KINE 4310 Syllabus | Spring 2026

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

Instructor: Samantha Dardaman, PhD, RSCC, CSCS, ACSM-CPT, USA-W
Email: Sam.Dardaman@unt.edu
Office Hours: Wednesdays 8:00am-9:30am or Fridays 9:30-11:00am *or by appointment*
Physical Education Building (PEB) 202 or MGYM 170

Teaching Assistants:

James Miscoll
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Office Hours: TBD in MGYM 170

Joshua Vawter
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Office Hours: TBD in MGYM 170

Class Meetings

Lecture/Lab: Tuesdays, Thursdays 11:00am - 12:20pm
Coliseum 046 (classroom) & Physical Education Building 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

National Strength and Conditioning Association (2015). *Essentials of Strength Training and Conditioning, Fourth Edition*. Human Kinetics. ISBN-13 #: 9781492501626.

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.

Physical Participation Consent

By enrolling and participating in 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 damages 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 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.

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

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. 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)	400
Assignments (25 each)	150
Coach's Portfolio	150
Program Defense Presentation	50
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 such as face-to-face lecture, classroom discussion, and practical experiences (labs). Class meetings will be an active learning environment, both for lecture and labs. Therefore, preparation is crucial for participation. Although lecture slides and other materials from class meetings will be on Canvas, it would be unwise to try and pass the class without attending lectures. I provide those materials to you so that you can bring a copy of the lecture on which to take notes, while engaging in the class lectures.

Lab day attendances are mandatory and will be monitored/graded throughout the semester. Participation and exercise proficiency will be evaluated daily in labs. Attendance will be taken; but if you are present and DO NOT participate in the lifting session, you will receive a zero. To receive credit for attendance, you must be present AND participate in the activity AND demonstrate proper form for the lifts to your instructor. Note, all students must be dressed appropriately in order to participate in lab activities (see Dress Code for Labs).

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 WHEN LIFTING. If you wear inappropriate footwear to lab, you will be asked to leave & return with appropriate shoes. Inability to comply to the dress code will results 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.

Assignments
Throughout the semester, there are 6 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. Each assignment is worth 25 points towards your final grade.

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. 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.

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.

UNT Policies

Academic Integrity

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.

ADA Policy

UNT makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide a student with an accommodation letter to be delivered to faculty to begin a private discussion regarding one's specific course needs. Students may request accommodations at any time; however, ODA notices of 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 accommodation for every semester and must meet with each faculty member prior to implementation in each class. For additional information see the ODA website.

Prohibition of Discrimination, Harassment, and Retaliation (Policy 16.004)

The University of North Texas (UNT) prohibits discrimination and harassment because of race, color, national origin, religion, sex, sexual orientation, gender identity, gender expression, age, disability, genetic information, veteran status, or any other characteristic protected under applicable federal or state law in its application and admission processes; educational programs and activities; employment policies, procedures, and processes; and university facilities. The University takes active measures to prevent such conduct and investigates and takes remedial action when appropriate.

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 Canvas for contingency plans for covering course materials.

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. Course work completed via the Canvas online system, including grading information and comments, is also stored in a safe electronic environment for one year. Students have the right to view their individual record; however, information about student's records will not be divulged to other individuals without proper written consent. 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.

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

Wk	Class Date	Lesson Topic	Readings & Assignments
1	1/13	Lecture: Introductions	
	1/15	Lecture: Needs Analysis	Article 1
2	1/20	Lab 1: Functional Movement Screen	Assignment 1
	1/22	Lab 2: Functional Movement Screen	Article 2
3	1/27	Lecture: Warm-Ups, Movement Prep, Stretching	Chapter 14
	1/29	Lab 3: Warm-Ups & Stretching Techniques	Assignment 2
4	2/4	Lecture: Test Selection & Evaluation	Chapter 12-13
	2/5	Lab 4: Test Administration for Agility	
5	2/10	Lab 5: Test Administration for Power	
	2/12	Lab 6: Test Administration for Speed	
6	2/17	Lab 7: Test Administration for Strength	Assignment 3
	2/19	Lecture: Resistance Training & Power Training	Chapter 15
7	2/24	Lab 8: Variable Resistance Training; Nontraditional Exercises	Chapter 16
	2/26	Lab 9: Upper Body Plyometrics Training	Chapter 18
8	3/3	Lab 10: Lower Body Plyometrics Training	Assignment 4
	3/5	*No class meeting – Dr. Dardaman traveling for campus visit*	
3/9 - 3/13		**SPRING BREAK** – *No Classes All Week*	
9	3/17	Lab 11: Olympic Weightlifting – Clean	Article 3
	3/19	Lab 12: Olympic Weightlifting – Jerk	
10	3/24	Lab 13: Olympic Weightlifting – Snatch	
	3/26	Lecture: Speed Training & Programming for Speed	Chapter 19
11	3/31	Lab 14: Speed Training – Linear Acceleration	
	4/2	Lab 15: Speed Training – Maximum Velocity	
12	4/7	Lab 16: Multidirectional Speed Training & Agility	Assignment 5
	4/9	Lecture: Programs & Periodization	Chapter 21
13	4/14	Lecture: Facility Design, Layout, & Organization	Chapter 23
	4/16	Tentative: Class Field Trip Day to UNT Athletics Center	Assignment 6
14	4/21	Program Defenses	
	4/23	Program Defenses	Portfolio
15	4/28 4/30	Practical Exam – in-person, during assigned exam time	
5/5		FINAL EXAM – in-person on scantron on Tuesday, May 5th at 10:00am	