

PDP FT 308 Certified Strength and Conditioning Specialist (CSCS) Prep Course

Instructor: Cheyanne Frosti | Email: cfrosti@bu.edu

Location: FRC 222

Details: Spring 2024 | Mon/Wed 5:30 pm to 6:30 pm | 2.0 Credit / Non-Credit

Course Description:

This class is designed to prepare you to take the National Strength and Conditioning Association (NCSA), Certified Strength and Conditioning Specialist (CSCS) exam. You will learn how to apply scientific knowledge to train athletes for the primary goal of improving athletic performance. The course includes practical and theoretical seminars in anatomy, exercise physiology, athletic testing, advanced weight training principles, sports nutrition, and injury prevention.

Required Text:

Essentials of Strength Training and Conditioning, 4ed

Learning Outcomes:

- This course will prepare students to pass the National Strength and Conditioning Association, Certified Strength and Conditioning Specialist (CSCS) Exam.
- After completion of the course, students will be able to create an innovative and safe strength and conditioning program with expertise in anatomy, body alignment, sports nutrition, exercise physiology, athletic conditioning, and flexibility.

Grading Breakdown: Grading will be based on attendance and participation.

- 50% Class attendance
- 50%: Participation

Grading Policy:

- **P** – Pass: Completed course requirements, 80% or more classes attended
- **W** – Withdraw: Dropped class after the specified deadline
- **MG** - Missing Grade: If you decide you do not want to take this course but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate, and it will not affect your overall GPA, however, you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.
- **I** – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.
- **AU** - Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar’s Office by the deadline.
- **F** - Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances.

Attendance Policy & Make-Up Classes:

Because this class is graded on attendance and learning is cumulative, it is important that you attend each class. *You will need an 80% attendance record to receive a passing grade. You are allowed 5 absences.* If you have more than 5 absences, you will need to arrange to make up the classes you have missed.

For a detailed explanation of PDP credit class policies, information on registration, or schedules, please visit the FitRec’s website: <http://www.bu.edu/fitrec/about/physical-education/>.

Blackboard, FitRec Website & Course Evaluation

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations, as well as other announcements, may also be posted here.

Course evaluations will be sent via email at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

Student Conduct

Boston University's codes of conduct are always enforced at the Fitness and Recreation Center. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and

Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities www.bu.edu/dos/policies/student-responsibilities.

Course Topics

- Structure and Function of the Body Systems
- Biomechanics of Resistance Exercise
- Bioenergetics of Exercise and Training
- Endocrine Responses to Resistance Exercise
- Adaptations to Anaerobic Training Programs
- Adaptations to Aerobic Endurance Training Programs
- Age and Sex Related Differences and their Implication for Resistance Exercise
- Psychology of Athletic Preparation and Performance
- Basic Nutrition Factors in Health
- Nutrition Strategies for Maximizing Performance
- Performance-Enhancing Substances and Methods
- Principles of Test Selection and Administration
- Administration, Scoring, and Interpretation of Selected Tests
- Warm-Up and Flexibility Training
- Exercise Technique for Free-Weight and Machine Training
- Exercise Technique for Alternative Modes and Nontraditional Implement Training
- Program Design for Resistance Training
- Program Design and Technique for Plyometric Training
- Program Design and Technique for Speed and Agility Training
- Program Design and Technique for Aerobic Endurance Training
- Periodization
- Rehabilitation and Reconditioning
- Facility Design, Layout, and Organization
- Facility Policies, Procedures, and Legal Issues