**Graduate Programs—COURSE CHANGE REQUEST**

**DEPARTMENT NAME:** EXERCISE SCIENCE & HEALTH

**COLLEGE OF:** EDUCATION

**COURSE PREFIX & NUMBER:** PET 5331

**CURRENT COURSE TITLE:** ADVANCED METHODS OF STRENGTH & CONDITIONING

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**CHANGE(S) REQUESTED**

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<td><strong>CHANGE CREDITS FROM</strong></td>
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**CHANGES TO BE EFFECTIVE**

Will the requested change(s) cause this course to overlap any other FAU course(s)? If yes, please list course(s).

- [ ] Yes
- [x] No

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**TERMINATE COURSE, EFFECTIVE (GIVE LAST TERM COURSE IS TO BE ACTIVE):**

Faculty Contact, Email, Complete Phone Number:
Dr. Bob Zoeller, rzoeller@fau.edu, (561) 297-2549

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**SIGNATURES**

Approved by:  
Department Chair: 
College Curriculum Chair: 
College Dean: 
UGPC Chair:  
Dean of the Graduate College: 

Date: 
PET 5331 (11-17-09)  
11-18-09  
11/11/2002

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**SUPPORTING MATERIALS**

Email this form and syllabus to gradregulation@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.

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Note: Please provide all pertinent detailed supporting materials and consult with Dr. Zoeller (561) 297-2549.
PET 5391 Strength and Conditioning Program Design

I. PROFESSOR TBD
Office: TBA, Boca Raton Campus
Office hours:
Telephone: TBA
Email:

II. CLASS INFORMATION
Days
Times
Location

III. REQUIRED MATERIALS
The required textbook for this course is:

Champaign, IL: Human Kinetics.

IV. COURSE DESCRIPTION
Course teaches students how to design strength and conditioning programs for heterogeneous populations. Development of these programs is through the advanced periodized manipulation of acute training variables. The course covers high-level sport-specific exercise prescription that aids injury prevention and performance enhancement.
The College of Education’s Conceptual Framework states that “Informed reflective decision-makers have mastered the subject matter needed for the profession...’ Course objectives were based on that premise.

V. COURSE OBJECTIVES
1. Design training programs that maximize performance by prescribing various training methods and modes based upon an athlete’s health status, strength and conditioning levels and training goals.
2. Design training programs that maximize performance by utilizing the principles of periodization.
3. Design training programs that maximize performance and/or decrease injury susceptibility by prescribing exercises to develop and/or maintain muscular balance between antagonistic muscles, muscle groups, and/or body parts.

VI. CALENDAR OF READING AND WRITING ASSIGNMENTS
The student shall be expected to contribute to class discussions. Therefore, it is necessary that reading assignments be completed prior to the class sessions in which those readings are addressed. For the initial schedule of lecture topics per class session, see Section X: Class Sessions and Meeting Times.

VII. COURSE REQUIREMENT There will be nine examinations and one final examination administered during this course covering the assigned readings outlined in Section X: Class Sessions and Meeting Times. Each student will be required to make an oral presentation to the class on a rehabilitation or training movement. Topics will be assigned by the Professor.

VIII. CLASS ATTENDANCE While class attendance will not be directly included as a grading criterion, regular class participation is expected and required for all exams, labs, and student presentations. Unexcused absence during scheduled examinations and/or labs will not be rescheduled and will result in a grade of zero for that exam.

IV. STUDENTS WITH DISABILITIES
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 Boca Raton – SU 133 (561-297-3880), in Davie –
MOD 1 (954-236-1222), in Jupiter 8R 117 (561-799-8585), or at the Treasure Coast - CO 128 (772-873-3305), and follow all OSD procedures.

X. FAU HONOR CODE
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, see http://www.fau.edu/regulations/chapter4/4.001_Honor_Code.pdf.

XI. GRADING POLICIES
1. Light Examinations 400 points 54%
2. Final Examination 100 points 13%
3. Three Projects 150 points 20%
5. Research Paper 100 points 13%
**TOTAL GRADE** 750 points 100%

**GRADING SCALE**

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<thead>
<tr>
<th>Points</th>
<th>Grade</th>
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<tr>
<td>94.0 - 100% = A</td>
<td>70.0 - 73.9% = C-</td>
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<tr>
<td>90.0 - 93.9% = A-</td>
<td>68.0 - 69.9% = D+</td>
</tr>
<tr>
<td>88.0 - 89.9% = B+</td>
<td>64.0 - 67.9% = D</td>
</tr>
<tr>
<td>84.0 - 87.9% = B</td>
<td>60.0 - 63.9% = D-</td>
</tr>
<tr>
<td>80.0 - 83.9% = B-</td>
<td>&lt; 59.9% = F</td>
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<tr>
<td>78.0 - 79.9% = C+</td>
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</tr>
<tr>
<td>74.0 - 77.9% = C</td>
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Exams: The exams will consist of short answer, multiple choice, and essay questions. These examinations will cover all assigned readings, class lectures and discussions, student presentations, and laboratory experiences.

Research Article Reports: Students will be asked to read ten different exercise physiology research articles and prepare a one to two page synopsis for each. Students will be prepared to lead a discussion in class on their selected article and synopsis. Specific topics will be assigned by the Professor with approximately two weeks prior notice.

Labs: There will be approximately four or five lab exercises assigned during the class. The lab exercises will be performed in a group process, but each student is responsible for writing and submitting their own individual lab report. The specifics of the lab report format will be covered in class, but in general the report shall be typed in double space, 12 pt font.

Paper: Students will be required to write an 8-10 page research paper. The paper should be written using the same format utilized in Medicine and Science in Sport and Exercise journal for all references and citations within the text of the paper. The paper should be typed in double space using 12-pt font with margins no larger than one inch. At least ten peer-reviewed journal articles, within five years of publication, should be referenced in the paper. These research papers should be turned in to the Professor by April 16, 2007. A hard-copy format must be physically presented to the Professor, as well as submitted via Blackboard and Turnitin. Turnitin will check your paper for plagiarism.

XII. CLASS SESSIONS, LOCATION, AND MEETING TIMES:
This course will meet Mondays from 6:30 to 9:40 PM, in FL 404. The first class will be held on May 16, 2009 and the Final Examination will be administered August 3, 2009.

The following is a tentative schedule of class lecture topics and related readings from the Fleck and Kraemer text. Generally, more than one topic will be covered per class session. This general structure will be flexible based on class discussions and lab progress. Any schedule revisions will be distributed in class and posted on the class Blackboard webpage.

Week 1 Orientation
Week 2 Basic Principles of Resistance Training and Exercise Prescription
Week 3 Types of Strength Training
Week 4 Neuromuscular Physiology and Adaptations to Resistance Training
Week 5 Exam 1
Week 6 Integrating other Fitness Components
Week 7 Developing the Individualized Resistance Training Workout
Week 8 Resistance Training Systems and Techniques
Week 9 Exam 2
Week 10 Advanced Training Strategies
Week 11 Strength Testing
Week 12 Speed, Agility, and Quickness
Week 13 Women, Children, and Seniors
Week 14 Vibration Training
Week 15 Exam 3

XIII. Bibliography


The change from Advanced Methods of Strength and Conditioning to Strength and Conditioning Program Design, PET 5391.

The following departments in the College of Education were contacted about the above course:

Communication Disorders

Counselor Education

No Conflict

Curriculum and Instruction

Educational Leadership

No Conflict

Exceptional Student

No Conflict

Teaching and Learning

No Conflict

Barbara Kiermen

June 4, 2008