EXSC 420: Strength & Conditioning Program Design
MWF 10:00am – 10:50am
HP 250 & RC 122 (Field Sports Building)
Spring 2026

INSTRUCTOR: Bill Zenisek, CSCS, USAW
OFFICE: HP 360I
OFFICE HOURS: By appointment only
EMAIL: wczenisek@bsu.edu

PREREQUISITES
EXSC 147 with a C or better.

REQUIRED MATERIALS
NSCA's Guide to Program Design (2nd Edition) – Margaret T. Jones
ISBN: 9781718220546 (print) / ISBN: 9781718220553 (eBook)

COURSE FORMAT
Lecture and Lab (there are no lab fees for this course)

COURSE DESCRIPTION
This course explores the periodization and implementation of evidence-based strength and conditioning. Students will investigate program design, exercise selection, and strategies to optimize sports performance, mitigate injury risk, and implement programming techniques. Thirty hours of strength and conditioning practical experience are required as part of this course.

COURSE OBJECTIVES
The objective of this course is to equip students with the knowledge and skills to design, implement, and evaluate safe, effective, and evidence-based strength and conditioning programs based on foundational principles of exercise science, tailored to individual and team needs across various performance and fitness levels. Completion of this course is one step in the preparation to sit for the NSCA – CSCS (National Strength and Conditioning Association – Certified Strength & Conditioning Specialist) exam. Students will earn 30 hours of practical experience in strength and conditioning by the end of this course.

ATTENDANCE POLICY
Your regular participation in this course is critical to your academic and professional success. We will move quickly between our topics and missing a day can result in you falling behind in our progression. Your attendance for each class period is required and will result in a 20-point deduction per class missed after you have exhausted your three emergency absences. You must sign-in at the beginning of each class to be counted as present. Missing a sign-in can result in an absence for the day. If you have a funeral, University-sponsored academic field trip, athletic competition, jury duty, or military duty with proper documentation provided to support these reasons you will receive an excused absence that will not count towards your absence total. Illness, appointments, and doctor's notes are not accepted as excused absences. You must communicate these absences with me prior to missing class if you are able.

CLASSROOM ENVIRONMENT
The following is expected of you when you enter the classroom:
- Arrive to class on time and stay until class is completed.
- Be an active member of our class. Share your ideas, questions, and experiences.
- Phones need to be silent and put away. Recording and photos are not allowed unless you are provided explicit permission from me.
- Clean up after yourself. If you bring water or a snack, throw your trash away as you leave.
- Dress for movement for our application class days. You will be expected to teach/coach and perform exercises, drills, and lifts.
- Ask all the questions you have. Our classrooms will be judgement-free. You are here to learn as much as you can.

EMAIL RESPONSES AND GRADING
I generally reply to emails within one business day, except during holidays. Often, I will reply much quicker, but you should not count on a same-day response. I frequently grade assignments within one week of when an assignment closes. If you would like to discuss an assignment ahead of the deadline, contact me. I am happy to give preliminary feedback and/or answer questions. All grades will be posted on Canvas and updated weekly.

ASSIGNMENT	POINTS	DUE DATE (4:59pm)
Student Risk / Health Assessment Form	10 points	Sunday, January 11 *(Week #2)*
Athlete Needs Analysis	30 points	Tuesday, January 20 *(Week #3)*
Athlete Testing Protocol	30 points	Sunday, February 1 *(Week #5)*
Dynamic Warm-up Program	30 points	Tuesday, February 10 *(Week #6)*
Resistance Training Program I	50 points	Tuesday, March 10 *(Week #9)*
Midterm Exam	100 points	Sunday, March 1 *(Week #9)*
Resistance Training Program II	50 points	Tuesday, March 31 *(Week #12)*
Speed Training Program	38 points	Tuesday, April 14 *(Week #14)*
Attendance	120 points	Monday, April 27 *(Week #16)*
Practical Strength & Conditioning Experience	150 points	Monday, April 27 *(Week #16)*
Agility Training Program	32 points	Tuesday, April 28 *(Finals Week)*
Final Cumulative Exam	100 points	Thursday, April 30 *(Finals Week)*
TOTAL	**740 points**	

