

**University of Wisconsin-Stevens Point**  
**School of Health, Exercise Science and Athletics**  
**COAC 397/597 Sec 793 Developing Speed and Agility in Athletes**

**Instructor:** Jon Verdegan, MS, CSCS  
**Office:** HEC 154A

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**Class Times:** T & W June 24<sup>th</sup> & 25<sup>th</sup> 8:00 am-5:00 pm

**COURSE DESCRIPTION:**

This course is designed to provide specific speed and agility techniques to develop and improve athletic performance. Areas of concentration will be proper running technique, sport specific training, drills to increase speed and quickness, program design and evaluation procedures. Topics will be covered using lecture, audio visual aids and practical demonstration. This course is designed for high school sport coaches & future or current strength and conditioning professionals.

**COURSE OBJECTIVES:**

1. To demonstrate an understanding of the bioenergetics involved in various sports.
2. To recognize and instruct proper speed and agility techniques.
3. To design and implement a safe and effective speed and agility program.
4. To demonstrate an understanding of the testing and evaluation procedures for speed and agility programs.

**REFERENCE TEXT**

Baechle, T. and Earle, R. (2000). *Essentials of Strength and Conditioning*. Champaign, IL Human Kinetics.

**CLASS POLICIES**

1. Class attendance is **mandatory**.
2. Participants are expected to arrive on time.
3. Participants should dress appropriately for practical demonstration.

**COURSE EVALUATION PROCEDURES:**

Attendance/participation	50 pts
Speed Program (Sport Specific)	50 pts Due by June 30th Noon
Agility Program (Sport Specific)	50 pts Due by June 30th Noon

**ACADEMIC CONDUCT**

Cheating on examinations, submitting work of others as your own or plagiarism in any form will result in a failing grade or F for this course.