

PRINCIPLES OF STRENGTH AND CONDITIONING

APK3113C ~ 3 ~ SPRING 2020

INSTRUCTOR: **Ben Gordon, Ph.D, CEP, CSCS**
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OFFICE HOURS: Office Hours are Tuesday and Thursday period 5 through 8
or by appointment

MEETING TIME/LOCATION: FLG 245, MWF Period 2
FLG 245, MWF Period 3

COURSE DESCRIPTION: This course is designed to develop the knowledge and practical skills necessary to design and implement strength and conditioning programs. For individuals who are interested in becoming certified personal trainers (NSCA-PT) or certified strength and conditioning specialists (CSCS) through the National Strength and Conditioning Association.

PREREQUISITE KNOWLEDGE AND SKILLS: APK 2100C and APK 2105C with minimum grades of C.

REQUIRED AND RECOMMENDED MATERIALS: All required course materials will be provided on the APK3113 Canvas page and through PowerPoint. While there is no required text, the overwhelming majority of the course content comes from the following book:

Haff, G. Gregory, and N. Travis Triplett, eds. Essentials of strength training and conditioning 4th edition. Human kinetics, 2015.

COURSE FORMAT:

Students will complete weekly reading assignments prior to class on Monday. Monday and Wednesday will be spent lecturing over the material of that week. Students will report to the gymnasium (FLG105) during Friday's scheduled class-time to complete hands-on lab activities.

COURSE LEARNING OBJECTIVES:

At the conclusion of the course students will be able to:

- Describe the basic physiology of the skeletal, neuromuscular, and cardiovascular systems as they pertain to an athlete engaged in a strength and conditioning program
- Identify the biomechanical factors that influence strength, power, and speed performance
- Analyze a sport with regards to the primary energy system, motor skills, joint movements, and skeletal muscles involved in its execution
- Compare the expected physiological adaptations of anaerobic and aerobic training programs.
- Recommend appropriate assessments of athletic performance and interpret test results.
- Prescribe exercise training sessions with the intention of improving athletic performance in the areas of strength, power, speed, agility, aerobic capacity, anaerobic capacity, hypertrophy, and flexibility
- Create a periodized annual strength and conditioning program incorporating all of the variables described above.
- Utilize recommendations regarding the health and safety of athletes completing strength and conditioning sessions in a hot and humid environment
- Summarize the available evidence related to the effectiveness of various recovery modalities.
- Sit for the NSCA CSCS exam in your senior year, or upon graduation, if desired.

COURSE AND UNIVERSITY POLICIES:

ATTENDANCE POLICY: Students are expected to attend all classes and to have completed assigned readings or assignments prior to class as scheduled by the instructor. Attendance will be taken through the TopHat platform at the start of each class and lab. TopHat will generate an attendance score (out of 100%) based on the number of classes attended. This score will be included as part of the participation grades for the course. Questions related to assigned readings will be available on

Canvas. The following link outlines the UF Attendance Policy found in the Graduate Catalog

<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

PERSONAL CONDUCT POLICY: UF students are bound by The Honor Pledge which states, “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” The Honor Code (<http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obliged to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult the instructor or TA in this class.

EXAM MAKE-UP POLICY: No make-up exams are offered. Students who will be unavailable on the day of an exam may provide the instructor with evidence of their excuse and may be permitted the opportunity to complete the exam early at the discretion of the instructor. Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found in the online catalog at:
<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.”

ACCOMMODATING STUDENTS WITH DISABILITIES: Students requesting accommodation for disabilities must first register with the Dean of Students Office (<http://www.dso.ufl.edu/drc/>). The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. You must submit this documentation prior to submitting assignments or taking the quizzes or exams. Accommodations are not retroactive, therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations.

COURSE EVALUATIONS: Students are expected to provide feedback on the quality of instruction in this course based on 10 criteria. These evaluations are conducted online at <https://evaluations.ufl.edu> or directly in CANVAS. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open.

