

Course Name: REC113 Introduction to Sport Conditioning
Credit Value: 5
Prerequisite Course: None

Course Description

Sport Conditioning specialists evaluate individual athlete's strengths and weaknesses in a valid and safe manner. Course content will include: history and benefits of sport conditioning, industry standards, associations, and employment opportunities. Students will learn the principles of developing effective sport specific programs, safety issues, and design factors relating to sport conditioning facilities.

PLAR Information

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Course Learning Outcomes

Upon completion of this course, the student will have reliably demonstrated the ability to:

- 1. Understand the sport conditioning profession.**
 - 1.1 Trace the historical development of sport conditioning profession.
 - 1.2 Inventory local sport conditioning programs and facilities.
 - 1.3 Recognize the key elements of professionalism.
 - 1.4 Identify governing organizations for sport conditioning.
 - 1.5 Describe recognized standards and certification programs associated with the sport conditioning profession.
 - 1.6 Identify employment opportunities for sport conditioning specialists.
- 2. Perform athlete assessments by selecting and administering appropriate health-related fitness tests and interpreting the results based on industry data.**
 - 2.1 List the health and skill related components of physical fitness.
 - 2.2 Identify the most common methods of measurement for each health related fitness component.
- 2.3 Explain the limitations and possibility for error in each test.**
- 2.4 Conduct one of the standard fitness tests.**
- 2.5 Discuss the results compiled as per average adult norms.**
- 2.6 Recommend minimum standards for athletes of different ages.**
- 3. Conduct a functional movement screen and performance testing to assess an athlete's ability to generate, transfer, and control power.**
 - 3.1 Explain the intent of baseline testing for athletes.
 - 3.2 Identify and describe the two fundamental qualities of functional movement as they relate to sport performance.
 - 3.3 List the seven movements involved in Cook's functional movement screen.
 - 3.4 Conduct one or more of the functional movement screen test.
 - 3.5 Discuss the clinical implications of various scores (3 to 0) on each test.
 - 3.6 Analyze a functional movement screen scoring sheet and provide possible approaches to rectify limiting factors.
- 4. Explain programming factors such as specificity, progressive overload, exercise order, and reversibility of training adaptations.**
 - 4.1 Describe the principle of specificity as it applies to sport training.
 - 4.2 Describe the concept of overload as it relates to physical training.
 - 4.3 State the five fundamental program variables that produce overload.
 - 4.4 Outline how these variables are applied to a strength program.
 - 4.5 Identify the symptoms and signs of overtraining.
 - 4.6 Examine the effects of de-training or reversibility on a high level athlete.

5. Describe the cycles and phases of periodized training program.

- 5.1 Explain the concept of periodization.
- 5.2 Define macrocycle, mesocycle, and microcycle.
- 5.3 Explain the most common training phases used by modern strength and conditioning coaches.
- 5.4 Distinguish between a linear and non-linear approach to manipulating training variables.

6. Explain the value, role, and application of a periodized training program.

- 6.1 Describe how a periodized training model addresses overtraining and de-training.
- 6.2 Discuss periodization in terms of preparation for major and minor competitions.
- 6.3 Chart a simple one year periodized plan for an athlete preparing for a national championship.

7. Design need and goal specific athletic training programs.

- 7.1 Develop a list of factors to be considered in designing athletic training programs.
- 7.2 Draft an off- season training plan for a 16 year old hockey player with four phases (mesocycles) – each with a different goal.
- 7.3 Draft an in-season maintenance conditioning program for a team.

8. Address the needs of athletes with special needs and limitations.

- 8.1 Discuss factors to be considered when dealing with an injured athlete (minor to post-operative).
- 8.2 Propose simple modifications to exercises and training programs following various injuries.
- 8.3 Trace the history of the Paralympic program.
- 8.4 Identify adaptations in competition and training for athletes with physical disabilities.
- 8.5 Trace the history of the Special Olympics program.
- 8.6 Identify adaptations in competition and training for Special Olympians.
- 8.7 Trace the history of the Master's Sport Movement.
- 8.8 Identify adaptations in competition and training for older athletes.

9. Explain the effects, risks, and appropriate alternatives to performance enhancing drugs and dietary supplements.

- 9.1 Trace the history of anabolic steroid use in sport.
- 9.2 Investigate an athlete's experience with performance enhancing drugs.
- 9.3 Develop a list of pros and cons related to the use of performance enhancing substances.
- 9.4 Propose an answer to the question of drug use in sport.
- 9.5 Examine the most popular dietary supplements used by today's athletes.
- 9.6 Analyze the marketing strategies used to promote dietary supplements.
- 9.7 Debate the effectiveness of particular supplements in an athlete's diet.

Evaluation Strategy

Grading System

A+ Honours	90-100%										
A+	85-89%	B+	75-79%	C+	65-69%	D+	55-59%	R	Repeat	U	Unsatisfactory
A	80-84%	B	70-74%	C	60-64%	D	50-54%	S	Successful	I	Incomplete

*For a complete detailed description please refer to the *Academic Calendar*.

Student Success

(Dial 5185 for Campus Life or 5301 for the Aboriginal Learning Unit)

Canadore is committed to Student Success and offers CONFIDENTIAL services to help you in your studies.

- Counselling helps with academic, career and personal/crisis issues.
- AccessAbility Services will accommodate you if you have physical, mobility, visual, auditory, medical and/or learning disabilities.
- Health Centre provides services to you in case of illness.
- Career Services offers career advice, resume and interviewing workshops.

Waiver of Responsibility

Every attempt is made to ensure the accuracy of this information as of the date of publication. The college reserves the right to modify, change, add, or delete content.