



UT PERMIAN BASIN

KINE 6362 701

Train & Condition

Spring 2023 Session 001

Delivery Method: Online

Instructor Information

Name: Sean Cochran

Email: cochran_s@utpb.edu

Phone: (858) 232-7741

Office Location: Remote (On-Line Course)

Office Hours: By Appointment (Please Contact via Email)

Course Information

Class Location: Online

Course Description

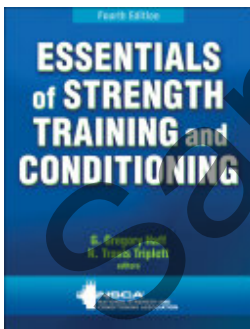
Examines the relevant systems of human physiology in the context of sport specific training and conditioning. Helps develop the students' understanding of the adaptations that the musculoskeletal and cardiorespiratory systems undergo during training and conditioning for sports and exercise.

Examines the physiological systems of the human body in relation to the adaptations associated with sports specific training. An understanding is developed in relation to the process of program design in context of the intended outcomes of exercise associated with the neuromuscular and cardiorespiratory systems of the body. Prerequisite: KINE 6360 its equivalent or permission of the instructor.

Student Learning Outcomes

- 1. Describe the physiological adaptations associated with exercise in relation to the neuromuscular system of the body.
- 2. Explain the process of program design in relation to the individual athlete and sport of participation.
- 3. Analyze the structures and functions of the body systems in relation to exercise.
- 4. Describe the cardiorespiratory adaptations of the body in relation to aerobic and anaerobic training.
- 5. Explain the process of program design for resistance, plyometric, speed, aerobic, and agility training.
- 6. Describe the process of exercise technique for modes of exercise.
- 7. Explain the principle of periodization for sport.

Required Materials



Title: Essentials of Strength Training and Conditioning

ISBN: 9781718210875

Authors: NSCA -National Strength & Conditioning Association

Publisher: Human Kinetics

Publication Date: 2021-06-01

Important Academic Dates

UTPB [Academic Calendar](#)

Graded Material

Course Activity	Points
Module Reading Quizzes (14 at 20pts each)	280
Module Assignments (10 at 40pts each)	400
Module Discussions (3 at 40pts each)	120
Comprehensive Final Project	200
Total	1000

Grading Scale

90 – 100% = A

80 - 89% = B

70 – 79% = C

60 – 69% = D

59% and Below = F

University Policies

Accommodation for Students with Disabilities

Students with Disabilities: The University of Texas Permian Basin in compliance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act provides “reasonable accommodations” to students with disabilities. Only those students, who an Instructor has received an official Letter of Accommodation (LOA) sent by the Office of ADA for Students, will be provided ADA academic accommodations.

ADA Officer for Students: Mr. Paul Leverington

Address: Mesa Building 4242/4901 E. University, Odessa, Texas 79762

Voice Telephone: 432-552-4696

Email: ada@utpb.edu

For the accessibility and privacy statements of external tools used within courses, go to [Accessibility and Privacy Statements](#).

Sexual Harassment/Sexual Misconduct Policy

The University of Texas Permian Basin (the University) is committed to maintaining a learning and working environment that is free from discrimination based on sex in accordance with Title IX of the Higher Education Amendments of 1972 (Title IX), which prohibits discrimination on the basis of sex in educational programs or activities; Title VII of the Civil Rights Act of 1964 (Title VII), which prohibits sex discrimination in employment; and the Campus Sexual Violence Elimination Act (SaVE Act), Violence Against Women Act (VAWA), and Clery Act. Sexual Misconduct, Retaliation, and other conduct prohibited under this Policy will not be tolerated and will be subject to disciplinary action.

The University will promptly discipline any individuals or organizations within its control who violate this Policy. The University encourages you to promptly report incidents that could constitute violations of this Policy to the Title IX Coordinator. The complete Sexual Harassment/Sexual Misconduct Policy can be found [here](#).

You may report incidents of sexual misconduct to any University employee. They are obligated to report any incident to the Title IX Coordinator or Deputy Coordinator.

You may also contact:

The UTPB Police Department at 432-552-2786

The Title IX Coordinator at 432-552-2697 or TitleIXCoordinator@UTPB.edu.

The Dean of Students at 432-552-2600

Reports can also be made via the University Complaint Portal: [UTPB Complaint Management](#)

A **confidential reporting option is available**. Please contact UTPB's Counseling Center at 432-552-3365 or 432-552-2367 or stop by MB 1150.

