred time. However, quizzes must be completed by the below specified due dates. Quizzes will not be available for completion after the due dates, thus failure to complete the quizzes by the specified due dates will result in zero grade on the given quiz.

During the online quizzes, students must follow the below specified policies/guidelines. Policy violations will be considered a violation of the scholastic honesty, discipline, and professional conduct expectations outlined above in the course syllabus and will result in disciplinary actions.
- The quizzes will assess students’ knowledge on the predetermined course materials, including textbook chapters and other designated readings. Quiz questions will be presented in a multiple-choice format and the content of the quiz questions will be directly relevant to the reading materials.
- Quizzes are to be taken online, accessed through the course Blackboard site.
- Students will be allowed only a single attempt on the quizzes. The score obtained for that single attempt will be documented in the final grade sheet.
- Quizzes will be accessible through a variety of devices, including desktops, laptops, tablets, smartphones, etc. However, reliable internet connection is critical to successfully complete the exam.
- Quizzes will be accessible only during the time periods specified by the instructor. After the expiration of the exam deadline, students may no longer access the quizzes, resulting in zero score on the relevant quiz.
- Quizzes will be set-up with only one question displayed at a time and backtracking will be prohibited. Accordingly, students should carefully review the presented question and register their answer, as they will not be able to return to the given question later.
- Quizzes will have a time limit for completion. The specific time limit will be displayed prior to the start of the quiz, and a rundown clock will assist students to proper time allocation. At the expiration of the allotted test time, the test will be automatically submitted. Should students experience internet problems or an unexpected disconnection, they will be able to log in again and continue with the quiz prior to the expiration of the allotted time period.
- Accessing the quizzes will require students to activate the Respondus Lockdown Browser. This will require that students close all other webpages or applications on their device.
- Students are encouraged to learn more about the Respondus Lockdown Browser. Prior to taking the quizzes, students should watch an introductory video about this feature, available here: https://www.youtube.com/watch?time_continue=136&v=XuX8WoeAycs&feature=emb_logo or visit the related website https://web.respondus.com/he/lockdownbrowser/
- Respondus Monitor uses a webcam and microphone, through which it records the student’s attempt on quiz taking. Before the start of the quiz, a start-up sequence is initiated to ensure that the student’s webcam and microphone are working properly.
- During the start-up process, Respondus Monitor uses a student photo, which is used to identify the student taking the quiz. Blocking the webcam view with an object, or moving out of the webcam view during the photo taking disables Respondus Monitor entirely. Students thus must take a photo where they are clearly recognizable.
- The students’ webcam must be properly positioned, or if students use an electronic device, such as a laptop or a tablet that has a built-in webcam, the device must be properly positioned so that the resulting video image shows the entire face of the student. Students should check their webcam images to avoid the webcam showing only part of their face, or the student being out of the webcam view entirely. Students’ face must be fully viewable by the webcam during the entire quiz session.
- Students should remove any sunglasses, hats, etc., which would obscure their face recognition. If taking the exam in a public setting, students may wear a surgical mask for public health purposes.
- The faces of students should be well lit, allowing proper recognition and monitoring. Students are advised to avoid taking the exam in a dark room or have a bright light source (for example an open window) right behind them, thus making their image obscure or shadowed. Students should review their own webcam image for reassurance of video quality prior to taking the exam.
- During the set-up process, Respondus Monitor asks students to take a video snapshot of their immediate test environment. Students are asked to show a 180° view of their surroundings immediately next to their electronic device. This should include items on the student’s desk/table, lap, chair, bench, etc.
- Students are not allowed to have the textbook, class notes, and other electronic devices (laptops, tablets, phones, etc.) placed in the surrounding of the quiz taking device.
- During the quizzes, the use of external devices, such as books, notes, phones, printers, computer files, emails, or any other communication devices are prohibited. The Lockdown Browser feature will disable the student’s primary device to print, capture screen content, visit other web pages, or access other applications during the quizzes.
- During the quizzes, students are expected to keep their eyes continuously on the device monitor. Looking down and up, or looking off to the sides is prohibited.
- During the quizzes, students are not allowed to have a conversation with others in the immediate surrounding area. Student focus should be exclusively on the quiz.
- During the quizzes, students’ face must be consistently viewable. Students should not block the webcam view or cover their face in any way. Students should also avoid leaning into the webcam or moving out of the webcam view.
- During the quizzes, if using a non-stationary device such as a laptop or tablet, students are advised to place the device on a stable surface, such as a desk, and use the device from there during the entire duration of the quiz. Students should avoid repeatedly moving, shaking, rotating, or adjusting the laptop/tablet, such as when taking the quiz while placing the laptop/tablet in their lap.
- During the quizzes, getting up and walking away from the webcam view is prohibited.
- Since the quizzes are voice and video recorded, students should display a professional behavior during the quiz. While reading the quiz questions and answer choices out loud is acceptable, using profanity, vulgarity, or derogatory comments is unacceptable.

