

UTSA Olympic Strength and Conditioning Curriculum

Interns will be required to submit various reading assignments throughout the semester. For every reading assignment, the interns are expected to submit a 1-page summary of the article, a hard-copy of the article, and an electronic copy of the article by the following week's Staff meeting.

Topics

1. Weightlifting Technique
2. Needs Analysis for Sport
3. Exercise Selection and Progression
4. System Specific Conditioning
5. In-Season vs Off-Season Periodization
6. Power Development
7. Speed Development
8. Mobilization and Articulation
9. Recovery and Regeneration
10. Departmental Collaboration
11. Resumes, Cover Letters, and References
12. Leadership
13. Philosophy

Week 1: Internship Orientation

Guidelines and Expectations: Review Internship Agreement, Policies, and Daily/Weekly duties; Give tour of campus and facilities. Importance and Guidelines for Warm-Ups and Cool-downs; Linear Speed Development

Week 2: Needs Analysis for Sport

- Interns will submit any unfinished paperwork regarding employment and policies/expectations.
- Interns will be assigned (1+) sport(s) for the semester. We will review different methodologies and the proper approach for analyzing the needs of a sport. Criteria include, but are not limited to: the physiological demands for the sport, biomechanical movement patterns, and nutritional strategies.
- Interns will develop a Needs Analysis Report examining the criteria mentioned above. This report will be due at the next Staff meeting.

Week 3: Exercise Selection and Progression

- Interns will submit their Needs Analysis Report for their assigned to be critiqued and reviewed by the Staff.
- Based on the Needs Analysis Report, the interns will select a variety of exercises to assist in the development of their assigned team's athleticism. Based on these decisions, the interns will develop a 4-week Resistance Training micro-cycle which will be due during the next Staff meeting.
- Interns must be prepared to defend all aspects of their 4-Week Resistance Training Micro-cycle during the next Staff meeting.

Week 4: Metabolic Conditioning

- Interns will submit their 4-Week Resistance Training micro-cycle for their assigned sport to be critiqued and reviewed.
- We will review the principles of the body's different metabolic systems and how they apply to various sports. Various nutritional strategies and philosophies will be discussed and analyzed as it relates to the interns' assigned sports.
- Interns will add a metabolic conditioning program to their existing 4-week Resistance Training micro-cycle. A final copy of a 4-Week Micro-cycle, complete with Strength/Conditioning training, will be due by the next Staff meeting.

Week 5: In-Season vs. Off-Season Periodization

Interns will submit their updated and revised 4-Week Micro-cycle for their assigned sport for critique and review, which includes a 4-week metabolic conditioning plan.

- We will review the differences in approach and philosophy regarding in-season and off-season training. Concepts will include, but are not limited to: volume selection, residual training effects, and deload periods.
- Interns will construct a 12-week, In-Season program for their assigned sport. The program will include a 12-week Tentative Calendar with proposed lifting and recovery dates, revolving around the team's competition schedule. **(NOT DUE UNTIL WEEK 7)**

Week 6: Power Development

- We will review and discuss different methodologies and modalities to develop power and force-velocity. Topics will include, but will not be limited to: Central Nervous System stimulation, Potential Summation, and Undulating Periodization's connection to neuromuscular recovery.
- Interns will begin to develop an Annual Periodization Plan and Program for their assigned sport. This will be due during the Week 12 Staff meeting.

Week 7: Speed Development

- Interns will submit their 12-Week In-Season meso-cycle and Tentative Calendar for their assigned sport for critique and review.
- We will review speed development concepts and running biomechanics. Topics will include, but are not limited to: speed development techniques, change of direction mechanics, and proper sprint mechanics.
- Interns will perform a video analysis critique of (1) multi-joint exercise and (1) sprint. The analysis should point out technical deficiencies and include a set of corrective exercises.

Week 8: Mobility Evaluation and Corrective Exercises

- Interns will submit their video analysis critique of (1) multi-joint exercise and (1) sprint for critique and review.
- We will dialogue the importance of mobility training, and review popular modalities for evaluation. In addition, we will examine appropriate corrective prescriptions for immobility needs.
- Interns will conduct a Movement Screen using one of the following methods: FMS, MBI, or TPI. Interns will submit a deficiency analysis and prescribe a series of corrective exercises for each deficiency found for the test subject. Report will be due during Week 9's Staff meeting.

Week 9: Recovery and Regeneration

- Interns will submit their Movement Screen Report and Corrective Exercises for critique and review.
- A discussion will be held reviewing the various methods and topics concerning recovery and regeneration methods. Subjects will include, but will not be limited to: Hydrotherapy, Massage, Physiotherapy, Sleep, and Nutrition's effect on recovery.
- Interns will construct a Regeneration Routine. Interns will be expected to defend the different aspects of the routine, which will be due by Week 11's Staff meeting.

Week 10: Departmental Collaboration

- Annual Programs are due for evaluation and revision.
- Interns will turn in a copy of their Regeneration Routine for critique and analysis.
- The staff will review and debate the importance of Intradepartmental Collaboration.
- Interns will conduct an interview with (1) person from each of the following departments: Coaching Staff, Equipment Staff, Sports Medicine, and Facilities/Operations.

Week 11: Resumes, Cover Letters, and References

- Interns will submit their interview scripts for each staff member questioned.
- Interns will bring in their current resumes for critique and revision. We will discuss what catches the attention of hiring agents and search committees, how to properly write a cover letter, and how to prepare for interviews.
- The interns will revise their resumes and cover letters and prepare them for submission the following week.

Week 12: Leadership

- Interns will submit their revised resumes and cover letters for suggestions and modifications.
- We will discuss the concepts of leadership, commitment, discipline, pride, and character.
- Interns will write a 2-page paper on the importance of leadership.

Week 13: Philosophy:

- 2-Page Paper on Leadership is due by the beginning of Week 14's meeting.
- We will discuss the importance of developing your own strength and conditioning philosophy.
- Interns will develop and write their own mission, vision, and philosophy statements. These will be due by the start of Week 15's staff meeting.

Week 14: Evaluations

Interns will submit and present their Mission, Vision, and Philosophy statements.

- Interns will be evaluated by the Director of Strength and Conditioning for Olympic Sports, Internship Coordinator, Assistant Strength and Conditioning Coaches, and their peers.
- There will be no more homework assignments past this date.