

KSS 3760 - Strength Training and Conditioning

Fall 2026 Syllabus, Section 01, CRN 40810,

Credit hours: 3

Instructor

Keegan Butler

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Public Instructor Information

Instructor Title: Keegan Butler PhD (c), MS, CSCS

Instructor Professional Qualifications: Ph. D candidate, H.S. with a concentration in Sport Science, Youngstown State University

Master's, Strength and Conditioning, University of Wisconsin – River Falls

Bachelor's, Exercise Science, Youngstown State University

Instructor Office Location: Beehly Center 307

Instructor Office Phone:

Course Description

3760. Strength Training and Conditioning. Scientific principles, concepts, and adaptations to resistance exercise. Practical application of lifting and spotting technique, testing procedures, program design, and organization and administration of the strength and conditioning facility. Two hours lecture, two hours lab. Prereq.: KSS 1560 and KSS 3710. 3 s.h.

Course Readings

Group	Title	Author	ISBN
Required	Essentials of Strength and Conditioning 5th Edition	Haff Tripplet	

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

Required text – NSCA Essentials of Strength and Conditioning (5th Edition).

All other course information will be provided via blackboard. NOT THE FOURTH EDITION. MUST be the 5th

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Schedule of Topics and Assignments

Day	Date	Reading(s)	Proposed Topic	Due/To Prepare for Class
Tue	8/25	Chapter 1 and Chapter 2 of NSCA Text	Syllabus and Expectations, History of S&C	
Thu	8/27	Chapter 3 and Chapter 3 of the NSCA Text	Needs Analysis	
Tue	9/1	Chapter 7 and 8 of the NSCA Text	Bio Motor Abilities and Related Training Considerations	
Thu	9/3	Chapter 13 and 14 of the NSCA Text	Athletic Testing for talent ID, monitoring and assessment	
Tue	9/8	Chapter 22 of the NSCA Text	Periodization	
Thu	9/10	Chapter 24, 5, 6 of the NSCA Text	Traditional vs Block Periodization	
Tue	9/15	Chapter 15 of the NSCA Text	How to structure a single training section, Warm Up	
Thu	9/17	Chapter 16 and 17 of the NSCA Text	Ecological Coaching and the Constraints Led Approach to Motor Learning and Skill Acquisition	



Tue	9/22	Chapter 18 of the NSCA Text	Training for Strength
Thu	9/24	None	Lab 1
Tue	9/29	Chapter 23 and Chapter 9 of the NSCA Text	Training for Hypertrophy
Thu	10/1	None	Lab 2
Tue	10/6	Chapter 19 of the NSCA Text	Ballistic Training and Pyometrics
Thu	10/8	None	Lab 3
Tue	10/13	Chapter 20 of the NSCA Text	Acceleration, Speed and COD
Thu	10/15	None	Lab 4
Tue	10/20	Chapter 21 of the NSCA Text	Training for Endurance
Thu	10/22	None	Lab 5
Tue	10/27	None	Advanced Methods of Resistance Training
Thu	10/29	None	Lab 6
Tue	11/3	None	Advanced Methods of Plyometrics
Thu	11/5	None	Lab 7
Tue	11/10	None	Advanced Methods of Speed and COD
Thu	11/12	None	Lab 8
Tue	11/17	None	Advanced Methods of Endurance Training
Thu	11/19	None	Lab 9
Tue	11/24	None	In class, work on Final Program
Thu	11/26	No Class	
Tue	12/1	None	Coaching Philosophy
Thu	12/3	None	Coaching Philosophy
Tue	12/8	No Class	
Thu	12/10	No Class	

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