Tentative Quiz Availability Dates:

<table>
<thead>
<tr>
<th>Quiz Number</th>
<th>Available for Student Access</th>
<th>Due Date (last availability)</th>
</tr>
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<tbody>
<tr>
<td>Quiz 1</td>
<td>Wednesday, August 25th</td>
<td>Sunday, August 29th by 11:59 pm</td>
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<tr>
<td>Quiz 2</td>
<td>Wednesday, August 25th</td>
<td>Sunday, September 5th by 11:59 pm</td>
</tr>
<tr>
<td>Quiz 3</td>
<td>Wednesday, August 25th</td>
<td>Sunday, September 26th by 11:59 pm</td>
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<tr>
<td>Quiz 4</td>
<td>Wednesday, August 25th</td>
<td>Sunday, October 3rd by 11:59 pm</td>
</tr>
<tr>
<td>Quiz 5</td>
<td>Wednesday, August 25th</td>
<td>Sunday, October 17th by 11:59 pm</td>
</tr>
<tr>
<td>Quiz 6</td>
<td>Wednesday, August 25th</td>
<td>Sunday, October 31st by 11:59 pm</td>
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<tr>
<td>Quiz 7</td>
<td>Wednesday, August 25th</td>
<td>Sunday, November 21st by 11:59 pm</td>
</tr>
<tr>
<td>Quiz 8</td>
<td>Wednesday, August 25th</td>
<td>Sunday, December 12th by 11:59 pm</td>
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Periodization Project including a Literature Review Paper:

Students will be assigned to design a periodized training program for their selected sport. This larger project will include a literature review paper. The literature review paper should be based on a minimum 5 sources from professional sources. Works should be cited using APA style. The paper should address a sport and published research/methods concerning the sport-specific strength and conditioning training and preparation for that sport. The rest of the periodization project should include a periodized training plan for the selected sport, which will need to be based on the scientific principles and guidelines discussed in this course. Students must select a sport in which strength, muscle endurance, power, speed, agility, and/or cardiovascular endurance are important components of success. Students will be asked to upload their assignment documents on Blackboard under the relevant links.

Note: While students are encouraged to discuss approaches and strategies for a given assignment, and exchange ideas on the content, all students are expected to write their own assignment without borrowing, copying, or plagiarizing information from others. Any violations of this policy will result in disciplinary actions taken against the students involved. Furthermore,
students cannot submit any work for any assignments in this course that have already been submitted as a partial or full assignment in another course.

**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.
UTEPM 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:
  o Wear face covering when in common areas or when others are present
  o 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
  o Adhere to room and space limitations on number of occupants
  o Wash and/or sanitize hands frequently.

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

Course Resources: Where you can go for assistance

UTEPM provides a variety of student services and support:
Technology Resources
- Help Desk: Students experiencing technological challenges (email, Blackboard, software, etc.) can submit a ticket to the UTEP Helpdesk for assistance. Contact the Helpdesk via phone, email, chat, website, or in person if on campus.

Academic Resources
- UTEP Library: Access a wide range of resources including online, full-text access to thousands of journals and eBooks plus reference service and librarian assistance for enrolled students.
• **University Writing Center (UWC):** Submit papers here for assistance with writing style and formatting, ask a tutor for help and explore other writing resources.

• **Math Tutoring Center (MaRCS):** Ask a tutor for help and explore other available math resources.

• **History Tutoring Center (HTC):** Receive assistance with writing history papers, get help from a tutor and explore other history resources.

• **RefWorks:** A bibliographic citation tool; check out the RefWorks tutorial and Fact Sheet and Quick-Start Guide.

**Individual Resources**

• **Military Student Success Center:** Assists personnel in any branch of service to reach their educational goals.

• **Center for Accommodations and Support Services:** Assists students with ADA-related accommodations for coursework, housing, and internships.

• **Counseling and Psychological Services:** Provides a variety of counseling services including individual, couples, and group sessions as well as career and disability assessments.

**PLAGIARISM DETECTING SOFTWARE**

Some of your course work and assessments may be submitted to SafeAssign, a plagiarism detecting software. SafeAssign is used to review assignment submissions for originality and will help you learn how to properly attribute sources rather than paraphrase.

**COPYRIGHT STATEMENT FOR COURSE MATERIALS**

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