

**FALL 2**

**ATP 7312**

**PRINCIPLES OF STRENGTH AND CONDITIONING**

**TBD**

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Tuesday:  
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Thursday:  
Friday

**Course Description:**

**ATP 7312. PRINCIPLES OF STRENGTH AND CONDITIONING.** Credit 3 Hours.  
Prerequisites: Formal acceptance for progression into the Master's Degree in Athletic Training. Instruction in basic physiological adaptations to strength and speed development, exercise prescription and testing, and facility design and safety.

**Textbook(s):**

Baechle, T.R. & Earle, R.W. (2008). Essentials of Strength and Conditioning, 3<sup>rd</sup> Edition.  
Publisher: Human Kinetics. ISBN: 978-0736058032

## **Course Objectives:**

Upon successful completion of this course students will be able to demonstrate the appropriate knowledge and skill base to understand the basic principles of:

1. Describe the role of exercise in maintaining a healthy lifestyle and preventing chronic disease. (PHP-25)
2. Identify and describe the standard tests, test equipment, and testing protocols that are used for measuring fitness, body composition, posture, flexibility, muscular strength, power, speed, agility and endurance. (PHP-26)
3. Compare and contrast the various types of flexibility, strength training, and cardiovascular conditioning programs to include expected outcomes, safety precautions, hazards and contraindications. (PHP-27)
4. Administer and interpret fitness tests to assess a client/patient physical status and readiness for physical activity. (PHP-28)
5. Explain the basic concepts and practice of fitness and wellness screening. (PHP-29)
6. Design a fitness program to meet the individual needs of a client/patient based on the results of standard fitness assessments and wellness screening. (PHP-30)
7. Instruct a client/patient regarding fitness exercises and the use of muscle strengthening equipment to include correction or modification of inappropriate, unsafe, or dangerous lifting techniques. (PHP-31)
8. Describe the principles and methods of body composition assessment to assess a client/patient health status and to monitor changes related to weight management, strength training, injury, disordered eating, menstrual status, and/or bone density status. (PHP-43)
9. Assess body composition by validated techniques. (PHP-44)
10. Describe contemporary weight management methods and the strategies needed to support activities of daily life and physical activity. (PHP-45)
11. Explain the known usage patterns, general effects, and short- and long term adverse effects for the commonly used dietary supplements, performance enhancing drugs and recreational drugs. (PHP-48)
12. Identify which therapeutic drugs, supplements, and performance enhancing substances are banned by sport and/or work place organizations in order to properly advise clients/patients about possible disqualification and other consequences. (PHP-49)

### **Retention and Progression Procedures & Policy:**

After students have been formally accepted into the Master of Athletic Training Program at the University of Houston the ATS must maintain a G.P.A. of 3.0 or above and receive no more than one grade of “C” in any of the required Master of Athletic Training Program courses. When a student falls below the required G.P.A. and/or receives a grade of “C” in two or more classes, the ATS will be removed from the Master of Athletic Training Program.

Should the student who has been removed from the Master of Athletic Training Program wish to file a grievance, he/she must follow the guidelines as defined at the following link:

<http://www.uh.edu/class/students/graduate/academics-planning/policies-procedures/index.php>



**Evaluation Methods:**

**Total Possible:**

**Grading Scale:**

100-93:	A
92-85:	B
84-77:	C
76-69:	D
<69:	F

**ADA STATEMENT**

When possible, and in accordance with 504/ADA guidelines, we will attempt to provide reasonable academic accommodations to students who request and require them. Please call the Center for Students with Disabilities at ext. 3-5400 for more assistance.

**ACADEMIC HONESTY**

Honesty in your academic work is important in developing professional integrity. Students are to maintain a high standard of academic honesty, including doing your best work and reporting academic misconduct and plagiarism. At all times you must present your own, original work. Any student who commits academic misconduct will receive a zero for that assignment, and depending on the nature of the violation, may fail the class and be reported to the university for disciplinary action.