

<p>Course Name: KNPE 446/4.5</p> <p>Strength and Conditioning Internship</p>	<p>Student Experience Coordinator: Ms. Michelle Shorey</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</p> <p>Practical: 5 hours per week</p> <hr/> <p>Prerequisite:</p> <p>KNPE 346/4.5 and a GPA of 2.70. Level 4 in a KINE or PHED plan.</p> <p>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>Course Description:</p> <p>The Level 3 KNPE Strength and Conditioning Mini-Stream is designed to entrust further responsibilities of our training environment to our students. The goal of this course is to provide knowledge in high performance sport preparations through the utilization of yearly training plans, athlete monitoring, and program design. Level 3 students will have more autonomy to manage training sessions and engage with their assigned teams outside of the weight room environment. Additionally, students will actively look to mentor other younger students while simultaneously actively grow their professional network. Upon completion of KNPE 446, the student intern should feel competent, prepared and effective in their role within a high-performance training environment (ie. weight room, outdoor training, practice, game, recovery).</p>		<p>Course Texts (Suggested):</p> <p>Weekly OnQ: KNPE 446 Strength and Conditioning Internship FW 21/22</p>																		
<p>Intended Student Learning Outcomes:</p> <ul style="list-style-type: none"> • Students will learn how to consider all training stressors when creating a yearly training plan • Students will understand the theory and application of sRPE training load monitoring • 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 • Students will learn how to effectively and efficiently 		<p>Course Evaluation:</p> <table> <tr> <td>Logs</td> <td>5%</td> </tr> <tr> <td>Hours (Complete 120 hours)</td> <td>20%</td> </tr> <tr> <td>Performance and Professionalism</td> <td>20%</td> </tr> <tr> <td>Session Evaluation</td> <td>15%</td> </tr> <tr> <td>8 Week Programming Assignment</td> <td>15%</td> </tr> <tr> <td>Networking Assignment</td> <td>10%</td> </tr> <tr> <td>First Semester Peer Review</td> <td>5%</td> </tr> <tr> <td>Second Semester Peer Review</td> <td>5%</td> </tr> <tr> <td>Coach Review</td> <td>5%</td> </tr> </table>	Logs	5%	Hours (Complete 120 hours)	20%	Performance and Professionalism	20%	Session Evaluation	15%	8 Week Programming Assignment	15%	Networking Assignment	10%	First Semester Peer Review	5%	Second Semester Peer Review	5%	Coach Review	5%
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prepare excel monitoring documents for tracking athlete development (ie. performance and wellness monitoring)

- Students will learn about principles that support high-performance planning
- Students will network and build connections in the sport performance field while learning from Queen's alumni and performance specialists in multiple domains.

Course Content

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