

## **Advanced Methods of Strength and Power Training**

Meeting Days:	M & W required, F optional	Instructor:	Jacob R. Goodin, Ph.D., CSCS
Meeting Times:	11:00 to 11:55a	Phone:	(619) 849-2254
Meeting Location(s):	Sport Performance Center	Email:	<a href="mailto:jgoodin@pointloma.edu">jgoodin@pointloma.edu</a>
Final Exam:	Mon 12/16 10:30a-1:00p	Office Hours:	By appointment

### PLNU Mission

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

### COURSE DESCRIPTION

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This course meets one (1) unit of the Physical Fitness and Nutrition general education requirement. Through this course you will develop skills and knowledge pertaining to building strength, power, and speed through resistance training activities.

### COURSE LEARNING OUTCOMES

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- Students will learn and hone proper technical execution of a variety of weight training movements
- Students will demonstrate basic knowledge of different resistance training concepts
- Students will develop and practice proper safety and spotting techniques while training
- Students will identify the location of and which lifts use the major muscles of the human body
- Students will participate in a personal weight training program administered by the instructor, and have the knowledge to develop a plan of their own upon completion of the course
- Students will calculate percent improvement in their 1-repetition maximums and in their pre- and post-semester performance assessments

### COURSE GRADING AND ASSIGNMENTS

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The final grade percentage will be rounded to the nearest percent with grades being recorded as follows:

Grade	Percent	Grade	Percent	Grade	Percent
A	93 - 100	B-	80 - 82.9	D+	67 - 69.9
A-	90 - 92.9	C+	77 - 79.9	D	63 - 66.9
B+	87 - 89.9	C	73 - 76.9	D-	60 - 62.9
B	83 - 86.9	C-	70 - 72.9	F	0 - 59.9

- 1) **Attendance and Participation** (100 pts):
  - a) Daily attendance points will be earned by arriving to class early to begin warming up, and by giving 100% effort in class. I will leave a sign-in sheet near the weight room door. Anyone arriving after class begins can still sign in but will do so with a different colored pen, thus signifying to me that you were late. Because we meet twice a week, you will be allowed 2 unexcused absences, after which your grade will drop by 10% with each absence. Save your absences for when you need them.
  - b) To earn full participation points, you must give 100% effort during class and encourage others to do the same. Each repetition and set should be deliberate, executed with perfect technique and aggression. You also need to be dressed in workout attire, including close-toed shoes. Change at home or in the provided locker rooms, not in the restrooms. See Canvas for a more detailed participation rubric.
- 2) **Training Log** (100 pts):
  - a) You will be issued a binder with pre-printed training sheets to track your weight, sets, and reps for each assigned exercise. These will be distributed at the start of each class and collected at the end. I will check these periodically throughout the semester for completeness and accuracy.
- 3) **Canvas Assignments** (100 pts):
  - a) Resistance training terminology quizzes
  - b) Exercise & muscle identification quizzes
- 4) **Performance Testing** (2x50 pts):
  - a) We will utilize both conventional 1-repetition maximum (1RM) testing and force plate testing to assess pre- and post-training changes to your strength and power abilities. You will be graded on effort, encouragement of your peers, and on showing some type of change—whether it is an increase in bench press 1RM, back squat 1RM, max pull-ups, peak force, or jump height.
- 5) **Final Exam** (100 pts): The final exam will be taken in class during the scheduled final exam time. You will be tested on resistance training terminology, muscle identification, exercise identification, and identification of which muscles are used during various exercises.

Total: 500 pts

#### INHERENT RISK

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There is an inherent risk involved in participation in a weight training program, however this risk is considerably lower than participation in team-sports when instruction is provided by a qualified strength and conditioning coach. Regardless, to minimize this risk it is essential that students adhere to the following safety standards:

1. Notify the instructor of any pre-existing condition that may affect your participation.
2. Notify the instructor of any condition that may develop during the semester that may affect your participation.
3. Attention to technique and proper execution of the lifts at the assigned tempos is critical to both your safety and performance.
4. No "horseplay" will be tolerated. Weight training must be taken seriously and given the respect it deserves to avoid unnecessary risk. Loud cheering, high-fives, slaps on the

back, and laughter is encouraged as long as it amplifies focus and effort. Off-task conversation, phones, or other disruptive behavior will result in a loss of participation points.

5. No sandals or bare feet. Shoes must be worn at all times.

## RECOMMENDED RESOURCES

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Recommended:

Stone, Stone, and Sands. *Principles and Practice of Resistance Training*. Champaign, IL: Human Kinetics, 2007

Israetel, M., J. Hoffman, and C. W. Smith. *Scientific Principles of Strength Training*. Juggernaut Training Systems (2016).

