

HPW 456: Strength and Conditioning Programming & Field Work

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Required Text and Material:

NSCA, Essentials of Strength and Conditioning 4th Edition

NSCA The Basics of Strength & Conditioning Manual (PDF)

Practicum Location, date and time: Monday 630pm – 9pm

Credits: 3

Course Description:

Students will begin the first five weeks in the classroom and determine their on-site coaching location. Students will also receive the option of working in a setting that matches their occupational goals (below). This practical course will assess the student's knowledge of program design, exercise techniques, testing, evaluation, and organization/administration. On-site supervisors will help with evaluation of the student within that particular setting. Students will meet every other week starting week 5 in the classroom to discuss competencies below, their experience and evaluate weekly training sessions from their onsite location. Practicum on-site coaching locations are UWSP Champions Hall, UWSP ROTC, Local Fitness Facility, Community Organizations, Business Fitness Programs, Local Elementary, Middle or High Schools.

Students will learn to train athletes for the primary goal of improving athletic performance. They will learn to conduct sport-specific testing sessions, design and implement safe and effective strength training and conditioning programs and provide guidance regarding nutrition and injury prevention. Students will learn to take an individualized/interpersonal approach to assess, motivate, educate and train clients regarding their personal health and fitness needs. Students will be able to design safe and effective exercise programs, provide the guidance to help clients achieve their personal health/fitness goals, and respond appropriately if emergency situations arise.

Week	Lab/Location	Discussion
1	Practicum Sites (classroom)	Application/Practicum Agreement/Learning Goals/Resume
2-3	Choose Practicum Location & Connect with On-Site Supervisor Develop Semester Timeline and Plan (classroom)	Continued
4	Learning Goals & Resume for onsite submittal (classroom)	Finalize Practicum Location
5-15	Onsite at Practicum Locations	6-8 Hrs/Wk
5	Time Sheets (classroom)	Finalize Practicum Plan
7	Student Midterm Reflection Paper & Midterm Self Evaluation (classroom)	Discussion
9	Share Student Experiences (classroom) NSCA Conference Video	Presentation
11-12	Journal Review & Book Presentations	Presentation
13	Periodization Project	Discuss Practicum Experiences
15	Eulogy You: Write yourself a letter of recommendation	
Finals Week	Final Practicum Evaluation Paper	

Assignments:

Assignment	Points
Resume	15
Coaching/Training Philosophy	0
Learning Goals Worksheet	15
Timesheets	50
Midterm Reflection Paper	10
Midterm Self Evaluation	10
NSCA Conference Video & Presentation	20
Scientific Journal Review & Presentation	30
Book Read & Presentation	50
Periodization Project & Presentation	30
Final Practicum Evaluation Paper	30
Total	260

Letter Grade Assignment:

Letter Grade	Percentage
A	93-100%
A-	90-92%
B+	87-89%
B	83-86%
B-	80-82%
C+	77-79%
C	73-76%
C-	70-72%
D+	67-69%
D	60-66%
F	0-59%