(NOTE: Besides the evaluations if you have a concern about the class, or you don't understand something, or you don't like something. TELL ME. I don't judge students for speaking their mind. If you tell me at the end of the semester that you need help, or you don't like the way something's being taught or graded I can't do anything about it.)

GETTING HELP:

Health and Wellness

- U Matter, We Care: If you or a friend is in distress, please contact umatter@ufl.edu or 352 392-1575
- Counseling and Wellness Center: <https://counseling.ufl.edu/>, 352-392-1575
- Sexual Assault Recovery Services (SARS) - Student Health Care Center, 392-1161
- University Police Department, 392-1111 (or 9-1-1 for emergencies)
<http://www.police.ufl.edu/>

Academic Resources

- E-learning technical support, 352-392-4357 (select option 2) or e-mail to Learning-support@ufl.edu. <https://lss.at.ufl.edu/help.shtml>
- Career Connections Center, Reitz Union, 392-1601. Career assistance and counseling. <https://career.ufl.edu/>
- Library Support, <http://cms.uflib.ufl.edu/ask>. Various ways to receive assistance with respect to using the libraries or finding resources.
- Teaching Center, Broward Hall, 392-2010 or 392-6420. General study skills and tutoring. <http://teachingcenter.ufl.edu/>
- Writing Studio, 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers. <http://writing.ufl.edu/writing-studio/>
- Student Complaints On-Campus: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/> On-Line Students Complaints: <http://distance.ufl.edu/student-complaint-process/>

GRADING:

Evaluation Components (number of each)	Weighted % of Total Grade
Lecture Exams	30% (15% each)
Module Quizzes	15%
Lab Assignment	10%
Lab Practical Exam	10%

Comprehensive Final	15%
Oral Exam (Program Design)	15%
TopHat Attendance and Questions	5%

Lecture Exams – Each exam will consist of 40 multiple-choice questions, 2 points per question and 2 short-answer questions, 10 points per question for a total of 100points. Questions may require the application of course material to provided cases or analysis of research article content. Students will complete the exam in class on the day designated on the course schedule.

Module Quizzes – A quiz pertaining to each week’s module will be assigned each Friday throughout the semester. The 10-question quiz will be available for 24 hours and students will have 15min to complete it within that window of time. Module quizzes are open-book and open-note with questions focusing on the practical application of course material.

Lab Assignments – An assignment will be given out with each lab, 50% of each lab assignment will be participating in the lab. Most lab assignments will be focused on how to prescribe exercise or how to make a proper assessment. This is to help you practice for the oral exam program design. If

Lab Practical Exam – A lab practical exam will be during the final week of the semester. The exam will consist of each student coming into the gymnasium with a partner from class at a scheduled time. The student will be randomly assigned one a type of athlete, and a phase of periodization (including assessment period) (e.g., Football player, in competition.), and then expected to demonstrate an exercise from a modality that is useful for this athlete in this time period of training. Students should be properly prepared to demonstrate all of the lab topics. More information regarding the lab practical will be given in class.

Comprehensive Final – The final exam will consist of 60 multiple-choice questions each worth 1 point and 4 short-answer questions each worth 10 points. The exam will be completed through the APK3113 Canvas page and will have a 2-hour time limit. The exam will be administered on the assigned exam day and in the assigned classroom according to UF’s academic calendar. Students are NOT permitted to use course materials on the exam.

Oral Exam Program Design – Students will sign up for an oral exam in the last two weeks of the semester. When arriving at the oral exam, the student will be given an

athlete with a specific health history, specific performance goals, and lastly a specific time in the periodization of the athlete. The student will then be given 15 minutes to write out a mesocycle of training for this athlete in the specified time of their training. A rubric will be provided on Canvas.

