

<p><b>Course Name:</b>  <b>KNPE 446/4.5</b></p> <p>Strength and Conditioning Internship</p>	<p><b>Student Experience Coordinator:</b>                  Ms. Maura Frunza</p> <p><b>Athletics &amp; Recreation Liaison</b>                  Strength &amp; Conditioning Coach                  Mr. Colin McAuslan</p>	<p><b>Contact Hours:</b>                  Fall 2020 - Remote</p> <p><b>Prerequisite:</b>                  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 Student Experience Coordinator and the Department Manager and Undergraduate Chair.</p>																
<p><b>Course Description:</b></p> <p>The Level 3 KNPE Strength and Conditioning Mini-Stream is designed to entrust further responsibilities of our training environment to our student interns. For the 2020-21 year, this may look slightly different due to COVID -10 but all level 3 interns will still be embedded with a varsity team. The goal of this course is to provide knowledge in high performance sport preparations through the utilization of yearly training plans, athlete monitoring, creating needs analyses, and program design. Upon completion of KNPE 446, the student intern should feel competent, prepared and effective in their role within a high-performance training environment. This year, there will be an increased focus on learning from those working in the field and developing planning strategies that unpin the training process.</p>		<p><b>Course Texts (Suggested):</b></p> <p>Weekly OnQ: KNPE 446 Strength and Conditioning Internship FW 20/21</p>																
<p><b>Intended Student Learning Outcomes:</b></p> <ul style="list-style-type: none"> <li>• Students will learn how to consider all training stressors when creating a yearly training plan</li> <li>• Students will understand the theory and application of sRPE training load monitoring</li> <li>• Students will learn how to perform a detailed needs analysis, breaking down their sport film to understand the underpinning physical qualities required for performance and athlete development</li> <li>• Students will learn how to effectively and efficiently prepare excel monitoring documents for tracking athlete development (ie. performance and wellness monitoring)</li> <li>• Students will learn about principles that support high-performance planning</li> </ul>		<p><b>Course Evaluation:</b></p> <table border="0"> <tr> <td>Online Discussions (articles, podcasts, youtube)</td> <td>15%</td> </tr> <tr> <td>Excel Wellness Monitoring Document</td> <td>15%</td> </tr> <tr> <td>Needs Analysis Project</td> <td>25%</td> </tr> <tr> <td>Deep Dive Research Project</td> <td>5%</td> </tr> <tr> <td>Peer Review Seminar Series Recap</td> <td>5%</td> </tr> <tr> <td>YTP Project</td> <td>15%</td> </tr> <tr> <td>Professional and Performance Hours Completion</td> <td>10%</td> </tr> <tr> <td>(Subject to change)</td> <td>10%</td> </tr> </table>	Online Discussions (articles, podcasts, youtube)	15%	Excel Wellness Monitoring Document	15%	Needs Analysis Project	25%	Deep Dive Research Project	5%	Peer Review Seminar Series Recap	5%	YTP Project	15%	Professional and Performance Hours Completion	10%	(Subject to change)	10%
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| <ul style="list-style-type: none"><li>• Students will network and build connections in the sport performance field while learning from Queen's alumni and performance specialists in multiple domains.</li></ul> |  |
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**Course Content (Subject to Change)**

*Reverse Engineering Sport/Needs Analysis*

*Reverse Engineering Sport: In Action*

*Periodization Methods*

*Athlete Monitoring*

*Monitoring KPI's with Excel (Performance)*

*Monitoring KPI's with Excel (Wellness)*

*Queen's Progressions: COD/Agility, ESD, Plyo, Strength, Accel/Max V*

*Building a YTP*

*Training Load: ACWR, Monotony, Strain*

*Recovery*

*Return to Play*

*Professional Development and Career Tips*