

<p>Course Name: KNPE 346/4.5</p> <p>Strength and Conditioning Field Placement</p>	<p>Student Experience Coordinator: Ms. Michelle Shorey</p> <p>Athletics & Recreation Liaison Strength & Conditioning Coaches Mr. Colin McAuslan Mr. Evan Karagiozov</p>	<p>Contact Hours:</p> <p>Lectures: 1 x 1 hr/wk over Fall and Winter terms Practical: 5 hours per week</p> <p>Prerequisite: (ANAT 315/3.0 and KNPE 345/3.0) and a GPA of 2.70. Permission of the Student Experience Coordinator and the Department Manager and Undergraduate Chair is required. Level 3 or above in a KINE plan. Valid First Aid/CPR and CPIC required.</p> <p>Exclusion: KNPE 300/3.0; KNPE 330/4.5</p>										
<p>Course Description:</p> <p>The Level 2 KNPE Strength and Conditioning Mini-Stream is designed to progress students into effectively managing an athlete training environment. 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 should feel competent and prepared to run a weight room training session by themselves, including coaching assessments, warmups, main lifts, accessory work, energy system training and recovery work. The student will learn progressions for multiple components that make up a training program while also learning how to organize them appropriately for effective program design.</p>		<p>Readings:</p> <p>Weekly readings on OnQ</p>										
<p>Learning Outcomes:</p> <ul style="list-style-type: none"> • Apply foundational training principles while being an active coach in the daily training environment with our varsity student athletes • Perform a detailed needs analysis, understanding the underpinning physical qualities required for performance and athlete development • Effectively and efficiently prepare excel monitoring documents for tracking athlete development (ie. 		<p>Course Evaluation:</p> <table border="0"> <tr> <td>Logs (Weekly)</td> <td>5%</td> </tr> <tr> <td>Hours (Complete 120 hours)</td> <td>20%</td> </tr> <tr> <td>Practical Evaluation</td> <td>30%</td> </tr> <tr> <td>Performance/Professionalism</td> <td>25%</td> </tr> <tr> <td>Programming Assignment</td> <td>20%</td> </tr> </table>	Logs (Weekly)	5%	Hours (Complete 120 hours)	20%	Practical Evaluation	30%	Performance/Professionalism	25%	Programming Assignment	20%
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<p>performance and wellness monitoring)</p> <ul style="list-style-type: none"> • Develop practical relationship building strategies and effective behaviours to create long term success in coaching and the professional world. An emphasis will be placed on the soft skills of coaching. • Model competence and confidence in overseeing a training session for varsity athletes. This includes overseeing the dynamic warmup, program explanation, exercise technique, adjustments based on injury status and management of the training facility. • Discuss the return to play process and how to integrate with sports medicine to effectively assist recovering athletes. • Employ appropriate training progressions and principles for speed development, COD/agility, ESD, plyometrics and return to play 	
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Course Content	
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Periodization Discussion/Overview	Building Accel + Max Velocity Progressions
Systems and Exercise Classification	Building COD/Agility Progressions
Applying Periodization and Building a Training Plan	Building ESD/Contact Progressions
Developing KPI's	Building Plyo Progressions
Monitoring KPI's with Excel (Performance)	Soft Skills of Coaching. Building Relationships and Trust
Monitoring KPI's with Excel (Wellness)	Return to Play