## LATE AND INCOMPLETE ASSIGNMENTS

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All assignments are to be submitted/turned in according to the specified time in Canvas. Late assignments/quizzes will be docked 20% per day, with assignments/quizzes submitted over 5 days late receiving a 0. Completes will only be assigned in extremely unusual circumstances.

## FINAL EXAMINATION POLICY

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Successful completion of this class requires taking the final examination on its scheduled day, Monday, 12/16 from 10:30am to 1:00pm. No requests for early examinations or alternative days will be approved.

## PLNU COPYRIGHT POLICY

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Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

## PLNU ACADEMIC HONESTY POLICY

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Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

## PLNU ACADEMIC ACCOMMODATIONS POLICY

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If you have a diagnosed disability, please contact PLNU's Disability Resource Center (DRC) within the first two weeks of class to demonstrate need and to register for accommodation by

phone at 619-849-2486 or by e-mail at [drc@pointloma.edu](mailto:drc@pointloma.edu). See [Disability Resource Center](#) for additional information.

#### PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See Academic Policies in the Undergraduate Academic Catalog.

#### OFFICE HOURS

It is important to me that I get to know each of you on an individual level, so stop by and say hi! My office is #6 in the main kinesiology offices. Schedule 24 hours in advance if you have pressing issues, but feel freedom to stop by whenever you'd like. I have an open door for questions, nerdy training theory discussions, or if you just need someone to listen and pray for you. I often won't have all the answers, but I'm positive we can figure it out together!

## Tentative Course Schedule

Semester Schedule		Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
		Starting Monday Date	9/2	9/9	9/16	9/23	9/30	10/7	10/14	10/21	10/28	11/4	11/11	11/18	11/25	12/2	12/9	12/16	
		Monday	No class																FP & 1 RM Testing
		Wednesday	FP Testing												No Class				No Class
		Friday (optional)	1 RM Testig	optional	optional	optional	optional	optional	optional	optional	optional	optional	optional	optional	optional	optional	No Class	No Class	No Class
Training Schedule		Mesocycle	Testing	Strength I				Strength II				Power I			Power II			Testing	
		Ave Weekly Intensity		65%	75%	85%	70%	85%	88%	92%	75%	88%	92%	97%	90%	95%	100%		
		Sessions/week	1	2	2	2	2	2	2	2	2	2	2	2	1	2	2	1	
		Sets	2	2	3	3	4	2	3	3	4	4	3	2	4	3	2	2	
		Avg Reps	1	6	6	6	6	5	5	5	5	3	3	3	2	2	2	1	
		Session A	No Class	Power Emphasis	MTCP & MB PPT & CMJ				HPC & MB ST & CMJ				HPC+PJ & DJ			HPC+PJ & CMJ			Testing
		Strength Emphasis		BS & CU, DBSLDL & BP				BS & Box jumps, BP & MB CS				BS & CU, DBSS & BP			BS, BP				
Accessory Training	DB WL+PU+DB Row				1/2 BS & PP & TJ & CU				1/2 JS & box jumps, BP & MB CT			BS & hurdle jumps, BP & MB CT							
Session E	Testing	Power Emphasis	MTSP & MB BHT & CMJ				HPS & MB PPT & SBJ				MTSP+HPS & SJ			HPS & DJ					
Strength Emphasis		SLDL & DB OHP, BS & BP				FS+PP, TBDL & 1ADBR				FS & CU, TBDL & PJ			FS+PJ, DBSS & TB jumps						
Accessory Training		GS+DB OHP+DB BOR				DB WL & DBBP & 1ADBR				TB jumps & MB ST & RBJ			1/2 TBDL & KBS & DJ			No Class			

1ADBR | 1 arm dumbbell row  
 BP | Bench press  
 BS | Back squat  
 CMJ | Countermovement jump  
 CU | Chin-up  
 DB OHP | Dumbbell overhead press  
 DB Row | Dumbbell row

DB SS | Dumbbell split-squat  
 DB WL | Dumbbell walking lunge  
 FS | Front squat  
 GS | Goblet squat  
 HPC | Hang power clean  
 HPS | Hang power snatch  
 MB BHT | Medball behind-the-head throw

MB CS | Medball chest slam  
 MB PPT | Medball push-press toss  
 MB ST | Medball scoop throw  
 MTCP | Mid-thigh clean pull  
 MTSP | Mid-thigh snatch pull  
 PJ | Push jerk  
 PP | Push-press

PU | Push-up  
 RBJ | Repeat broad jump  
 SBJ | Standig broad jump  
 SJ | Split jump  
 SLDL | Stiff-legged deadlift  
 TB DL | Trap bar deadlift  
 TJ | Tuck jump