GRADING

A = 93.0 – 100	B- = 80.0 – 82.9	D+ = 67.0 – 69.9
A- = 90.0 – 92.9	C+ = 77.0 – 79.9	D = 63.0 – 66.9
B+ = 87.0 – 89.9	C = 73.0 – 76.9	D- = 60.0 – 62.9
B = 83.0 – 86.9	C- = 70.0 – 72.9	F = 59.9 – 0

ASSIGNMENT DETAILS
- All assignments must be submitted using the provided templates via Canvas to receive credit.
- Assignments are due by **4:59pm** on the listed date on Canvas and the top of this page. Late work will result in a zero.
- Assignments sent via email will not be accepted for credit.
- Extra credit projects/assignments will not be offered.
- The required text and provided research, articles, videos, and PowerPoint Lessons are your responsibility to read and review on a regular schedule. You will have questions on the content of these resources on your midterm and final exams.

PRACTICAL STRENGTH & CONDITIONING EXPERIENCE
Throughout this semester, you must complete and document at least 30 hours of strength and conditioning experience using the form provided on Canvas. Your goal is to be an active participant throughout this experience as this is not intended to be a passive observation, but an opportunity for you to gain experience in a Division I Weight Room working with Strength & Conditioning Coaches, sport coaches, and student-athletes.

You will choose 3 teams to complete 10 hours with each for a total of 30 hours. You may choose to work with the same Strength & Conditioning Coach *IF* they work with multiple teams. Ideally, you will be with one team for 2-3 weeks to complete your 10 hours for a total of about 9 total weeks of experience. I will outline more details during our first day of class. If you are a current student-athlete, you may not count your own team's training as your practical experience hours. We want you to experience strength & conditioning from a coach's perspective. However, if you are injured or have completed your eligibility, you may choose to use your team as part of your experience.

CANVAS EXAM INFORMATION
Your midterm and final exams are administered through Canvas and are open resources. There are no make-ups if your midterm and final exams are not completed in the specified timeframe. **Failure to follow directions when attempting your midterm and final exams will result in a 20-point deduction from your final score. Evidence of cheating may result in an automatic failure of the exam in question.**

USE OF AI
As you work on and submit assignments this semester, know that using generative AI tools to complete your assignments is a violation of Ball State's Academic Ethics Policy unless the AI use is explicitly approved by the faculty member (it is not in this course). In general, students may not submit any work generated by an AI program as their own. Doing so is plagiarism. In courses and assignments where AI use is permitted, faculty will have guidelines for that use. Work created outside of those guidelines will be considered an Academic Ethics Policy violation. If a student's grade is affected by an academic ethics violation, faculty are required to report the violation to the Office of the Vice Provost for Academic Affairs who oversees the Student Academic Ethics policy and maintains records of its violations.

COPYRIGHT INFORMATION ON COURSE MATERIALS
Students may not reproduce, distribute, or publicly post their course materials without my permission. Students selling or distributing course materials or posting exams (e.g., quizlet.com) may violate the Ball State Code of Conduct and/or the Information Technology Users' Privileges and Responsibilities policy. Students violating this policy may be referred directly to the Office of Student Rights and Community Standards.

ACADEMIC INTEGRITY AND DISHONESTY
Students of the university must conduct themselves in accordance with the highest standards of academic honesty and integrity. Academic dishonesty by a student will not be tolerated in activity or academic areas and will be treated in accordance with the policy in the faculty handbook. Please refer to the specific sections in Undergraduate Rights and Responsibilities for information regarding academic honesty. These policies (including cheating on exams and plagiarism) will be strictly enforced. I will not tolerate cheating or plagiarism. Incidents of academic dishonesty will be prosecuted to the full extent within the university judicial process. Failure to follow these guidelines will result in an "F" for the course.

BALL STATE UNIVERSITY SYLLABUS STATEMENT
We are committed to ensuring that all members of the community are welcome, through valuing the various experiences and worldviews represented at Ball State and among those we serve. We promote a culture of respect and civil discourse.