Scholastic Dishonesty

"Scholastic Dishonesty" is any form of cheating or plagiarism that violates the Student Code of Conduct. Scholastic dishonesty or academic dishonesty includes, but is not limited to, cheating, plagiarism, collusion, falsifying academic records, and any act designed to give unfair advantage to the student (such as, but not limited to, submission of essentially the same written assignment for two [2] courses without the prior permission of the instructor, and providing false or misleading information in an effort to receive a postponement or an extension on a test, quiz, or other assignment), or the attempt to commit such an act. The Student Code of Conduct provides students fair notice of conduct considered unacceptable at The University of Texas Permian Basin and which may be the basis for disciplinary action. This policy provides the procedures to be following when student disciplinary action may need to be implemented and

outlines the appeals process. The Student Code of Conduct is available online at:
<https://www.utpb.edu/life-at-utpb/student-services/dean-of-students/student-code-of-conduct>

Student Success at UTPB

UT Permian Basin offers numerous services to help you reach your academic goals. Available both in the Success Center on the 2nd Floor of the Mesa Building (<https://www.utpb.edu/academics/advising-and-support/student-success-center/index>), and online, UTPB Student Success offers the following services to all students:

- O.W .L. (Online Writing Lab) - Submit essays that need to be revised by one of our tutors to owl@utpb.edu.
- Tutoring – For both online and in person tutoring, please use EAB to create an appointment. (Utpb.campus.eab.com) Sign in using UTPB credentials.
- SI/PLTL Sessions - If available for your class, will be communicated to you by the mentor assigned to your class section and students can communicate to their SI or PL through Canvas.
- Peer Mentoring - Incoming freshmen can be paired with a peer mentor who will help you navigate your first year on campus.
- SSC Computer Lab - Come take advantage of the state-of-the-art computers available at the Student Success Center.

Please email success@utpb.edu for more information.

Course Modalities

Both the Texas Higher Education Coordinating Board (THECB) and the Southern Association of Schools and Colleges Commission on Colleges (SACSCOC) provide standard definitions for basic course types/modalities that have informed the following adopted course definitions.

Online Courses are those in which more than 85 percent of the planned instruction occurs online/virtually (asynchronously) when students and faculty are not in the same place. A fully online course is one in which mandatory in-person meetings occur no more than 15% of the planned instructional time.

Remote Courses are ones in which students, while not required to physically come to campus to attend in-person classes, are required to “attend” virtually/remotely (synchronously) during scheduled days and times, with students expected to log in and participate in the lecture via video conferences.

Hybrid Courses are courses in which the majority (more than 50% but less than 85%) of the planned instruction occurs when students and instructor(s) are not in the same place. This form of instruction

offers a mix of on-campus/in-person and remote/online/electronic learning.

HyFlex Courses are those which, like hybrid courses, offer a mix of on-campus/in-person and remote/online/electronic learning. These courses, however, do not require student authentication since at least 50% of the planned instruction occurs when students and instructor(s) are in the same place.

Face-to-Face/In-Person Courses are those in which more than 85 percent of the planned instruction occurs when students are in the same place with an instructor(s).

Distance Education Policy

Distance Education Courses and Student Identity Authentication Requirements and Policy

SACSCOC defines a distance education course as one in which more than 50 percent of the planned instruction occurs when students and instructor(s) are not in the same physical place. Distance education courses, therefore, include online, remote, and hybrid courses as defined above. Per SACSCOC and University policy, all distance education courses are required to follow our Distance Education Student Authentication Policy procedures (please see below), and these requirements and policies must be stated in the course syllabus. Further, any projected additional student charges associated with verification of student identity must be indicated on the courses schedule and course syllabus.

The Distance Education Student Authentication Policy does not apply to Hyflex Courses--those in which at least 50% of the planned instruction occurs when students and instructor(s) are in the same place--and Face-to-Face/In-Person Courses--those in which more than 85 percent of the planned instruction occurs when students and instructor(s) are in the same place. Student authentication and identity verification in these courses may be accomplished by in-person attendance monitoring as well as through in-class instructor proctored examinations and other assessments. These same "in-class" authentication procedures also may be employed in hybrid courses, but in the case of these defined distance education courses, they must be documented on the course syllabus as described below.

Distance Education Student Authentication Policy and Syllabus Requirements

UT Permian Basin's Distance Education Student Authentication Policy requires the University to employ processes (documented in each distance education syllabus) to verify that each student who registers for a distance education course is the same student who participates in, completes, and receives credit for the course.

