

**The University of Dayton Department of Health and Sport Science**

*Building Learning Communities Through Critical Reflection to  
Learn, Lead, and Serve by Providing an Education of and Through the Physical*



**HSS – 320**

**Essentials of Strength and Conditioning**



**Instructor:** Gerry Gallo, MS.Ed., CAPE, CSCS  
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**Office Hours:** Monday - Friday (Open door policy and/or by appointment)

**Room and Time:** TF 50, Strength and Conditioning Room, T/TH 1:30-2:45

**Course Description:**

This course is designed to provide a comprehensive overview of strength and conditioning. Emphasis is placed on the scientific principles of strength and conditioning, exercise technique, program design, organization and administration, and testing and evaluation. Additionally, this course is designed to prepare students for the nationally accredited Certified Strength and Conditioning Specialist (CSCS) certification exam.

**Required Text:** Baechle, T.R., and R.W. Earle, eds. *Essentials of Strength Training and Conditioning*, 3rd ed. Champaign, IL: Human Kinetics. 2008.

**Course Objectives:**

1. Apply the scientific principles of strength and conditioning to train athletes and clients for the primary goals of improving athletic performance and fitness.
2. Learn how to conduct sport-specific testing sessions.
3. Learn how to perform and implement proper aerobic and anaerobic exercise techniques.
4. Learn how to design and prescribe safe and effective strength training and conditioning programs.
5. Apply exercise prescription principles for training variation, injury prevention, and reconditioning.
6. Work collaboratively with classmates to create a professional presentation on a topic related to the field of strength and conditioning.

**Student Evaluation Criteria:**

Student's evaluations will be based on their completion/performance of the following:

1. <b>Topic Presentation</b> _____	25%
2. <b>Midterm/Final Exam</b> _____	20%
3. <b>Quizzes</b> (weekly)_____	15%
4. <b>Lab Activities/Homework Assignments</b> _____	15%
5. <b>Program Design Project</b> _____	15%
6. <b>Participation</b> (refer to attendance and professional conduct section of syllabus)_____	10%
	<b>100%</b>

## University Grading System

A	Excellent	94-100%	4.00
A-		90-93.9%	3.67
B+		87-89.9%	3.33
B	Good	84-86.9%	3.00
B-		80-83.9%	2.67
C +		77-79.9%	2.33
C	Fair	74-76.9%	2.00
C-		70-73.9%	1.67
D	Poor	60-69.9%	1.00
F	Fail	<60%	0.00

**Note:** The instructor shall reserve the right to amend the award (positively or negatively) of a student's grade vis-a-vis personal/professional choices, contingencies, and/or other circumstances.

### Additional Requirements:

1. Students are responsible for having chapter(s)/assignments read/prepared before class.
2. Students will be required to regularly check school email account (Lotus Notes) for class notes/updates.
3. Students should become familiar with NSCA website (<http://www.nasca-lift.org/>).

### Attendance Policy:

Due to the intensive nature of the content of HSS 320, there shall be **NO** unexcused absences. **Any** absence can result in the loss of One (1) letter grade. Two (2) absences **for any reason** may result in failure of the course. You are responsible for all work, make-up assignments, etc. missed due to absence. Students participating in university sanctioned events (athletic events, etc.) must give prior notice to the instructor and are responsible for **ALL** assignments missed.

### Professional Conduct Code and Dress Policy:

During lab sessions, dress in clean clothes appropriate for physical activity; warm-ups, quality sweats, shorts, and T-shirts. **ONLY** running shoes and sneakers are acceptable. Do not chew gum or bring cell phones to class. Remove hats upon entering the weight room/classroom. Students are expected to be actively involved in both the lecture and practical components of the course.

### Provisions for Students with Special Needs:

To request academic accommodations due to a disability, please contact SLS - Office for Student Learning Support at 229.2066 located in the Ryan Harris Learning-Teaching Center. If you qualify for a self-identification form indicating that you need assistance, please present it immediately so we can arrange any accommodations you might need to insure your success in this course.

### The Honor Pledge:

I understand that as a student of the University of Dayton, I am a member of our academic and social community. I recognize the importance of my education and the value of experiencing life in such an integrated community. I believe that the value of my education and degree is critically dependent upon the academic integrity of the university community, and so in order to maintain our academic integrity, I pledge to:

- Complete all assignments and examinations by the guidelines given to me by my instructors;
- Avoid plagiarism and any other form of misrepresenting someone else's work as my own;
- Adhere to the Standards of Conduct as outlined in the Academic Honor Code.

In doing this, I hold myself and my community to a higher standard of excellence, and set an example for my peers to follow.