

<p>Course Name: KNPE 346/4.5</p> <p>Strength and Conditioning Field Placement</p>	<p>Student Experience Coordinator: Helga Smallwood</p> <p>Athletics & Recreation Liaison Strength & Conditioning Coach Mr. Colin McAuslan</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 or PHED 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. Due to COVID 19, the 2020-21 year will look slightly different, but each level 2 will be embedded with a varsity team. By the end of KNPE 346, the student intern should feel competent and prepared to run a weight room training session by themselves, including coaching the warmup, 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. This year, there will be an increased focus on learning from those working in the field of sport performance.</p>	<p>Readings:</p> <p>Weekly readings on OnQ</p>	
<p>Intended Student Learning Outcomes:</p> <ul style="list-style-type: none"> • Students will learn how to bring all training modalities together to create a periodized training program • Students will learn how to effectively and efficiently prepare excel monitoring documents for tracking athlete development (ie. performance and wellness monitoring) 	<p>Course Evaluation:</p> <p>TBD</p>	

<ul style="list-style-type: none"> • Students will learn practical relationship building strategies and effective behaviors to create long term success in coaching and the professional world • Interns will learn how to input and manage training monitoring data • If able to coach in person, interns will develop confidence in overseeing a training session, start to finish • Interns will learn about the return to play process • Students will learn training progressions and principles for speed development, COD/agility, ESD, plyometrics and return to play 	
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Course Content (Subject to Change)

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

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