



University of North Texas
College of Public Affairs and Health Sciences
Department of Kinesiology, Health Promotion, & Recreation
KINE 4310
Advanced Strength and Conditioning

Instructor: Samantha Dardaman, PhD, RSCC, CSCS*D, ACSM-CPT, USA-W

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Office Hours: Mondays 8:00am-11:00am or *by appointment*
Physical Education Building (PEB) 202

Class Meetings

Mondays and Wednesdays at 2:20-3:40pm

Location: PEB 219 (classroom) and PEB 118 (weight room)

Course Description

3 hrs. Students will acquire knowledge regarding implementing strength and conditioning programs, coaching different types of athletes, strength and conditioning program design, proper resistance exercise techniques, and evaluation of physical performance capabilities.

This course is designed to assist students in preparation for Certified Strength and Conditioning Specialist (CSCS) certification offered by the National Strength & Conditioning Association (NSCA). The focus of this course's material includes the Practical/Applied portion of the exam. Additional preparation outside of this course will be needed to perform adequately on the CSCS exam.

Note: The UNT KHPR department is an Education Recognition Program of the NSCA. All students are eligible to receive a \$50 discount on NSCA certification exams. Please inquire with Dr. Sam Dardaman for details.

Pre-requisites: KINE 2010 Fundamentals of Strength & Conditioning, KINE 3080 Physiological Bases of Exercise and Sport or consent of instructor.

Course Objectives

By the end of this course, students will be able to:

1. Apply scientific knowledge to train athletes of various sports and demands.
2. Understand, apply, and design exercise prescription and training programs for various training goals, athlete capabilities, training age, and sport settings to maximize performance and minimize injury potential.
3. Evaluate and analyze physical performance capabilities, such as acceleration, top speed, change-of-direction, agility, etc., to employ sport-specific training prescriptions.
4. Understand basic components of the training facility design, organization, and administration that are typical of strength and conditioning professionals.
5. Safely demonstrate, teach, and evaluate proper exercise techniques of advanced movements (i.e. Olympic weightlifting, plyometrics, multidirectional speed, etc.).

Required Text

Haff, G. G. & Triplett, N. T. (Eds.) (2026). *Essentials of Strength Training and Conditioning*, 5th Edition. Human Kinetics. ISBN-13 #: 978-1718216273.

Course Competencies of Strength and Conditioning

The UNT Department of Kinesiology, Health Promotion, and Recreation is recognized by the NSCA Education Recognition Program (ERP) and maintains the standards for the Council on Accreditation of Strength and Conditioning Education (CASCE). This course is designed to equip students with the knowledge, skills, and abilities in strength and conditioning. In alignment with CASCE Professional Standards and Guidelines, this course curriculum includes competencies in resistance training and conditioning (III.C.7.a, e-o), exercise testing/exercise prescriptions with emphasis in anaerobic exercise (III.C.8.a-j), program design as related to strength and conditioning (III.C.9.a-b,e.iv, e.vii-xiii), and program organization, administration, and oversight (III.C.10.a-g).

Course Expectations

As the instructor in this course, I am responsible for

- providing course materials and guidance that will assist & enhance achievement of the stated course objectives,
- providing timely and helpful feedback within the stated guidelines,
- challenge and expose students to new learning opportunities, and
- assisting in maintaining a positive learning environment for everyone.

As a student in this course, you are responsible for

- reading and completing all requirements of the course in a timely manner,
- working to remain attentive & engaged in the course and interacting with your fellow students, and
- assisting in maintaining a positive learning environment for everyone.

Contacting Your Instructor

Email or Canvas message is the preferred method of communication for this course. Prior to messaging your professor, please check the syllabus and Canvas for the answer. A typical response time on weekdays is 24 hours or less; messages sent over the weekend will usually not receive a response until the following Monday.

Canvas

Materials for this course will be available on Canvas (lecture slides, notes, assignments, syllabus, schedule, etc.). All assignments and exams will be completed through Canvas. If you have issues with Canvas, contact Professor Dardaman immediately. Assignments may have time limits or strict deadlines, and undocumented technical difficulties will not be accepted as an excuse for late/incomplete work.

