



Figure 1: Owens Logo.

**Course Syllabus
SEMESTER
School of Nursing and Health Professions**

<i>Course Name:</i>	Athletic Strength and Conditioning
<i>Course & Section Number:</i>	EXS 102-XXX
<i>Meeting Day(s) & Time(s):</i>	
<i>Credits:</i>	4
<i>Contact Hours:</i>	3 lecture/3 lab
<i>Text:</i>	Essentials of Strength Training and Conditioning, 4 th edition
<i>Instructor's Name:*</i>	
<i>Office Hours & Location:</i>	
<i>OCC Phone:</i>	
<i>OCC Email:**</i>	
<i>Additional Contact Information:</i>	

*Please call me NAME ; it is my preferred name. If you have a preferred name, please let me know so that I can use it.

**Please only use your student OCC email to contact me.

Catalog Description:

Comprehensive, research-based application of strength training and conditioning principles designed to prepare students for advanced scientific study of health and wellness concepts along with providing students an ability to create personalized training programs with a focus on sports and athletic outcomes.

Prerequisites/Corequisites:

EXS 101

Course Materials:Essentials of Strength Training and Conditioning, 4th edition

*If a **print book, e-book, or access code** is required for class, you can access the Owens Community College e-Campus Bookstore by accessing the online link, called “Find Books” on the course schedule for each course section. See the example below.*

EXS102-002		Athletic Strength & Condition				4	\$60	180
2026 Spring Semester		2026-01-12 - 2026-05-07		Face-to-Face	[Course Info]	[Find Books]		
R	9:00 AM - 11:50 AM	2026-01-12 - 2026-05-07			Combination	SH 113	Toledo	
T	9:00 AM - 11:50 AM	2026-01-12 - 2026-05-07			Combination	TBA	Toledo	
Fee Breakdown: Course Materials \$30.00 -- Lab Fees \$30.00								
Last day to add: Jan 16, 2026 -- Last day to drop: May 07, 2026								
Refund deadlines: Jan 16, 2026 (100%) -- Jan 23, 2026 (60%) -- Jan 30, 2026 (50%)								

What You Will Learn in the Course**Course Objectives:**

Course will...

- Present the musculature of the human body
- Explain the principles of strength and conditioning techniques
- Demonstrate the physiologic responses to training
- Illustrate the physiologic aspects of training
- Present training principles related to injury prevention

Student Learning Outcomes:

Student will:

Outcome	Where assessed
1. Apply learned principles in the classroom setting.	Lift competencies
2. Assess the effectiveness of a training program.	Discussion Boards, quizzes, final, strength program design project
3. Develop a strength and conditioning regimen.	Discussion Boards, quizzes, final, strength program design project
4. Describe the adaptations of the body's musculoskeletal system to differing training protocols.	Discussion Boards, quizzes, final, strength program design project
5. Create a preventative conditioning program for a specific sports injury.	Injury prevention project

Program Outcomes:

The following program outcomes are assessed in this course:

Outcome	Where assessed
1. Display ethical and professional behavior as it pertains to the role of exercise science in modern healthcare.	N/A
2. Integrate physiological or psychological principles and strategies of physical fitness to effectively support clients in achieving behaviors for optimal health and wellness.	Reinforced: quiz and final exam questions
3. Assess wellness or movement indicators in individuals.	Reinforced: lab activities
4. Design evidence-based exercise training programs utilizing various types of training modalities.	Reinforced: injury prevention plan and strength program design project

Institutional General Education Competencies

As a student at Owens Community College, you will take General Education courses as part of your degree program. While specific to the General Education courses, will be reinforced in many of your degree program major courses and may be measured in your capstone course(s) and others as identified.

Outcome	Where assessed
1. Communicate Effectively	Reinforced: Lift Competencies
2. Act with professional responsibility.	Reinforced: Lift Competencies
3. Demonstrate sensitivity to others' beliefs and values.	N/A
4. Think analytically, critically and creatively.	Reinforced: Injury prevention plan, strength program design project

Technology, Lab, and File Requirements:

The Blackboard Learning System is an online course environment available for all Owens courses, even those that are not web-based. Blackboard Ultra offers students a resource where they can communicate and collaborate with instructors and fellow students outside of the physical classroom. The Health and Exercise Science classes integrate Blackboard into each course and it is essential for all students to become familiar with the system. Check the STUDENT HELP AND RESOURCES tab on the blackboard shell for information on technical support and Software/Hardware requirements for utilizing Blackboard to complete assignments and communicate with peers and faculty.

