

## **HDPE 436-01 PRINCIPLES OF STRENGTH AND CONDITIONING**

**Instructor:** Gary Lusin, PT, MS, ATC, CSCS  
Guest instructor, John Sveen, PT, MS, SCS, CSCS

**Course Description:** To introduce strength training concepts to students preparing to be Health Enhancement Educators and/or coaches. Strength training principles will be applied to a variety of student populations and ages, by combining anatomy, physiology, biomechanics, pathology, and kinesiology.

**Text:** Fitness and Wellness, Seventh Edition, Hoeger and Hoeger  
Principles and Labs for Fitness and Wellness, Eighth Edition, Hoeger and Hoeger

**Purpose of Course:** To provide individuals pursuing a career in Health Enhancement and/or Coaching with a good basic understanding of applying strength and conditioning in their daily classes. This information will be applicable to teachers and coaches of students K-12 and for athletes as well as non-athletes. Class participants will develop an understanding of how, and why, to incorporate strength and conditioning principles and activities into various course activities. The role of posture and movement mechanics will be discussed. Various diseases and conditions such as scoliosis, osteoporosis, Osgood-Schlatters disease, and other injuries will be discussed regarding their influence on student activity and participation.

Students will learn and discuss why K-12 students may have to alter their health enhancement activities during a time of injury or disease. Students will also learn and discuss how and who to interact with in the medical community when students have limitations.

### **Exams:**

There will be 2 unit exams and the final exam during the semester. The final exam is anticipated to be a video based practical exam in addition to lecture-based questions.

Exams will be primarily multiple-choice with some questions being short answer.

Exam questions will be derived from lecture/activity sessions (including sessions taught by students), the text, from guest lecturers, and from any additional readings. Questions will also include material from anatomy, kinesiology, and biomechanics.

**Class participation:** Students will be expected to participate in class discussions and in the activity portions of the class. Students will be expected to instruct and participate in the activity sessions by developing and teaching specific aspects of strength training as assigned/selected. Student instruction activity can be done individually by the student or with one other person as a partner. Handouts and informational material must be included.

### **Grading:**

Standard grading will be used. 90-100=A; 80-89.9=B; 70-79.9=C; 60-69.9=D; below 59.9=F  
Grades will be determined by the scores on the 3 exams.

Extra credit work can be available and will include additional reading and written report. The maximum number of grade points allowed for extra credit will be 5.