Technical Support

Part of the working in the online environment involves dealing with the inconveniences and frustrations that can arise when technology breaks down or does not perform as expected. Ultimately, you are responsible for technical issues on your end, but please contact the Student Help Desk for assistance when technical issues arise:

UNT Help Desk –
Sage Hall 130
940-565-2324
helpdesk@unt.edu

Lab Safety Procedures, Guidelines, and Physical Participation Consent

By enrolling and participating in the lab section of this course, students understand that they will be asked to complete physical exercises that may include aerobic activities and weightlifting. Students recognize that exercise might be difficult and strenuous and that there could be dangers inherent to exercise for some individuals. The university and the instructor shall not be held liable for any damage and/or injuries that may occur. Students are expected to participate in all exercise activities unless symptoms such as fatigue, shortness of breath, chest discomfort, or similar occurrences appear. At that point, it is advised that the student has the right to decrease or stop exercise and inform the lab instructor of the symptoms, should any develop. If any injuries, physical limitations, or health conditions exist, students are to inform the instructor prior to participation.

While working in lab sessions, students enrolled in KINE 2010 are required to follow proper safety procedures and guidelines in all activities requiring physical activities such as lifting, squatting, crawling, bending, walking, jumping, running, and using equipment and tools. Students should be aware that UNT is not liable for injuries incurred while students are participating in class activities. All students are encouraged to secure adequate insurance coverage in the event of accidental injury. Students who do not have insurance coverage should consider obtaining Student Health Insurance. Brochures for student insurance are available in the UNT Student Health and Wellness Center. Students who are injured during class activities may seek medical attention at the Student Health and Wellness Center at rates that are reduced compared to other medical facilities. If students have an insurance plan other than Student Health Insurance at UNT, they should be sure that the plan covers treatment at this facility. If students choose not to go to the UNT Student Health and Wellness Center, they may be transported to an emergency room at a local hospital. Students are responsible for expenses incurred there.

Course Requirements

There are multiple types of assignments for this course and descriptions of each are below. Assignments are planned to follow the course readings, lecture, labs, and in- class discussions. They will reinforce and facilitate application of the material learned from the readings and class sessions. All assignments have tentative due dates that coordinate to their topic, and it is expected that they will be turned in on time. Students are responsible for maintaining assignment completion by the scheduled due dates. In rare cases, late assignments may be accepted for a reduced grade, but this is at the discretion of the professor.

The assessments & assignments are as follows:

Assignment/Assessment	Points toward Overall Grade
Lab Attendance & Participation (25 each)	375
Assignments (25 each)	125
Coach's Portfolio	150
Program Defense Presentation	100
Practical Exam	150
Final Exam	100

Grading Scale by Points:

1,000 – 900 = A 899 – 800 = B 799 – 700 = C 699 – 600 = D Less than 600 = F

Attendance & Class Participation

This course is a mixture of teaching methods of lectures and practical experiences (labs). Class meetings will be an active learning environment, both for lectures and labs. Therefore, preparation is crucial for participation. Additionally, because we only meet face-to-face twice per week, every class meeting is essential to your success. Students should come to class prepared and have reviewed all module materials, chapter readings, and supporting information prior to attending class.

Lab attendance is **mandatory** and will be monitored throughout the semester. All students are expected to arrive at the lab class on time. **Tardiness is not acceptable.** Students who arrive later than 10 minutes beyond the class start time will be deducted 50% of their lab attendance and participation points. Students who arrive later than half-way through the class will receive a zero for lab attendance.

Participation and exercise proficiency will be evaluated daily in labs. Attendance will be monitored and recorded; but if you are present and DO NOT participate in the lab lesson, you will receive a zero. To receive credit for labs, you must be present AND participate in the activity AND demonstrate proper form of exercises to your lab instructor. All students must be dressed appropriately in order to participate in lab activities (see Dress Code for Labs).

No Phones in Labs: The use of cell phones for talking, texting, or any other purposes during lab is prohibited. Any urgent phone-related matters must be dealt with outside of the classroom. Should you be found to be using a cell phone during class time, you will be asked to leave for the remainder of the lab and will be deducted the corresponding attendance and participation points.

