

 FLORIDA ATLANTIC UNIVERSITY	NEW COURSE PROPOSAL Graduate Programs		UGPC Approval _____ UFS Approval _____ SCNS Submittal _____ Confirmed _____ Banner _____ Catalog _____	
	Department College (To obtain a course number, contact erudolph@fau.edu)			
Prefix Number	(L = Lab Course; C = Combined Lecture/Lab; add if appropriate) Lab Code	Type of Course	Course Title	
Credits (See Definition of a Credit Hour)	Grading (Select One Option) Regular Sat/UnSat	Course Description (Syllabus must be attached; see Template and Guidelines)		
Effective Date (TERM & YEAR)				
Prerequisites <i>Prerequisites, Corequisites and Registration Controls are enforced for all sections of course.</i>		Academic Service Learning (ASL) course Academic Service Learning statement must be indicated in syllabus and approval attached to this form.		
		Corequisites	Registration Controls (For example, Major, College, Level)	
Minimum qualifications needed to teach course: Member of the FAU graduate faculty and has a terminal degree in the subject area (or a closely related field).		List textbook information in syllabus or here		
Faculty Contact/Email/Phone		List/Attach comments from departments affected by new course		

Approved by Department Chair _____ College Curriculum Chair _____ College Dean _____ UGPC Chair _____ UGC Chair _____ Graduate College Dean _____ UFS President _____ Provost _____	Date 3-9-25 3-10-25 3/10/2025 _____ _____ _____ _____ _____
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Email this form and syllabus to UGPC@fau.edu 10 days before the UGPC meeting.



PET 6389-001
Advanced Athletic Conditioning Principles
Distance Learning
3 credits

Semester, Year
Prof. XXXXX YYYYYY
Office: XXXXXX
Office hours: MWF 11-12
Telephone: 561-297-XXXX
Email: zzzzz@fau.edu

TA name	xxxxxx xxxxxxxxxx
Office	xxxxxxx
Office hours	MWF xx:xx – xx:xx
Telephone	561-297-xxxx
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Course Description

This course analyzes both the current research and practices in the field of strength and conditioning. Sport specific conditioning and testing of athletes is discussed. Industry specific information in liability and facility management is delivered to fully immerse the student in all aspects of the strength coaching field. Course aligns with content areas of the National Strength & Conditioning Association's CSCS certification.

Instructional Method

This class is designated as a "Fully Online Class" with no on-campus attendance requirements.

Prerequisites/Corequisites

This has no prerequisite/corequisite requirements.

Course Objectives/Student Learning Outcomes

Upon successful completion of this course, students will be able to:

1. Demonstrate an in-depth knowledge of advanced exercise physiology principles as it relates to training athletes.
2. Assess nutritional and supplementation research and strategies used to enhance athletic performance.
3. Describe the neuromuscular and bioenergetic adaptations that take place with intense and periodized training.

4. Demonstrate knowledge of exercise specificity and apply this to specific athletic populations.
5. Contrast different periodization methods in strength training.
6. Synthesize a literature review in a particular strength and conditioning topic.
7. Recognize principles in facility design and management required to operate a strength and conditioning facility.

Course Evaluation Method

Intro Assignments, 25 points

Students are required to complete introductory assignments including activity clearance forms and an introductory discussion board.

Exams, 100pts

There will be two exams a midterm and a final. They will not be comprehensive. These exams will be delivered in a similar style of the CSCS exam.

Discussion Boards, 50 points

Students will post a discussion of current research studies on a topic corresponding to the module's subject.

Literature Review, 50 points

Students are to select a topic in the field of strength and conditioning research and write a 10–15-page review of current studies including their design, outcomes, and synthesize new research ideas based on the review. More details will be discussed in class.

Applied Exam, 50 points

Students will be assessed on their ability to properly demonstrate the athletic movements and lifts explained in class. They will also be tested on their ability to critique and coach others on learned movements.

Review Quizzes 100pts

There will be review quizzes on Canvas on concepts that you have learned in prior modules. There are multiple attempts allowed on these quizzes as mastering the material is crucial for your success in this course and the CSCS exam.

