# Fau

#### FLORIDA ATLANTIC UNIVERSITY

# NEW COURSE PROPOSAL Undergraduate Programs

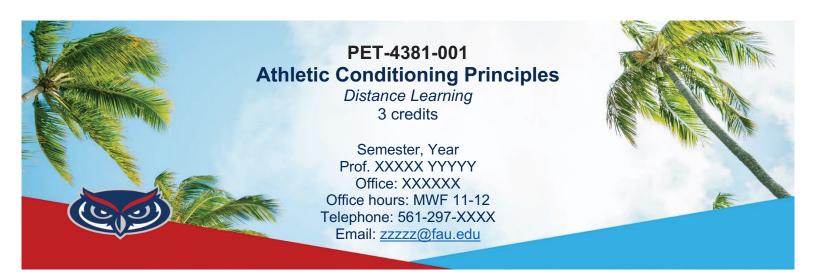
**Department** Exercise Science & Health Promotion

CollegeScience

UUPC Approval 3-24-25
UFS Approval
SCNS Submittal
Confirmed
Banner Posted
Catalog

	(To obtain a course number, co	ontact erudolph@fau.edu)	Catalog	
Prefix PET	(L = Lab Course; C = Combined Lecture/Lab;	Type of Course Course Title		
Number	add if appropriate)	Lecture Athletic Condition	oning Principles	
4381	Lab Code			
Credits (See Definition of a Credit Hour)	Grading (Select One Option)	Course Description (Syllabus must be This course addresses the periodized tra		
3	Regular •	theories and practical methods used in s conditioning and testing of both aerobic a	trength and conditioning. Sport specific	
Effective Date	Acgunu O	Industry specific information in liability ar fully immerse the student in all aspects of	nd facility management is delivered to	
(TERM & YEAR)	Sat/UnSat	aligns with content areas of the National CSCS certification.		
Fall 2025	ith minimum and do*		ogistration Controls (44)	
PET 3102 - Introdu Health Science with	ith minimum grade* lotion to Exercise &	Corequisites   Re   Cc   Cc   N/A   C   N/A	egistration Controls (Major, ollege, Level) / A	
Health Science with	i a C or better	137		
*Default minimum passing grade is D Prereqs., Coreqs. & Reg. Controls are enforced for all sections of course				
WAC/Gordon Rule Course		Intellectual Foundations Program (General Education) Requirement (Select One Option)		
		None		
WAC/Gordon Rule criteria must be indicated in			ated in the cyllabus and approval	
syllabus and approval attached to proposal. See <u>WAC Guidelines</u> .		General Education criteria must be indicated in the syllabus and approval attached to the proposal. See <u>Intellectual Foundations Guidelines</u> .		
Minimum qualifi	cations to teach cours	se		
18 graduate hours in a		Vist / Attack		
Faculty Contact/En	man/Pnone @fau.edu/954-892-8001	List/Attach comments from departments affected by new course  N/A		
Approved by			Date	
Department Chair		Mar	3-9-25	
College Curriculum Chair		<i>X</i>	3/13/25	
College Dean Evonne Rezler			03/13/25	
UUPC Chair Korsy Sorge				
UUPC Chair Korsy Sorgs Undergraduate Studies Dean Dan Me		reroff		
UFS President		<i>W</i>	_	
Provost			_	

Email this form and syllabus to <a href="mailto:mjenning@fau.edu">mjenning@fau.edu</a> seven business days before the UUPC 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 addresses the periodized training of sport athletes of all ages with theories and practical methods used in strength and conditioning. Sport specific conditioning and testing of both aerobic and anaerobic athletes are included. 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**

PET 3102 - Introduction to Health and Exercise Science

# **Course Objectives/Student Learning Outcomes**

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

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

- 4. Demonstrate knowledge of exercise specificity and apply this to specific athletic populations.
- 5. Contrast different periodization methods in strength training.
- 6. Design a training program for a specific athletic population.
- 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 participate in a discussion corresponding to the module's subject.

#### Program Design Project, 50 points

You will create a 52-week strength and conditioning plan using periodization methods discussed in class. This project should include workouts in excel sheets, written explanations, and demonstrate content mastery in program design. 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
Program Design Project	50 points
Discussion Boards (4)	100 points
Review Quizzes (6)	120 points

#### Total 345 points

# **Course Grading Scale**

#### **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

The minimum grade required to pass the course is a C.

# Policy on Makeup Tests, Late Work, and Incompletes

Late work is not accepted. Please note you 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 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 <u>University Regulation 4.001</u>.

# Required Texts/Readings

Essentials of Strength Training and Conditioning, 4<sup>th</sup> Edition Haff, Triplett (Eds.); Human Kinetics (2016) ISBN: 9781718210868

# **Course Topical Outline**

# PET 4381: Athletic Conditioning Principles Fall 2025 Course Outline

Week	Topic	Assignment
1	Course Intro/Nutrition	Intro Assignments
2	Supplements	Discussion Board
3	Plyometrics	Quiz
4	Agility	Quiz
5	Prehab/Rehab/Injury Prevention	Discussion Board
6	Testing and the NFL Combine	Quiz
7	Midterm	Exam
8	Sport Specific Movements	Quiz
9	Olympic Lifting	Applied Exam
10	Linear Periodization	Quiz
11	Linear Periodization	Discussion Board
12	Nonlinear Periodization	Quiz
13	Nonlinear Periodization	Discussion Board
14	Facility Design & Management	Program Design Project
15	Final Exam	Exam

# PET 4381 Course Proposal SIGNED

Final Audit Report 2025-03-13

Created: 2025-03-13

By: Korey Sorge (ksorge@fau.edu)

Status: Signed

Transaction ID: CBJCHBCAABAAKxX8-vo49CwfpYCsXS-K2Vnatpnt10\_e

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