# FLORIDA

## FLORIDA ATLANTIC UNIVERSITY

## **NEW COURSE PROPOSAL Graduate Programs**

**Department** Exercise Science & Health Promotion

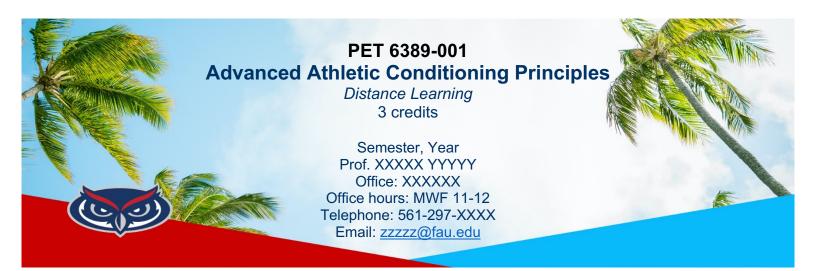
College Science

UGPC Approval
UFS Approval
SCNS Submittal
Confirmed
Banner
Catalog

	(To obtain a course number, con	tact <b>erudolph@fau.e</b>	du)	Catalog
Prefix PET	(L = Lab Course; C = Combined Lecture/Lab; add if appropriate)	Type of Course  Lecture	Course Title	
Number 6389	Lab Code	Lecture		
Credits (See <u>Definion</u> of a Credit Hour)	Grading (Select One Option)	Course Descri	ption (Syllabus must be	attached; see <u>Template</u> and
3	Regular O			
Effective Date (TERM & YEAR)	Sat/UnSat			
Fall 2025				
Prerequisites		Academic Service Learning (ASL) course		
		Academic Service Learning statement must be indicated in syllabus and approval attached to this form.		
		Corequisites		egistration Controls (For ample, Major, College, Level)
Prerequisites, Corequisites and Registration Controls are enforced for all sections of course.				
Minimum qualifications needed to teach		List textbook information in syllabus or here		
Course:  Member of the FAU graduate faculty and has a terminal degree in the subject area (or a closely related field).				
Faculty Contact/Email/Phone		List/Attach comments from departments affected by new course		
		N/A		
				n .

Approved by	Mary.	Date
Department Chair		3-9-25
College Curriculum Chair	<del></del>	3-10-25
College Dean	zhe	3/10/2025
UGPC Chair	//s feet	04/03/2025
UGC Chair	,	04/03/2025
Graduate College Dean	free while	04/03/2025
UFS President		
Provost		

Email this form and syllabus to  $\underline{\text{UGPC@fau.edu}}\,10$  days before the UGPC meeting.



TA name Office Office hours Telephone Email xxxxxx xxxxxxxx xxxxxxx MWF xx:xx - xx:xx 561-297-xxxx xxxxxx@fau.edu

## **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 <a href="http://www.fau.edu/counseling/">http://www.fau.edu/counseling/</a>

## **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 <a href="https://www.fau.edu/sas/">www.fau.edu/sas/</a>.

## **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 <u>University Regulation 4.001</u>.

## **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	Quiz
	Adaptation	
4	Agility	Quiz
5	Prehab/Rehab/Injury Prevention	Discussion Board
6	Testing and the NFL Combine Data	Quiz
	Analysis	
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