**DEPARTMENT NAME:**
EXERCISE SCIENCE AND HEALTH PROMOTION

**COLLEGE OF:**
Education

**RECOMMENDED COURSE IDENTIFICATION:**

<table>
<thead>
<tr>
<th>PREFIX</th>
<th>PET</th>
<th>COURSE NUMBER</th>
<th>5392</th>
<th>LAB CODE (L or C)</th>
<th>C</th>
</tr>
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</table>

*(TO OBTAIN A COURSE NUMBER, GO TO www.fau.edu/academic/registrar/UUPCinfo/)*

**COMPLETE COURSE TITLE**
Comprehensive Concepts of Strength and Conditioning

**CREDITS:**

| 3 |

**TEXTBOOK INFORMATION:**

<table>
<thead>
<tr>
<th>Required Text:</th>
<th>Essentials of Strength and Conditioning; 2nd Edition</th>
</tr>
</thead>
</table>

**EFFECTIVE DATE**
(first term course will be offered):

| FALL 2008 |

**PREREQUISITES:**

| PET 4351 Exercise Physiology and PET 4351L (lab) |

**COURSE DESCRIPTION, NO MORE THAN 3 LINES:**

Advanced methods and techniques associated with conditioning of athletes and specific populations. Sport specific conditioning of both aerobic and anaerobic systems and practice of methods to specifically assess performance parameters is included.

**PREREQUISITES, COREQUISITES & REGISTRATION CONTROLS SHOWN ABOVE WILL BE ENFORCED FOR ALL COURSE SECTIONS**

**MINIMUM QUALIFICATIONS NEEDED TO TEACH THIS COURSE:**

TERMINAL DEGREE IN THE AREA (PhD OR EDD) OR
MASTER’S DEGREE IN RELATED FIELD AND A CERTIFIED STRENGTH AND CONDITIONING SPECIALIST

Other departments, colleges that might be affected by the new course must be consulted. List entities that have been consulted and attach written comments from each.

**Patrick Jacobs, PhD**
Faculty Contact: pjacobs4@fau.edu
Email: pjacobs4@fau.edu
Office Telephone Number: (954)236-1992

**SIGNATURES**

Approved by: ____________________________  Date: ____________________________

Department Chair: ____________________________
College Curriculum Chair: ____________________________
College Dean: ____________________________
UGPC Chair: ____________________________
Dean, Graduate Studies: ____________________________

**SUPPORTING MATERIALS**

- **Syllabus**—must include all details as shown in the UGPC Guidelines.
- **Written Consent**—required from all departments affected.
- Go to: www.fau.edu/graduate/gpc/index.php to download this form and guidelines to fill out the form.

Email this form and syllabus to sfuks@fau.edu and egirjo@fau.edu one week before the University Graduate Programs Committee meeting so that materials may be viewed on the UGPC website by committee members prior to the meeting.

FAUnewcrseUG—Revised June 2007
Florida Atlantic University  
Department of Exercise Science and Health Promotion  
PEP 5930: Comprehensive Concepts of Strength and Conditioning

Class: Thursday 4:00 – 6:50 pm  Boca Campus, Room TBA

Instructor:  
Office: TBA
Office hours: TBA
Contact: Office:  
Email:

Prerequisite:  
PEP 3136 Leadership II; PET 4351 Exercise Physiology

Required Text:  
Essentials of Strength Training and Conditioning, 3rd Edition  
Baechle and Earle, (Eds.); Human Kinetics (2008)  
ISBN: 0736058036

Optional Texts:  
Designing Resistance Training Programs  

Serious Strength Training  

Course Description:  
This course covers advanced methods and techniques associated with conditioning of athletes and high-performance populations. Sport specific conditioning of both aerobic and anaerobic systems and practice of methods to specifically assess performance parameters in athletes is included.

This class is web-assisted. The syllabus, handouts, assignments, and class lectures will appear on Blackboard. To access these materials, sign on to http://blackboard.fau.edu. Using Blackboard in this course does not rule out your requirement to attend all lectures and class meetings.

List of course and instructional objectives.

1. Demonstrate an in-depth knowledge of exercise physiology as it relates to training athletes as well as the general population, with emphasis on the neuromuscular and bioenergetic adaptations which take place with intense training.

2. Demonstrate knowledge of exercise specificity and apply this knowledge in planning training regimens that are specific for the development of both aerobic and anaerobic capacity, as well as muscular strength, endurance and power for specific athletic populations as well as the general population.