Grading Policy:

The final grade for this class will be based upon:

Intro Assignments	25 points
Exams (2)	100 points
Applied Exam	50 points
Literature Review	50 points
Discussion Boards (4)	100 points
Review Quizzes (6)	120 points

Total **345 points**

Course Grading Scale

94.0- 100% = A	74.0- 77.9%=C
90.0- 93.9%=A-	70.0- 73.9% = C-
88.0- 89.9%=B+	68.0- 69.9%=D+
84.0- 87.9%=B	64.0- 67.9%=D
80.0- 83.9%=B-	60.0 - 63.9%=D-
78.0- 79.9%=C+	< 60.0%=F

Minimum passing grade for this course is a C.

Policy on Makeup Tests, Late Work, and Incompletes

Late work is not accepted. Students will not be penalized for absences due to participation in university-approved activities, including athletic or scholastics teams, musical and theatrical performances, and debate activities. There will be no penalty for university approved excuses such as illness. Also, grades of Incomplete ("I") are reserved for students who are passing a course but have not completed all the required work because of exceptional circumstances.

Policy on the Recording of Lectures

Because of a new Florida Statute in 2021, the following model language is suggested for inclusion in course syllabi, at the discretion of individual faculty:

Students enrolled in this course may record video or audio of class lectures for their own personal educational use. A class lecture is defined as a formal or methodical oral presentation as part of a university course intended to present information or teach students about a particular subject. Recording class activities other than class lectures, including but not limited to student presentations (whether individually or as part of a group), class discussion (except when incidental to and incorporated within a class lecture), labs, clinical presentations such as patient history, academic exercises involving student participation, test or examination administrations, field trips, and private conversations between students in the class or between a student and the lecturer, is prohibited. Recordings may not be used as a substitute for class participation or class attendance and may not be published or shared without the written consent of the faculty

member. Failure to adhere to these requirements may constitute a violation of the University's Student Code of Conduct and/or the Code of Academic Integrity.

Attendance Policy

Students are expected to attend all of their scheduled University classes and to satisfy all academic objectives as outlined by the instructor. The effect of absences upon grades is determined by the instructor, and the University reserves the right to deal at any time with individual cases of non-attendance. Students are responsible for arranging to make up work missed because of legitimate class absence, such as illness, family emergencies, military obligation, court-imposed legal obligations or participation in University-approved activities. Examples of University-approved reasons for absences include participating on an athletic or scholastic team, musical and theatrical performances and debate activities. It is the student's responsibility to give the instructor notice prior to any anticipated absences and within a reasonable amount of time after an unanticipated absence, ordinarily by the next scheduled class meeting. Instructors must allow each student who is absent for a University-approved reason the opportunity to make up work missed without any reduction in the student's final course grade as a direct result of such absence.

Counseling and Psychological Services (CAPS) Center

Life as a university student can be challenging physically, mentally and emotionally. Students who find stress negatively affecting their ability to achieve academic or personal goals may wish to consider utilizing FAU's Counseling and Psychological Services (CAPS) Center. CAPS provides FAU students a range of services – individual counseling, support meetings, and psychiatric services, to name a few – offered to help improve and maintain emotional well-being. For more information, go to <http://www.fau.edu/counseling/>

Disability Policy

In compliance with the Americans with Disabilities Act Amendments Act (ADAAA), students who require reasonable accommodations due to a disability to properly execute coursework must register with Student Accessibility Services (SAS) and follow all SAS procedures. SAS has offices across three of FAU's campuses – Boca Raton, Davie and Jupiter – however disability services are available for students on all campuses. For more information, please visit the SAS website at www.fau.edu/sas/.

Code of Academic Integrity

Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty 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 [University Regulation 4.001](#).

Required Texts/Readings

Required Text: Essentials of Strength Training and Conditioning, 4th Edition

Haff, Triplett (Eds.); Human Kinetics (2016) ISBN: 9781718210868

Course Topical Outline

***PET 6389: Adv. Athletic Conditioning Principles
Fall 2025 Course Outline***

Week	Topic	Assignment
1	Course Intro/Nutrition	Intro Assignments
2	Supplements & Health	Discussion Board
3	Plyometrics & Nervous System Adaptation	Quiz
4	Agility	Quiz
5	Prehab/Rehab/Injury Prevention	Discussion Board
6	Testing and the NFL Combine Data Analysis	Quiz
7	Midterm	Exam
8	Advanced Sport Training Techniques	Quiz
9	Olympic Lifting	Applied Exam
10	Linear Periodization	Quiz
11	Linear Periodization Research	Discussion Board
12	Nonlinear Periodization	Quiz
13	Nonlinear Periodization Research	Discussion Board
14	Facility Design & Management	Literature Review
15	Final Exam	Exam