Dress Code for Labs

It is expected that you dress appropriately for activities performed during the given labs. Athletic attire is **mandatory** for participation. YOU MUST WEAR CLOSED-TOED SHOES IN ORDER TO PARTICIPATE IN LAB ACTIVITIES. If you wear inappropriate footwear to lab, you will be asked to leave & return with appropriate shoes. If the student returns later than the class start time, the above tardiness policies apply. Inability to comply to the dress code will restrict students from participating in the lab lesson and will result in a zero for that day's lab grade.

Lab Make-Up Policy

If students are sick or need to miss lab for any other reason, please communicate with your lab instructor **PRIOR to your absence.** If you contact your instructor AFTER your lab session has already begun, you will receive a zero. With an excused absence, points for the missed lab can be made up via in-person or video submissions of the missed lifts/activities. Instructions for make-up labs are available on Canvas. Students who miss more than 3 labs must have their absence verified from the UNT [Dean of Students](#).

Practical Exam

A practical exam will assess competence in lifting technique and proficiency. Students will be required to physically demonstrate certain exercises learned throughout the semester. The Practical Exam will take place in-person, during the last week of classes. Students must be dressed appropriately, abiding by the Lab Dress Code, to complete the Practical Exam.

Final Exam

There is one final exam intended to assess the understanding of content discussed in lecture, labs, and from assigned readings. Additionally, the final exam is intended as a mock practice exam for the NSCA's CSCS certification exam, so similar type questions may be expected. The final exam is cumulative and will be administered in-person via scantron. The final exam will be administered according to the university's final exam schedule.

Assignments

Throughout the semester, there are 5 assignments to apply lessons & course content to real-life examples. At the beginning of the semester, each student will be assigned a sports team of whom assignments are to be completed for. This may include sport-specific needs and considerations for individually assigned athletes. Students are to complete and submit the assignments in the correct format before the listed due dates. Full instructions for each assignment will be discussed in class and available on Canvas.

Coach's Portfolio

To demonstrate mastery of S&C content, students will be required to design a training program for an individual athlete from their assigned sports team. Each student will be assigned a sports team at the beginning of the semester of which they design a periodized program for. If your team assignment is the same as another student, then the periodized program is a group project assignment, in that students will coordinate with another coach to plan for their assigned team together. The periodized program and individual athletes' programs will be subject to a "Program Defense Presentation" where students will present their team's plans to be critiqued by fellow coaches/classmates. Once students have presented and received feedback from fellow coaches, the final Coach's Portfolio, which also include all accumulated assignments from throughout the semester, will be submitted to Dr. Dardaman for review. Full instructions for each component will be discussed in class and available on Canvas.

UNT Policies

Emergency Notification & Procedures

UNT uses a system called Eagle Alert to quickly notify students with critical information in the event of an emergency (i.e., severe weather, campus closing, and health and public safety emergencies like chemical spills, fires, or violence). In the event of a university closure, please refer to the UNT Learning Management System (LMS) for contingency plans for covering course materials.

Academic Integrity Standards and Consequences

According to UNT Policy 06.003, Student Academic Integrity, academic dishonesty occurs when students engage in behaviors including, but not limited to cheating, fabrication, facilitating academic dishonesty, forgery, plagiarism, and sabotage. A finding of academic dishonesty may result in a range of academic penalties or sanctions ranging from admonition to expulsion from the University. Every student in my class can improve by doing their own work and trying their hardest with access to appropriate resources. Students who use other people's work without citations will be violating UNT's Academic Integrity Policy. Please read and follow this important set of guidelines for your academic success (<https://policy.unt.edu/policy/06-003>). If you have questions about this, or any UNT policy, please email me or come discuss this with me during my office hours.

Use of Artificial Intelligence in completion of Course Assignments

Throughout the semester, you will or may use specific Generative AI (GenAI) tools for certain assignments, with guidance on responsible use. These assignments help build ethical resilience and GenAI literacy, preparing you for careers in a GenAI oriented workforce. Students are permitted to use AI tools (e.g., ChatGPT, Microsoft Copilot, Grammarly, etc.) to support their learning, such as for brainstorming ideas, organizing thoughts, or improving clarity in writing. However, the use of AI must be ethical, transparent, and aligned with academic integrity standards:

- **Do not copy and paste AI-generated content directly into assignments without substantial modification and critical engagement.**
- **You are responsible for verifying the accuracy and appropriateness of any information obtained from AI tools.**

AI-generated content should be treated as a starting point, not a finished product. Assignments must reflect your own understanding, synthesis, and academic voice. If AI tools are used, you must disclose how they were used (e.g., "I used ChatGPT to help outline the main points of this essay"). Misuse of AI tools (such as submitting unedited or uncredited AI-generated work) will be treated as a violation of academic integrity. In accordance with the UNT Honor Code, unauthorized use of GenAI tools is prohibited. Using GenAI content without proper credit or substituting your own work with GenAI undermines the learning process and violates UNT Student Academic Integrity Policy (UNT Policy 6.003). If you're unsure whether something is allowed, please seek clarification.

