Concordia University Irvine is proud to announce the Master of Arts Program in Coaching and Athletic Administration (MCAA) is offering a One–Week Summer Intensive Course focused on Speed, Strength and Conditioning at the California Coaches Conference.

The course will cover performance needs for sport. It will include basic conditioning principles; testing, evaluating and goal setting; flexibility training; lifting techniques; speed development; agility development; nutrition; and sample conditioning workouts. This is a Master’s Degree course designed to be practical for the coach so he/she can develop a program to enhance the overall fitness, coordination, and strength of their athletes.

Four units of graduate level credit. Non-degree seeking students are cordially invited to enroll.

For further information about the Speed, Strength & Conditioning course, please contact Dave Cowen, Conference Director at (949) 214-3262 or david.cowen@cui.edu

Katie Carson at (949) 214-3266, katie.carson@cui.edu
MCAA 585 - Strength, Speed and Conditioning  
Instructor: Vern Gambetta; Email: gsstcoach@gmail.com  
Master of Arts in Coaching & Athletic Administration  
Concordia University Irvine, CA. Units: Four (4) Units  
Term: Summer 2013, Monday-Friday, June 24-28, 2013

I. Course Purpose Statement  
MCAA 585: Strength, Speed, & Conditioning  
The course will cover performance needs for sport. This will  
include basic conditioning principles; testing; goal setting;  
flexibility training; speed development; agility development; skill  
technique development and sample conditioning workouts  
and programs specific to a variety of sports. At the conclusion  
of the course, each student will have developed a  
comprehensive, year round, sport specific strength, speed and  
conditioning program appropriate for their sport, and age group.

II. Course Principles  
• The course is based on the following principles:  
  - Dynamic postural alignment and dynamic balance are the  
    foundation for all training  
  - Train movements not muscles  
  - Train fundamental movement skills before sport specific skills  
  - Train postural strength before extremity strength  
  - Train body weight before external resistance  
  - Train joint integrity before joint mobility  
  - Train strength before strength endurance and power before  
    power endurance  
  - Train speed before speed endurance

III. Course Objectives  
Each student will:  
• Develop a clearly articulated training philosophy.  
• Understand and apply the concepts of functional sports  
  training.  
• Understand and apply the principles of adaptation, specificity,  
  overload and periodization in the development of their  
  conditioning program.  
• To understand the role of fundamental movement skill as a  
  basis for specific sport skill.  
• Devise a testing, evaluation and goal setting protocol that  
  can be used with their athletes.  
• Produce a flexibility and mobility routine for incorporation into  
  their program.  
• Understand exercise selection and teaching of technique. This  
  understanding is to be demonstrated in the written  
  program.  
• Understand speed development and sprint mechanics. The  
  student will devise an appropriate set of speed and  
  Plyometric drills for incorporation into their program.  
• Analyze the relative contribution of speed vs agility to their  
  sport. Construct drills that are sport specific and age  
  appropriate.  
• Produce a comprehensive, year round, sport specific  
  strength, speed and conditioning program appropriate for  
  their sport, age group and facility.

IV. Course Materials  
The texts used for the course are:  
• Athletic Development: The Art and Science of Functional  
  Sports Conditioning by Vern Gambetta. ISBN: 13: 978-0-  
  7360-5100-2 Human Kinetics. P.O. Box 5076, Champaign,  
  IL 61825-5076, 2007  
• Functional Training For Athletes At Levels – Workouts  
  For Agility, Speed And Power By James G. Radcliffe. ISBN:  
  13: 978-1-56975-584-6 Ulysses Press. Oakland,California. 2007

IV. Class Management  
Class Schedule:  
Monday, June 24  
Morning  
Unit One – What is coaching? How to Coach & Teach  
Unit Two - Functional Framework  
Afternoon  
Unit Three – Planned Performance Training  
Unit Four – Assessing Sport Demands & Skill Acquisition  
Tuesday, June 25  
Morning  
Unit Five – Skill Acquisition /Technique Training  
Unit Six – Fundamental Movement Skills & Physical Literacy  
Unit Seven - Physical Competency Assessment & Performance Indicator Testing  
Afternoon  
Unit Eight – Work Capacity Concepts  
Unit Nine – Work Capacity Application  
Warm-up/Flexibility/Balance & Proprioception  
Wednesday, June 26  
Morning  
Unit Ten – Spectrum Strength Training Concepts  
Unit Eleven – Postural Strength Development  
Afternoon  
Unit Twelve – Plyometric Training  
Unit Thirteen –Strength Training Program Design  
Thursday, June 27  
Morning  
Unit Fourteen – Speed Training Concepts  
Unit Fifteen – Training Linear Speed - Application  
Afternoon  
Unit Sixteen – MDSA Concepts & Application  
Unit Eighteen – In-season Training Guidelines  
Friday, June 28  
Morning  
Unit Nineteen – Recovery & Regeneration and Training  
Monitoring  
Unit Twenty – Program Planning  
Afternoon  
Unit Twenty-one – Coaching Excellence

Grading Criteria and Structure:  
All assignments must be completed and turned in on the due date. Material submitted late will not receive full credit. All assignments must be completed to receive a passing grade for the course.

Final Project:  
Content (points)  
Cover – preferably with School or Team logo ............... (10)  
Table of contents .................................................... (10)  
Introduction/Philosophy of Training .............................. (10)  
Annual Plan ........................................................... (100)  
Weekly Schedules for the EACH Period ....................... (100)  
Detailed Strength Training plan for each phase ............ (50)  
Prescribe appropriate speed development drills ... (50)  
Prescribe appropriate agility drills ............................ (50)  
Prescribe appropriate Plyometric Drills ...................... (50)  
Testing, Evaluating and Goal Setting ......................... (50)  
Active/Dynamic Warm up Routine ............................ (50)  
Mobility Routine .................................................... (50)  
Bibliography .......................................................... (30)  
TOTAL POINTS for Project ................................. 630  
Points for in class participation ............................... ....70  
Class Total .................................................................... 700  
(Schedule and speakers subject to change.)