THE BASIC NEEDS HUB
If you are having difficulty affording enough food, do not have a safe and reliable place to sleep, and/or experiencing an emergency or crisis, help is available through the Basic Needs Hub. The Basic Needs Hub has information, resources, and provides individualized support to students. To talk with a supportive staff member about your experience, receive one on one assistance, or learn more about resources, you can submit a Basic Needs Assistance Form.

THE COUNSELING CENTER
The Ball State University Counseling Center offers free and confidential services to all students. The Counseling Center is in Lucina Hall, Room 320. To schedule an appointment, you can contact them at 765-285-1736. Ball State also offers a 24/7 Crisis Line, which can be reached at 765-285-HOPE (4673). The Crisis Line is a mental health resource for those who are struggling with any mental health concerns, including thoughts of self-harm and/or suicide. The Ball State Counseling Center sees students for a variety of reasons, some of which include homesickness, relationship concerns, anxiety, and depression. At your first appointment, you will work with a therapist to create a plan that will connect you with resources that best fit your needs. They assist students with getting connected to therapy at their Center as well as connecting students to self-help resources, other on-campus resources, and community-based resources. All Ball State students also have access to several on-demand, self-help resources through a variety of different platforms. All of these resources, including a direct link to their website, can be found here.

DISABILITY SERVICES
If you need course adaptations or accommodations because of a disability, please contact the instructor of record as soon as possible. Ball State's Disability Services office coordinates services for students with disabilities; documentation of a disability needs to be on file in that office before any accommodations can be provided. Disability Services can be contacted at 765-285-5293 or dsd@bsu.edu. If you have emergency medical information to share with me or if you need special arrangements in case the building must be evacuated, this should also be discussed with me as soon as possible. Please inform me of any health issues that may present an issue during class (i.e., epilepsy, diabetes, etc.).

THE LEARNING CENTER

The Learning Center offers free Tutoring and Academic Coaching for many courses at Ball State. Students can make appointments for online (Zoom) or in-person (NQ 350) appointments. To make an appointment, visit MyBallState and select "Navigate" or just go directly to https://bsu.navigate.eab.com. For more information about all of their programming, visit bsu.edu/learningcenter or call 765-285-1006.

TITLE IX

Ball State University is committed to providing a safe and inclusive learning environment for all students. If you or someone you know has experienced sexual harassment—including sexual assault, dating violence, domestic violence, or stalking, please know that you are not alone. The University offers support services and resources. For more information or to report an incident, please visit www.bsu.edu/titleix or contact the Title IX Coordinator at 765-285-1545 or at titleix@bsu.edu. Some additional campus resources include:

- Confidential: Center for Survivor Support, 2nd Floor Health Center, Room 205, Anna McGee, (765)285-7844, aemcgee2@bsu.edu
- Confidential: Counseling Center, Lucina Hall, Room 320, (765)285-1736
- Non-Confidential: Title IX Coordinator for Students, Ms. Teresa Ashcraft, (765)285-3310, teresa.ashcraft@bsu.edu
- Non-Confidential: Police Department, 200 North McKinley Avenue, (765)285-1111, www.bsu.edu/police

As your instructor, I am a mandatory reporter under the Title IX policy and required to report any information I receive about possible sexual harassment. This includes information shared in class discussions, assignments, or private conversations.