ADA Accommodation Policy

The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking reasonable accommodation must first register with the Office of Disability Access (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with a reasonable accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request reasonable accommodations at any time; however, ODA notices of reasonable accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of reasonable accommodation for every semester and must meet with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of reasonable accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student. For additional information, refer to the Office of Disability Access website (<https://studentaffairs.unt.edu/office-disability-access>). You may also contact ODA by phone at (940) 565-4323.

Retention of Student Records

Student records pertaining to this course are maintained in a secure location by the instructor of record. All records such as exams, answer sheets (with keys), and written papers submitted during the duration of the course are kept for at least one calendar year after course completion. Students are encouraged to review the Public Information Policy and the Family Educational Rights and Privacy Act (FERPA) laws and the University's policy. See UNT Policy 10.10, Records Management and Retention for additional information.

Acceptable Student Behavior

Student behavior that interferes with an instructor's ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Dean of Students to consider whether the student's conduct violated the Code of Student Conduct. The University's expectations for student conduct apply to all instructional forums, including University and electronic classroom, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at deanofstudents.unt.edu/conduct.

Tentative Schedule: *The class schedule is tentative & subject to change at any time.

Wk	Class Date	Lesson Topic	Readings & Assignments
1	8/17	Lecture 0: Introductions	
	8/19	Lecture 1: Needs Analysis	Article 1
2	8/24	Lab 1: Functional Movement Screen	Article 2-3
	8/26	Lab 2: Functional Movement Screen	Article 2-3
3	8/31	Lecture 3: Performance Preparation	Assignment 1
	9/2	Lab 3: Performance Preparation, Mobility, Flexibility	Chapter 15
4	9/7	NO CLASS -- Labor Day Holiday	
	9/9	Lecture 4: Test Selection & Evaluation	Assignment 2
5	9/14	Lab 4: Test Administration for Agility (5-10-5, 5-0-5, T-test)	Chapter 13-14
	9/16	Lab 5: Test Administration for Speed (Sprints)	
6	9/21	Lab 6: Test Administration for Strength (Peak Force)	
	9/23	Lab 7: Test Administration for Power (Vertical Jump)	
7	9/28	Lecture 5: Resistance Training	Article 4
	9/30	Lab 8 (in MGYM 160): Variable Resistance Training	Article 5
8	10/5	Lab 9 (in MGYM 160): Nontraditional Training (Kettlebells and Landmines)	Article 6 Chapter 17
	10/7	Lab 10 (in MGYM 160): Unilateral Training	
9	10/12	Lecture 6: Power and Force-Velocity Training	Article 7 Podcast 1
	10/14	Lab 10: Olympic Weightlifting – Clean	Article 7
10	10/19	Lab 11: Olympic Weightlifting – Jerk	
	10/21	Lab 12: Olympic Weightlifting – Snatch	Assignment 4
11	10/26	Lecture 7: Programs & Periodization	Chapter 18, 22
	10/28	Lab 13: Exercise Progressions & Regressions	
12	11/2	Lecture 8: Facility Design, Layout, & Organization	Chapter 25
	11/4	Lab 14: Facility Review	Assignment 5
13	11/9	Lab 15: Class Field Trip Day to UNT Athletics Center	
	11/11	Program, Presentation, & Portfolio Workday *Optional Class Meeting	
14	11/16	Program Defenses	Presentation
	11/18	Program Defenses	Portfolio
11/23-11/25		NO CLASS – Fall Break & Thanksgiving Holiday	
15	11/30	Practical Exam – in-person, during assigned exam time	
	12/2		
12/5		FINAL EXAM – in-person on scantron on <u>Saturday</u> , May 5 th at 1:00pm	