3. Students will also be able to display knowledge in special considerations associated with the training including proper nutrition, weight management, effects of heat and cold, acclimatization, altitude, ergogenic aids and special performance enhancers.
Course Requirements:

Exam, Mid-Term Exam and Comprehensive Final, 50 points each; (150 points total)
Exams will include multiple choice, true/false, written definitions, and short essay questions. If a test is missed, it will be assigned a grade of 0% (unless there are unusual circumstances). Rescheduling of an exam (early or later, regardless of circumstance) will incur a 5-point penalty.

Course Requirements (continued):

Applied Examination, 50 points;
Written examination covering the material of advanced exercise techniques and testing methods discussed in class. Testing may be in conjunction with images or video (similar to the CSCS exam), which mainly assesses competencies in exercise techniques, functional anatomy, and testing procedures. Exam will include multiple choice or short answer questions.

Program and Presentation, 50 points;
Students are expected to compose a 15-20 lecture on a topic related to Strength and Conditioning. Topics may include special considerations in the training of athletes including proper nutrition, weight management, effects of heat and cold, acclimatization, altitude, ergogenic aids and special performance enhancers. Detailed information will be provided at a later date.

Training Program and Presentation, 50 points
Students will be responsible for the design of a resistance training program for a specific population and performance level. The program will be based on the training principles discussed in class. Students will work individually to present this information using a PowerPoint presentation not to exceed 20 minutes. A detailed paper will also be required outlining the rationale of the program. Detailed information will be provided at a later date.

Research Review. 50 points.
Student will present a minimum (25) of current research articles published within the past five years pertaining to strength and conditioning methods. Student will produce a bibliography list.

Assessment procedures including tests, quizzes, and projects.

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Points</th>
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<tbody>
<tr>
<td>Two Examinations</td>
<td>100</td>
</tr>
<tr>
<td>Final Examination</td>
<td>50</td>
</tr>
<tr>
<td>Applied Examination</td>
<td>50</td>
</tr>
<tr>
<td>Research Review</td>
<td>50</td>
</tr>
<tr>
<td>Program and Presentation</td>
<td>50</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>300</strong></td>
</tr>
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</table>

Grading criteria.
According to University policy, "Students are expected to attend all of their scheduled University Classes and to satisfy all academic objectives as outlined by the instructor." Attendance includes meaningful, active involvement in all class sessions, class discussions, and class activities as well as professional, ethical, conduct in class. Reasonable accommodations are made for religious observances.

In compliance with the Americans with Disabilities Act (ADA), students who require special accommodations due to a disability to properly execute coursework must register with the Office for Students with Disabilities (OSD) located in Davie - MOD I (954-236-1222, and follow all OSD procedures.

Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty, including cheating and plagiarism, is considered a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive of the University community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonesty. For more information: [http://www.fau.edu/regulations/chapter4/4.001_Honor_Code.pdf](http://www.fau.edu/regulations/chapter4/4.001_Honor_Code.pdf)

### Schedule including topics covered

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>PHILOSOPHY, GOALS AND OBJECTIVES</td>
</tr>
<tr>
<td>2</td>
<td>TESTING AND EVALUATION</td>
</tr>
<tr>
<td>3</td>
<td>WARM-UP, COOL-DOWN, AND FLEXIBILITY</td>
</tr>
<tr>
<td>4</td>
<td>PLYOMETRIC TECHNIQUES/PROGRAM : SPEED, AGILITY, AND QUICKNESS TECHNIQUES/PROGRAM</td>
</tr>
<tr>
<td>5</td>
<td>METABOLIC TECHNIQUES/PROGRAM</td>
</tr>
<tr>
<td>6</td>
<td>PERIODIZATION OF STRENGTH</td>
</tr>
</tbody>
</table>

Syllabus v.2: Summer 2005
STRENGTH TRAINING EXERCISE SELECTION

MID TERM EXAMINATION

ADAPTATION/HYPERTROPHY PHASE

STRENGTH/POWER PHASE

STRENGTH PROGRAMS – Football, Volleyball

STRENGTH PROGRAMS – Soccer, Basketball

STRENGTH PROGRAMS - Track and Field (Throwers, Sprinters/Jumpers)

STRENGTH PROGRAMS - Wrestling, Gymnastics, Baseball, Softball (Projects due)

STRENGTH PROGRAMS – Special Populations

FINAL EXAMINATION

Abbreviate reference list:


