### Course Name:
KNPE 346/4.5

### Internship Coordinator:
Ms. Michelle McCalpin

### Contact Hours:
- **Lectures:** 1 x 1 hr/wk over Fall and Winter terms
- **Practical:** 5 hours per week

### Athletics & Recreation Liaison
Strength & Conditioning Coach
Mr. Colin McAuslan

### Prerequisite:
(ANAT 315/3.0 and KNPE 345/3.0) and a GPA of 2.70. Permission of the Internship Coordinator and the Department Manager and Undergraduate Chair is required. Level 3 or above in a KINE or PHED plan. Valid First Aid/CPR and CPIC required. Proof of Athletics and Recreation Strength and Conditioning experience (36 hours) in the previous year.

### Course Description:
The Level 2 KNPE Strength and Conditioning Mini-Stream is designed to progress students into effectively managing an athlete training floor. This includes assisting athletes in their understanding of the concepts of their training plan, executing movements safely and effectively while training at a high level of effort. By the end of KNPE 346, the student intern should feel competent and prepared to run a weight room training session by themselves, including the warmup, main lifts, accessory work, energy system training and recovery work.

### Suggested Readings:
- Essentials of Strength Training and Conditioning, NSCA, 3rd edition

### Learning Outcomes:
- Students will assist Level 3 interns with the organization and efficiency of the weight training session.
- Students will gain knowledge in areas of exercise technique, program design, sport specificity, energy system training and weight room management. They will apply this knowledge to properly cue and improve the form of an athlete’s movement.
- Students will play an active role in the facilitation of testing protocols for their designated varsity sports teams.

### Course Evaluation:
- **Training Logs** 5%
- **Training Hours** 30%
- **Research Summary** 5%
- **End of Term Paper** 25%
- **Performance/Professionalism** 35%

### Course Content:
This course consists of 5 hands on training hours a week with at least 2 different sports. In the first semester students will complete a 5 article research summary chart. In addition there is a 10 page written paper on an approved topic pertaining to Strength and Conditioning. Each intern must also submit a weekly log.