

PDP FT 308

Certified Strength and Conditioning Specialist (CSCS) Prep Course

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

Location: FRC 222

Details: Spring 2022 | M/W 8-9am | 2.0 Credit

Course Description:

This class is designed to prepare you to take the National Strength and Conditioning Association (NSCA), 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. Course includes practical and theoretical seminars in anatomy, exercise physiology, athletic testing, advance 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 an expertise in anatomy, body alignment, sports nutrition, exercise physiology, athletic conditioning, and flexibility

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

- 50% Class attendance
- 30%: Participation
- 20%: Pre-lecture Discussion Assignments

Grading Policy:

- **P** – Pass: Completed course requirements, 80% or more classes attended
- **W** – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.
- **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.

Pre-Lecture Discussion Assignments

This class is designed for you - to primarily answer your questions and address your weaknesses in the field of Strength and Conditioning. Every class you are expected to come prepared with questions and/or discussion topics as part of your grade. You may bring questions from a previous lecture, questions on the current lecture, questions from other related courses, CSCS exam questions, or even questions from a S&C podcast/book/article/research paper. These questions will help to facilitate conversation and promote critical thinking skills as many of the CSCS exam questions require analyzes and digestion of the material over raw memorization.

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 85% attendance record to receive a passing grade. You are allowed 3 absences.* If you have more than 3 absences, you will need to arrange to make up the classes you have missed.

***Due to the nature of the national pandemic and Boston Universities COVID policy, attending lectures via zoom does count towards attendance credit. In the event of illness, students will not be penalized for absences. To receive full credit for attendance, please communicate with the instructor before missing class or attending class virtually.*

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

COURSE SCHEDULE

This schedule is subjected to change.

Lecture #	Date	Lecture Topic
1	January 24, 2022	Intro / Cert. Overview
2	January 26, 2022	Chapter 1
3	January 31, 2022	Chapter 1
4	February 2, 2022	Chapter 2
5	February 7, 2022	Chapter 2
6	February 9, 2022	Chapter 3
7	February 14, 2022	Chapter 4
8	February 16, 2022	Chapter 5
NO CLASS – President's Day	February 21, 2022	-
9	February 23, 2022	Chapter 6
10	February 28, 2022	Chapter 7
11	March 2, 2022	Chapter 8
NO CLASS – Spring Break	March 7, 2022	-
NO CLASS – Spring Break	March 9, 2022	-
12	March 14, 2022	Chapters 9 & 10
13	March 16, 2022	Chapter 11
14	March 21, 2022	Chapters 12 & 14
15	March 23, 2022	Chapter 13
16	March 28, 2022	Chapter 15
17	March 30, 2022	Chapter 16
18	April 4, 2022	Chapter 17
19	April 6, 2022	Chapter 18
20	April 11, 2022	Chapter 19
21	April 13, 2022	Chapter 20
NO CLASS – Patriot's Day	April 18, 2022	-
22	April 20, 2022	Chapters 21 & 22
23	April 25, 2022	Chapters 23 & 24
24	April 27, 2022	Review / Make-up
25	May 2, 2022	Practical
26	May 4, 2022	Practical