Academic Support:

Disability Services Resource Center: If you have a disability or acquire one, you may be entitled to receive reasonable accommodations intended to assure you an equal opportunity to participate in and benefit from the program. To receive more information or to register for accommodations, please contact the Disability Resource Center at 567-661-7007, email disability@owens.edu, visit <https://www.owens.edu/disability/>, or stop by College Hall 124.

Tutoring Services: Owens Community College offers academic tutoring and assistance in a variety of subjects including: writing, economics, science, and math. For more information go to: <https://www.owens.edu/successcenters/>.

Counseling Services: Counseling Services provides assistance to students experiencing personal, educational, interpersonal/relationship, family, social, or psychological difficulties. If you feel you may benefit from this service, please contact them at counselingservices@owens.edu. More information is at <https://www.owens.edu/counseling/>.

Campus and Community Connections: The Center for Campus and Community Connections (College Hall 123) is a walk-in office created to provide retention support through resource stability initiatives and community connections. Go here for more information: <https://www.owens.edu/connection/> or contact connections@owens.edu

Owens Library: The Owens Library offers two locations (Toledo and Findlay) as well as online resources. For more information visit <https://www.owens.edu/library/>.

Students can find more information on campus resources, student support, student life, and security at this [link](#).

General Information:

Student Code of Conduct:

All students are expected to follow Owens Community College's [Student Code of Conduct](#), which includes academic honesty, encompassing plagiarism. See the [Board Policy](#) for more information.

Anti-Discrimination and Harassment & Title IX/Sexual Misconduct:

All students, faculty, and staff are expected to follow Owens Community College's [Anti-Discrimination and Harassment Policy](#) and the College's [Title IX Policy](#)/Sexual Misconduct Procedures and Guidelines. The College strictly prohibits and will not tolerate harassment, discrimination, intimidation, or hostile/offensive working or learning environments.

[Anti-Discrimination and Harassment](#)

[Anti-Discrimination and Harassment Procedures](#)

[Title IX/Sexual Misconduct Procedures](#)

Religious Accommodations: A student seeking an accommodation for an absence permitted under Ohio's Testing Your Faith Act must provide the instructor with a written email notice with the specific dates for an absence, and must do so not later than fourteen (14) days after the first day of instruction. Alternative accommodations are not retroactive, and no academic penalty will

be imposed for an absence under the policy*. The request for an alternative accommodation will be kept confidential. Students with questions about a religious accommodation under Ohio's Testing your Faith Act may contact the College's Office of Academic Affairs:

provost@owens.edu

*The policy may be found on the Owens website: [3358:11-2-63 Accommodation](#) for a Student Absence for the Observance of Religious Beliefs and Practices Policy

Document Collection:

Throughout the semester, your instructors may ask for a variety of assignments including tests and/or quizzes for student learning of general education or program assessment. Please save all your class materials until the end of the semester.

Classroom Admittance: OCC classes shall only be attended by the officially registered OCC students or prospective students, instructor of record, guest lecturer, or substitute. Visitors are not permitted to be in the classroom and should not be invited to attend or participate in the class. See <https://studentprivacy.ed.gov/ferpa> regulations for more information.

Use of AI:

Use of AI Tools: This course requires you to complete various assignments that assess your understanding or application of the course content. You are expected to do your own work and cite any sources you use properly. You are not allowed to use any artificial intelligence (AI) tools, such as chatbots, text generators, paraphrasers, summarizers, or solvers, to complete any part of your assignments. Any attempt to use these tools will be considered academic misconduct and will be dealt with according to the university's academic integrity policy. Students are expected to complete all work independently and without the assistance of AI-generated content. If you have any questions about what constitutes acceptable use of AI tools, please consult with the instructor *before* submitting your work.

Student Responsibilities & Instructor Expectations

Instructor Expectations:

Attendance/Class Time: I will be respectful of your time and begin and end class on time. If class needs to be canceled for any reason, I will notify students as soon as possible by email announcement.

