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Department/Program: **School of Human Kinetics**

Year: 2007 - 08

Course Title: *High Performance Strength and Conditioning*  
*HKIN 303 (3), section 001*

Course Schedule: *Mon, Wed 17:00 – 19:00*

Location(s): Monday: *IRC #*

Wednesday: *HEFI lab (Osborne)*

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Instructor: G. Barry Legh

Teaching Assistant: Michael Wilson

Office location:

Office phone: 822-1454

Office phone:

Office hours *M: 10:30 – 1:00 pm* ,  
*W: 10:30 – 1:00pm,*

E-mail address:

[Home phone:]

E-mail address: [barry.leggh@ubc.ca](mailto:barry.leggh@ubc.ca)

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Course Description (from calendar): *Conditioning methods, exercise techniques and appraisal methods for fitness in high performance sport and physical activity*

Prerequisites and/or Course Restrictions (from calendar): *All of: HKIN 103, 190, 191*

Format of the course: *The format of the course will be a 2 hr. lecture on Monday plus a 2 hr. lab each week.*

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Required and Recommended Reading:

Required: Baechle T.R. & Earle R.W.. (Ed.). *Essentials of Strength and Conditioning, Human Kinetics, 2<sup>nd</sup> Ed., 2000.*

Recommended: Santana JC.. *The Essence of Program Design IHPfit.com, 2004.*

**Learning Outcomes:**

*At the conclusion of this course, successful students will:*

- 1. Have a clear understanding of Human Adaptation to strength and cardiovascular conditioning.*
- 2. Have the ability to assess an athlete's condition based on sport specific requirements.*
- 3. Have the ability to generate a sport specific training program for an athlete*
- 4. Have the ability to critically analyze research in the area and evolving training methods.*

**Course Assignments, Due dates and Grading:**

*Periodization Assignment: (Assesses Learning Outcome 3)*

*Due Friday December 12 2008 . 35%*

*Midterm examination in class (Assesses Learning Outcomes 1,4)*

*Monday October 13, 2008 35%*

*Laboratories (Assesses Learning Outcomes 2)*

*30%*

**Note:** 1. **The Periodization assignment will not be accepted after the date given above.**  
2. **Labs are due at the beginning of the class, two weeks later. Late labs will not be accepted for grading**

The University accommodates students with disabilities who have registered with the Disability Resource Centre. The University accommodates students whose religious obligations conflict with attendance, submitting assignments, or completing scheduled tests and examinations. A list of religious holidays involving fasting, abstention from work or study, or participation in all-day or fixed-time activities is available at <http://students.ubc.ca/publications/multifaith/>. Please let your instructor know in advance, preferably in the first week of class, if you will require any accommodation on these grounds. Students who plan to be absent for varsity athletics, family obligations, or other similar authorized commitments, cannot assume they will be accommodated, and should discuss their commitments with the instructor before the drop date.

Academic Dishonesty: Please review the UBC Calendar "Academic regulations" for the university policy on cheating, plagiarism and other forms of academic dishonesty. Also visit [www.arts.ubc.ca](http://www.arts.ubc.ca) and go to the students' section for useful information on avoiding plagiarism and on correct documentation.

Students should retain a copy of all submitted assignments (in case of loss) and should also retain all their marked assignments in case they wish to apply for a Review of Assigned Standing. Students have the right to view their marked examinations with their instructors, providing they apply to do so within a month of receiving their final grades. This review is for pedagogic purposes. The examination remains the property of the university.

HKIN 303 outline

Course Policies:

The calendar says: Regular attendance is expected of students in all their classes (including lectures, laboratories, tutorials, seminars, etc.). Students who neglect their academic work and assignments may be excluded from the final examinations. Students who are unavoidably absent because of illness or disability should report to their instructors on return to classes.

Attendance: Regular attendance at lectures and labs is expected. Students can, and are expected to, receive help and guidance during the free time (variable) at the end of each lab class. Students who choose not to use this time wisely, will not be afforded extra time and assistance in preparation for the exam. If a student misses the writing of an exam, he or she must notify the instructor as soon as possible after the event, and supply the instructor with the necessary documentation to reschedule the exam.

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