

**WESTERN UNIVERSITY**  
**Faculty of Health Sciences**  
**School of Kinesiology**  
**KIN 2951T**

Speed, Agility and Power Training for Performance Enhancement

**(Tentative)**

**INSTRUCTOR**

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**COURSE DESCRIPTION**

Program development from periodization concepts, physiological and biomechanical principles of

<b>WEEK 5</b>	Mon. Mar 27	No Class - Thanksgiving
	Wed. Mar 29	Presentations
	Fri. Mar 31	Review
<b>WEEK 6</b>	Mon. Apr 3	Presentations
	Wed. Apr 5	Presentations
	Fri. Apr 7	Written Test

### **STUDENT EVALUATION**

- 30% Athlete, Sport Needs Analyses and 4 week Training Program (must be a sport which includes speed, agility and power) Friday October 9
- 30% Presentation of leading the class during a Speed, Agility or Power drill (5-8 minutes) (15%),  
Written description of the presentation (15%)
- 40% Final Exam test based on the material in the course hand-outs, lectures and information presented in the practical portion of class

### **NOTES**

This course will not use plagiarism checking software (NA to this course).

This course will not use computer-marked multiple-choice tests where software may be used to check for unusual coincidences in answer patterns that may indicate cheating.

This course will not use a "personal response system" (eg: clickers).

### **ATTENDANCE**

Active participation in each class is mandatory. A student who cannot physically participate in a given class due to a moderate health or injury problem is expected to assist his/her classmates and the instructor. 1% will be deducted from a student's participation portion of their final mark for **each** unexcused absence.

## Course/University Policies

## **STUDENT CODE OF CONDUCT**

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit <http://www.uwo.ca/univsec/board/code.pdf>

## **ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES**

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>

## **SUPPORT SERVICES**

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>