The policy requires faculty members teaching distance education courses to employ at least two methods of verification to ensure student identities. The first method of verification is accomplished by the student logging into Canvas, our learning management system. To access all UTPB courses, students must login to Canvas uniqueness personal identifying username and secure password. This is the primary method of student identity verification. The Distance Education Student Authentication Policy requires at least one additional student identification method within the distance learning course that has been determined and approved by the faculty or academic program. The second method of authentication must be explicitly stated in the syllabus. The second method of student authentication maybe:

- Proctored exams using an approved photo ID*.
- Presentation of approved photo ID through a webcam and optional levels of proctoring during assessment.
- Field or clinical experiences using an approved photo ID.
- Synchronous or asynchronous video activities using an approved photo ID.
- In hybrid distance education courses, which have an in-person meeting component, the secondary method of student authentication may be accomplished (as is it may be done in hyflex and face-to face-courses) by in-person attendance monitoring as well as through required in-class instructor proctored examinations and other assessments.
- Other Technologies or procedures, etc. (which must be detailed in the syllabus).

If faculty require secondary method of verification for which students are charged a fee(e.g. face-to-face proctoring at an off-campus site that charges a fee), this notification must be stated on the course schedule and in the course syllabus as well.

*Approved photo identifications include passports, government issued identification, driver's licenses, military ID from DoD; dual credit and early college high school students use school district identifications.

This course satisfies the second method of student authentication by:

- Submission of photo ID to the authentication submission assignment.

Smarthinking Online Tutoring

As a UTPB student, you have access to free online writing center help through Smarthinking Online Tutoring. You can access Smarthinking Online Tutoring from the left side course navigation here in Canvas.

Course Policies

Class Attendance and Participation Policy

Research clearly indicates that class attendance is an integral factor in student learning. Any student who is absent 25% or more of the designated instructional time may receive a grade of "F" for the course. Your online course room attendance is required, and it is highly suggested that you maintain a minimum online course room presence of 5 days a week, with no more than 2 consecutive days without being present in the university's course room environment. If you encounter an unexpected circumstance that results in an extended absence, you are required to communicate with your instructor and your academic advisor to request an official leave of absence. Emergency situations will be considered on a student-by-student basis.

Students are responsible for participating in this course through the following academic activities:

- completing assigned readings from both texts and supplemental articles,
- responding to module discussion questions by posting to discussion boards on -time,
- participating in the discussions with classmates and instructor, and
- submitting assignments for each learning module on the due date.

This course is organized by weekly learning modules. All assigned readings for the module are to be completed before completing assignments. After completing the assigned readings and any ancillary suggested readings posted by the instructor, students will respond to discussion question (s) in the discussion designated for that module in Canvas. Instructions for responding to the Discussion Questions are provided.

Posting and Responding to Discussion Questions:

Discussions require a response to specific questions that results in collaborative conversations and construction of knowledge that builds and expands learning within the course.

You must support your Discussion postings and responses with references unless you are asked to provide personal opinion or personal reflection for a specific question. **Unless noted otherwise, your initial discussion postings should be approximately 250 words in length, substantive and scholarly in nature. You are required to respond to each Discussion posting, each week, within each module and provide a minimum of two responses to students in the following ways:**

- Suggest why you might see things differently.

- Ask a probing or clarifying question.
- Share an insight from having read the colleague's posting.
- Offer and support an opinion.
- Validate an idea with your own experience.
- Make a suggestion.
- Expand on the colleague's posting.
- Ask for evidence that supports the posting.
- Always be respectful and collegial.

Discussion Board Rules of Behavior:

- Do not post anything too personal.
- Do not use language that is inappropriate for a classroom setting or prejudicial in gender, race, or ethnicity.
- Do not use all caps in the message box unless you are emphasizing (it is considered shouting).
- Be courteous and respectful to other people on the list
- Do not overuse acronyms like you would use in text messaging. Some of the list participants may not be familiar with acronyms.
- Use line breaks and paragraphs in long responses.
- Write your full name at the end of the posting.

Technology Expectations:

- Students will complete assignments using the Internet and library-technology based database, such as the university's research database when conducting literature searches, reviewing module recommended readings, course assignments, and discussions.
- Students will interact with their instructor and other classmates through the Canvas virtual classroom, including retrieving their syllabus, participating in structured discussions, submitting assignments, and communicating with their professor.
- Students are expected to use their UTPB email for all correspondence. Students should log in to check their email on a regular basis.
- Students should be familiar with the usage of Canvas for access of all materials for this course, submitting of assignments, the taking of quizzes and exams, communication with the professor and classmates.
- Students should have the ability to generate Word and Power Point documents.
- Students should have access to Google Scholar for the searching of peer reviewed research articles.

- Students can use cloud version of Word, PowerPoint and other Microsoft products through use of their UTPB Outlook 365 and UTPB email address. For more information refer to [UTPB Office 365 Page](#).

Computer Technical Requirements

See [Technical Requirements](#).

Time Management

It is important to develop a time management plan to be successful in this course. A student should expect to spend 12 total hours per week on required readings, assignments, discussion posts, and reading quizzes.