Grading Assignments: Assignments that are submitted by the due date will be graded and recorded in the Blackboard grade center within 3 days of the due date. Assignments that are submitted after the due date *may* take up to 10 days before I am able to get to it.

Answering emails: I will do my best to respond to your emails within 12 hours on weekdays and within 24 hours on weekends. Please only use your Owens email to contact me.

Announcements: I will post any updates and/or reminders on the Blackboard Announcement page, as well as send it out to your Owens email account.

Student Hours: These posted times (see above under office hours) are designated for me to be available to meet with and assist you, outside of normal class time, with any concerns/questions you may have regarding this course or program.

Facilitating successful completion of the course: I welcome questions, concerns and experiences relevant to the topic and course. If I feel there is a need, I will reach out to the student or class as a whole to address that need. I will make referrals to other campus resources as needed. I am aware that life is happening and this class is not the only thing you have going on.

Student Responsibilities:

Attendance/Participation: Class discussions, activities and participation are an integral component of learning and understanding the course material and therefore, attendance is part of your grade in this class. If you are going to be absent, please notify the instructor prior to missing the class, if possible. Please look at the assignment calendar to see what was missed (topic, assignments, etc.), review the power points and contact the instructor if you have any questions.

Class will begin on time, so please plan accordingly. I understand things happen. It will only become an issue if your lateness becomes habitual: 5 points *could* be deducted from your final grade.

Participation in lab activities is vital to the learning process and successful completion of this program. If you are unable to participate in an activity, please let me know as soon as possible. I may be able to modify.

Assignment submission: Students are to be familiar with the assignment calendar and how to submit assignments (on the assignment instructions on the blackboard shell). If you are unable to submit an assignment by the end of the day on the due date (on assignment calendar), you are encouraged to still submit it. (Please read the specific instructions for Discussion Boards.) Although full credit *may not* be given if the assignment is late, you will be able to earn *at least* partial credit.

Check Email/Blackboard Shell: Any announcements and updates will be sent to your email and/or posted on the Blackboard shell. Students are encouraged to check their email *at least* once daily and to log into their Blackboard shell several times a week to remind themselves of upcoming assignments, etc.

Tests/Quizzes: All dates for assignments and tests are listed on the assignment calendar. All tests and quizzes will be administered on Blackboard and taken during the designated class time. Please bring your laptop/tablet with you on these days. If you do not have a device, please let me know ahead of time and I will make other arrangements for you.

Phones: I have found phones to be a distraction in class. Please silence your phone and keep it out of sight. However, there may be circumstances that you may need to have your phone available for personal reasons. If this is necessary, please be discreet and leave the classroom.

Contacting the instructor: Email is the best way to reach me, outside of student hours. Please include your course number and section in the subject line. There is also a short power point on the Blackboard shell regarding polite, professional email communication.

Asking for help/clarification: I expect questions and that's okay. **Unless I am told otherwise, I will assume that every student understands everything said in class, on the Blackboard shell and through emails.** Sometimes the best thing you can say is "I am not following this concept" or "I have no idea where to begin with this assignment." All classes, and courses in this program, will build on and further develop the information we discuss. Please don't hesitate to reach out as soon as you have questions or need clarification.

Social Media use: The use of YouTube, Facebook, Instagram, Twitter, SMARTkapp or any other internet share site to distribute any course, campus lab, or clinical photos, audio recordings, or video recordings is strictly prohibited unless written permission is received from all people involved. Using these sites to display comments about faculty, peers, staff, and/or patients is in conflict with our Inclusion Statement. Such comments may result in disciplinary action. Written permission involves completion of "OWENS COMMUNITY COLLEGE CONSENT FORM".

Classroom Environment:

Respectful Class Communication:

Our classroom is safe place. Faculty and students show respect for each other in class, discussion boards and all communication.

Use proper netiquette at all times on discussion boards. This will be addressed in the Discussion Board Rubric and Instructions, found on the syllabus/information tab.

Philosophy:

I support an inclusive learning environment where diversity and individual differences are understood, respected, appreciated, and recognized as a source of strength. Students in this class are encouraged to speak up and participate during discussions. Because the class will represent a diversity of individual beliefs, backgrounds and experiences, every member of this class will show respect for every other member of this class while we demonstrate diligence in understanding how other peoples' perspectives, behaviors and worldviews may be different from their own.