COURSE WITHDRAWAL

There is only one withdrawal period. It extends from the 6th through the 45th day of classes during a Fall or Spring semester. **See important dates**. For the fall and spring semesters, a student has the entire first week of courses to drop a course with no penalty. They do this through "Add/Drop/Registration" from the website www.bsu.edu/student services. After the first week, a student can withdraw from a course with a grade of "W" up until the decided upon withdrawal date. They accomplish this by completing a Withdrawal form and turning it into the Registrar located in Lucina Hall. After this withdrawal date a student may only withdraw and receive a grade of "W" (instead of an "F") if they are confirmed to have proper extenuating circumstances. **What is the Process for Late Course Withdrawal?** Missing the deadline to withdraw, poor performance, and/or failing the class ***are not*** acceptable reasons to request a late withdrawal. In compliance with university policy, late withdrawals are only considered based on a *VERIFIABLE, EXTENUATING CIRCUMSTANCE*. Requesting a late withdrawal must be verified through documentation, however, providing documentation ***is not*** a guarantee that a student's request for late withdrawal will be granted. Students should not assume that late withdrawal requests will be approved. Students should continue to attend class, submit assignments, utilize campus resources, and consider alternatives until they are notified of the status of their withdrawal request. ***Verifiable extenuating circumstance*** is defined as an occurrence or event that is not under the control of a student. Examples of such occurrences and recommended supporting documentation include serious medical condition/illness (completion of PFW Serious Medical Condition/Illness Documentation form obtained from the course instructor and completed by licensed health care provider), family death (obituary/death certificate or letter from a counselor – both should indicate date and relationship to the deceased), military orders (copy of official orders), etc. A personal statement should also be included regarding the circumstances that prohibited the successful completion of the course and why the published withdrawal deadline was missed. Requests for late withdrawal from a PFW course and supporting documentation must be submitted by the last day of classes of the semester of enrollment.

BALL STATE UNIVERSITY IMPORTANT DATES *(Spring 2026)*

Monday, January 5	University Classes Begin
Monday, January 19	Dr. Martin Luther King, Jr. Celebration
Monday, March 2 – Sunday, March 8	Spring Break
Monday, April 27	Last Day of Spring 2026
Tuesday, April 28 – Friday, May 1	Final Examination Period

SPRING 2026 TENTATIVE SCHEDULE

W1D1 – Monday, January 5 – Course Introduction & Syllabus Discussion

W1D2 – Wednesday, January 7 – Functional Anatomy & Program Design Principles Review

W2D1 – Monday, January 12 – Athlete Needs Analysis *(Lecture)*

W2D2 – Wednesday, January 14 – Athlete Needs Analysis *(Program Design)*

W3D2 – Wednesday, January 21 – Athlete Assessment and Performance Evaluation *(Lecture)*

W4D1 – Monday, January 26 – Athlete Assessment and Performance Evaluation *(Program Design)*

W4D2 – Wednesday, January 28 – Athlete Assessment and Performance Evaluation *(Application – RC 122)*

W5D1 – Monday, February 2 – Movement Preparation *(Lecture)*

W5D2 – Wednesday, February 4 – Movement Preparation *(Program Design)*

W6D1 – Monday, February 9 – Movement Preparation *(Application – RC 122)*

W6D2 – Wednesday, February 11 – Resistance Training *(Lecture)*

W7D1 – Monday, February 16 – Resistance Training *(Program Design)*

W7D2 – Wednesday, February 18 – Resistance Training *(Application – RC 122)*

W8D1 – Monday, February 23 – Resistance Training *(Application – RC 122)*

W8D2 – Wednesday, February 25 – Resistance Training *(Application – RC 122)*

Monday, February 23 – Sunday, March 1 – Midterm Exam

W9D1 – Monday, March 9 – Resistance Training *(Application – RC 122)*

W9D2 – Wednesday, March 11 – Power Training *(Lecture)*

W10D1 – Monday, March 16 – Power Training *(Program Design)*

W10D2 – Wednesday, March 18 – Power Training *(Application – RC 122)*

W11D1 – Monday, March 23 – Power Training *(Application – RC 122)*

W11D2 – Wednesday, March 25 – Power Training *(Application – RC 122)*

W12D1 – Monday, March 30 – Power Training *(Application – RC 122)*

W12D2 – Wednesday, April 1 – Speed Training *(Lecture)*

W13D1 – Monday, April 6 – Speed Training *(Program Design)*

W13D2 – Wednesday, April 8 – Speed Training *(Application – RC 122)*

W14D1 – Monday, April 13 – Speed Training *(Application – RC 122)*

W14D2 – Wednesday, April 15 – Agility Training *(Lecture)*

W15D1 – Monday, April 20 – Agility Training *(Program Design)*

W15D2 – Wednesday, April 22 – Agility Training *(Application – RC 122)*

W16D1 – Monday, April 27 – Agility Training *(Application – RC 122)*

Friday, April 24 (8:00am) to Thursday, April 30 (4:59pm) – Final Exam