Late Work Policy

Student work is considered late when it is submitted past the stated due date. However, students are encouraged to turn in work after the submission deadline. For each day the assignment is submitted past the due date the student will face increasingly severe point deductions. The student has a three-day (3) window to submit work past the due date. One day late garners a 10%-point deduction, two days late garners a 30% deduction, and three days late garners a 50% deduction. If the work is not submitted within three days of the due date the student will automatically receive a zero on the assignment.

Communication, Grading, & Feedback

As an online course the preferred method of contact with your professor is email. Please expect 24 hours for a reply to email outside of the weekends/holidays where the length or response time may be 36 hours. Feel free to ask me questions about the course, assignments, or content at anytime.

In most cases, assignments that count toward your participation grade (discussion threads and module-specific assignments) will be graded within forty-eight hours of the due date. Slight delays of up to a week may occur in case of scheduling conflicts or other unforeseen circumstances. Late assignments will be graded alongside the next module's assignments. I will make an announcement if there is going to be a delay in the usual time frame. More substantial assignments (exams, final projects) will be graded one week to one-and-a-half weeks after the due date. As with the participation assignments, any delays in this timeline will be announced to students in a timely manner.

Course Incomplete/Withdrawal/Grade Appeal

All students are required to complete the course within the semester they are signed up. Incomplete grades for the course are rarely given, will only be granted if the student provides a valid, documented excuse for not being able to complete the course on time, and has contacted the instructor prior to the

scheduled last class to request an extension. The student signs a contract that includes the incomplete course activities and the new due dates.

Find information and dates regarding drops and withdrawals consult the University Handbook: [Drops and Withdrawals](#) and [Appeal Process](#).

Tracking

Learning management systems have tracking features. Statistics are collected that quantifies how often and when students are active in the course and provides information if the student has accessed different pages of the course.

End-of-Course Evaluation & Instructor Evaluation

Every student is encouraged to complete an end of course evaluation survey provided by UTPB. During the last two weeks of class, there will be an announcement in Canvas, an email, and a button in your course navigation that will take you to any available surveys.

The survey is anonymous and your responses are confidential. Your feedback is critical to us and to your instructor as we strive to improve our offerings, and our support of you, the students.

Student Support Services

For more information on academic, technical, and support services for UTPB students, please see the [Online Student Services](#).

Preparation for Emergencies

Computer Crash

Not having a working computer or a crashed computer during the semester will NOT be considered as an acceptable reason for not completing course activities at a scheduled time. NOTE: Identify a second computer before the semester begins, that you can use when/if your personal computer crashes.

Complete Loss of Contact

If you lose contact with course connectivity completely (i.e. you cannot contact me via Canvas or email), you need to call instructor, and leave message regarding connectivity loss and contact information.

Lost/Corrupt/Missing Files

You must keep/save a copy of every project/assignment on an external drive, UTPB Outlook 365 OneDrive, or personal computer. In the event of any kind of failure (e.g. virus infection, student's own computer crashes, loss of files in cyberspace, etc.) or any contradictions/problems, you may be required to resubmit the files.

Disclaimer & Rights

Information contained in this syllabus was to the best knowledge of the instructor considered correct and complete when distributed for use in the beginning of the semester. However, the instructor reserves the right, acting within the policies and procedures of UTPB to make changes in the course content or instructional techniques without notice or obligation. The students will be informed about the changes, if any.

Copyright Statement

Many of the materials that are posted within UTPB courses are protected by copyright law. These materials are only for the use of students enrolled in the course and only for the purpose of the course. They may not be further retained or disseminated.

Course Schedule

Date	Assignments/Activities/Topics	Due Date
	Module One Reading Quiz	1/22
	Module One Assignment	1/22
	Module Two Reading Quiz	1/29
	Module Two Discussion	1/29
	Module Three Reading Quiz	2/5
	Module Three Assignment	2/5
	Module Four Reading Quiz	2/12
	Module Four Assignment	2/12
	Module Five Reading Quiz	2/19
	Module Five Discussion	2/19
	Module Six Reading Quiz	2/26
	Module Six Assignment	2/26
	Module Seven Reading Quiz	3/5
	Module Seven Assignment	3/5
	Module Eight Reading Quiz	3/12

Module Eight Assignment	3/12
Module Nine Reading Quiz	3/26
Module Nine Assignment	3/26
Module Ten Reading Quiz	4/2
Module Ten Discussion	4/2
Module Eleven Reading Quiz	4/9
Module Eleven Assignment	4/9
Module Twelve Reading Quiz	4/16
Module Twelve Assignment	4/16
Module Thirteen Reading Quiz	4/23
Module Thirteen Assignment	4/23
Module Fourteen Reading Quiz	4/30
Comprehensive Final Project	5/5

Sample Syllabus