How Grades are Determined and Major Assignments

Evaluation Measure The grade points for the areas of work are as follows.	Student Learning Outcomes Assessed	Value
3 Discussion Boards	2-4	25 x 5 = 125 points
10 Quizzes	2-4	10 x 10 = 100 points
Final Exam	2-4	150 points
2 Lift Competencies	1	2 x 25 = 50 points
Strength Program Design Project	1-4	100 points
Injury Prevention Plan	5	25 points
Total		550 points

Grading Procedure:

Grades will be calculated on the following scale:

90% and Above	A (495-550 points)
80% to Less than 90%	B (440-494.5 points)
70% to Less than 80%	C (385-439.5 points)
60% to Less than 70%	D (330-384.5 points)
Less Than 60%	F (< 330 points)

Tentative Class Assignments

Week	SLO	Topic
1	1, 4, 5	Topic: Structure and Function of Systems Readings: Essentials Ch.1 Lab: Rehab and Reconditioning/taping (Essentials Ch.22)
2	1, 4, 5	Topic: Bioenergetics Readings: Essentials Ch.3 Quiz: Quiz 1(Systems) Lab: CPR/AED Training Location TBD
3	1, 4, 5	Topic: Biomechanics Readings: Essentials Ch.2 Quiz: Quiz 2(Bioenergetics) Lab: First Aid Training Location TBD
4	1, 2, 4, 5	Topic: Endocrine Response; Age & Gender Related Differences Readings: Essentials Ch.4; Essentials Ch.7 Quiz: Quiz 3(Biomechanics) Homework: Discussion Board 1(Age and Gender) Lab: Injury Prevention Plan/taping practice
5	1, 2, 4	Topic: Adaptations (Aerobic and Anaerobic) Readings: Essentials Ch.5 & 6

Week	SLO	Topic
		Homework: Discussion Board 2(Adaptations: aerobic v anaerobic) Lab: Taping Test for extra credit
6	2, 4	Topic: Sport Psychology; Performance Enhancers; Nutrition Readings: Essentials Ch.8; Essentials Ch.11; Essentials Ch.9 & 10 Quiz: Quiz 4(Adaptations) Homework: Discussion Board 3(Illegal Substances) Lab:
7	2, 4	Topic: Testing and Evaluation Readings: Essentials CH.12 & 13 Lab: Functional Movement Screening
8	1-5	Topic: Testing and Evaluation Readings: Essentials Ch.12 & 13 Homework: Injury Prevention Plan due Lab: Non-fatiguing Tests/Muscular Tests (In Lab Both Days)
9	1, 4	Topic: Warm-up and Stretching; Spotting (Nontraditional Training) Readings: Essentials Ch.14; Ch.15 (& 16) Quiz: Quiz 5(Testing/Evaluation) Lab: Warmup/stretching/spotting
10	1, 3, 4	Topic: Resistance Training Readings: Essentials Ch.17 Quiz: Quiz 6(Warm-up/Stretching/Spotting) Lab: Power lifts & Olympic Lifts
11	1, 3, 4	Topic: Program Design Project Details Readings: Essentials Ch.17 Quiz: Quiz 7(Resistance Training) Homework: Discussion Board 4(Lift/exercise not demonstrated or discussed) Lab: Kettlebells and TRX
12	1, 3, 4	Topic: Plyometrics; Endurance Training Readings: Essentials Ch.18; Ch.20 Homework: Discussion Board 5(Dangers of explosive movements) Lab: Plyometrics
13	1, 3, 4	Topic: Speed & Agility Readings: Essentials Ch.19 Quiz: Quiz 8(Plyometrics) Lab: Speed and agility drills
14	1, 3, 4	Topic: Periodization Readings: Essentials Ch.21 Quiz: Quiz 9(Speed/Agility) Lab: Teach lifts (Discussion Board)
15	1, 2, 3	Topic: Review

Week	SLO	Topic
		Quiz: Quiz 10(Periodization) Homework: Program Design Project (due) Lab: Teach lifts (assigned)
16		Final Exam: Comprehensive

Disclaimer: The instructor reserves the right to amend this syllabus as deemed necessary and will communicate such amendment to the students in the course. Please note that while unlikely, there is a possibility courses might need to change the delivery method due to external issues like public health concerns, weather issues, etc. If this happens, the college will communicate any changes via email and/or other communication methods.