**Course Name:** KNPE 446/4.5  
Strength and Conditioning Internship

**Internship Coordinator:**  
Ms. Michelle McCalpin

**Athletics & Recreation Liaison:**  
Strength & Conditioning Coach  
Mr. Colin McAuslan

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

**Prerequisite:**  
KNPE 346/4.5 and a GPA of 2.70. Level 4 in a KINE or PHED plan.  
Students must hold valid First Aid/CPR and CPIC; and permission of the Internship Coordinator and the Department Manager and Undergraduate Chair.

**Material Fees:** Estimated cost $50.00

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**Course Description:**
The Level 3 KNPE Strength and Conditioning Mini-Stream is designed to entrust further responsibilities of our weight room to our student interns. Interns will have the freedom to coach and cue athletes closely, have input on program design and manage an entire teams training session from the minute they enter the gym to when they leave the weight room. This includes addressing the athletes as they arrive, discussing injuries or issues (relaying any to the Head S&C Coach), administering the active warmup and the physical organization of the subsequent aspects of that team’s daily training program, created by the Head S&C. By the end of KNPE 446, the student intern should feel competent and prepared to run an entire weight room or on-court/field training session with proper management of lower level interns and athletes.

**Course Texts (Suggested):**  
Essentials of Strength Training and Conditioning, NSCA, 3rd edition

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**Intended Student Learning Outcomes:**
- Interns will be capable of managing the responsibilities of multiple level 2 and level 1 interns pertaining to the organization and efficiency of the weight training session.
- Interns will gain knowledge in areas of exercise technique, program design, sport specificity, energy system training and weight room management, and will be asked to administer this knowledge clearly and effectively.
- Interns will play an active role in the facilitation of testing protocols for their designated varsity sports teams. They will become competent in managing stations for particular tests and assisting in the data input.
- Interns will develop the ability to introspectively evaluate the performance of their training sessions, recognizing positives and areas of improvement.
- Interns will manage their teams’ yearly training plan and

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**Course Evaluation:**
- Logs 5%
- Hours 30%
- Case Study Assignment 30%
- Performance/Professionalism 35%
monitoring their teams training load throughout their competitive season.
- Interns will learn how to professionally interact with coaches and support staff in order to develop positive, trusting relationships that impact the success of the athletes.

| This course consists of 1 mandatory group meeting every week, 5 hands on lead-training hours a week. Each intern is required to complete an 8 week training plan case study on themselves with a pre-test, mid-test and post-test, accompanied by a written summary. Each intern must submit a weekly log of hours. |  |