GRADING SCALE: All course assignments are administered and graded within the APK3163 Canvas course page, so students will have access to all grades as they submit assignments. Any assignment that requires the instructor to manually grade some aspect of it will be graded within one week of its due date, including the semester exams and final project. Final Grades will be rounded up at __.5 and above. More detailed information regarding current UF grading policies can be found here: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>. Any requests for additional extra credit or special exceptions to these grading policies will be interpreted as an honor code violation (i.e. asking for preferential treatment) and will be handled accordingly.

Letter Grade	Percent of Total Points Associated with Each Letter Grade	GPA Impact of Each Letter Grade
A	93-100%	4.0
A-	90 – 92.99%	3.7
B+	87.00-89.99%	3.33
B	80.00-86.99%	3.0
C+	77.00-79.99%	2.33
C	70.00-76.99%	2.0
D+	67.00-69.99%	1.33
D	60.00-66.99%	1.0
E	0-59.99%	0

WEEKLY COURSE SCHEDULE:

Week	Dates	Topic	Module
1	(1/6 – 1/10)	Introduction Review of Syllabus <i>Start Needs Analysis</i> Friday – FMS Part 1 Lab (1)	1.1
2	(1/13 – 1/17)	<i>Needs Analysis</i> Friday – FMS Part 2 Lab (2)	1.2
3	(1/20 – 1/24)	<i>Periodization – Annual Plan</i> NO CLASS MONDAY – MLK Day	1.3

4	(1/27 – 1/31)	<i>Periodization – Modality Integration</i> Friday – Use of FMS and Y-Balance Lab (3)	1.4
5	(2/3 – 2/7)	<i>Corrective Exercise Program Design</i> Friday – Self Myofascial Release Lab (4)	2.1
6	(2/10 – 2/14)	<i>Corrective Exercise Program Design</i> Friday – Integration of Corrective Exercise Strategy Lab (5)	2.2
7	(2/17 – 2/21)	<i>Flexibility Program Design</i> Friday – PNF Stretching Lab (6)	2.3
8	(2/24 – 2/28)	<i>Core Training Program Design</i> Wednesday – Core Training Lab (7) Exam 1 – Wednesday 2/28	2.4
9	(3/2 – 3/6)	NO CLASS SPRING BREAK	3.1
10	(3/9 – 3/13)	<i>Resistance Training 1</i> Friday – Basics of Resistance training Lab (8)	3.2
11	(3/16– 3/20)	<i>Resistance Training 2</i> Friday – Olympic Lifting Lab (9)	3.3
12	(3/23 – 3/27)	<i>Power Training Program Design</i> Friday – Plyometrics Lab (10)	3.4
13	(3/30 – 4/3)	<i>Linear Speed Program Design</i> Friday – Linear Speed Drills Lab (11) Exam 2 – Wednesday 4/1	4.1
14	(4/6 – 4/10)	<i>SAQ Program Design</i> Friday – SAQ Design Lab (12)	4.2
15	(4/13 – 4/17)	<i>Conditioning Program Design</i> Friday – Conditioning Lab (13)	4.3
16	(4/20 – 4/24)	<i>Review</i> Lab Practical Exam – 4/18 – 4/24 Oral Exam (Design Project) 4/6 – 5/1	4.4

SUCCESS AND STUDY TIPS:

- Read from the text BEFORE attending lecture. Do not take notes, underline, highlight, or attempt to memorize anything...JUST READ and think through the material!
- Snow-ball the lecture notes. Begin studying lecture material immediately after the first lecture. Then, after the second lecture, begin your studies with day one lecture material. Continue this all the way up to the exam.
- If you get lost or don't understand the material or an assignment as the instructor. If it's a question regarding lecture than ask Dr. Gordon. That's what instructors are here for; to help you learn.
- While your studying and trying to fully understand the material, engage your classmates. This material is meant to be discussed and used...and you can't do with just yourself.
- Everything that we cover in lecture could be used for an exam.
- Rather than memorizing tables and charts, look at data tables and graphs and see what trends or themes you can determine from those. Can you describe what you see and what the significance is?
- Lastly, don't get overwhelmed by the material for these classes, just and have fun.
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