

# FLORIDA ATLANTIC UNIVERSITY

OCT 29 2008

UGPC APPROVAL \_\_\_\_\_  
 UFS APPROVAL \_\_\_\_\_  
 SCNS SUBMITTAL \_\_\_\_\_  
 CONFIRMED \_\_\_\_\_  
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 ONLINE \_\_\_\_\_  
 MISC \_\_\_\_\_

## Graduate Programs—COURSE CHANGE REQUEST

DEPARTMENT NAME: EXERCISE SCIENCE & HEALTH PROMOTION	COLLEGE OF: EDUCATION
COURSE PREFIX & NUMBER: PET 5391	CURRENT COURSE TITLE: ADVANCED METHODS OF STRENGTH & CONDITIONING

### CHANGE(S) REQUESTED

SHOW "X" IN FRONT OF OPTION  CHANGE CREDITS FROM _____ TO: _____  CHANGE GRADING FROM _____ TO: _____  CHANGE PREREQUISITES TO: _____  CHANGE MINIMUM GRADE TO: _____  CHANGE COREQUISITES TO: _____  CHANGE OTHER REGISTRATION CONTROLS TO: _____  OTHER _____	SHOW "X" IN FRONT OF OPTION  CHANGE PREFIX FROM _____ TO: _____  CHANGE COURSE NO. FROM _____ TO: _____  X CHANGE TITLE TO: <b>STRENGTH &amp; CONDITIONING PROGRAM DESIGN</b>  CHANGE DESCRIPTION TO: _____
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CHANGES TO BE EFFECTIVE (TERM): _____	Attach syllabus for ANY changes to current course information.
Will the requested change(s) cause this course to overlap any other FAU course(s)? If yes, please list course(s). YES _____ NO <u>X</u>	Any other departments and/or colleges that might be affected by the change(s) must be consulted. List entities that have been consulted and attach written comments from each. All Depts. in COE have provided written approval

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

Faculty Contact, Email, Complete Phone Number. Dr. Bob Zoeller, <a href="mailto:zoeller@fau.edu">zoeller@fau.edu</a> , (561) 297-2549
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<b>SIGNATURES</b>  Approved by: Department Chair: <u>B. Deane Haines</u> College Curriculum Chair: <u>Linda N. White</u> College Dean: <u>William J. ...</u> UGPC Chair: _____ Dean of the Graduate College: _____	<b>DATE</b>  Date: <u>11-17-09</u> <u>11-18-09</u> <u>11/18/09</u> _____ _____	<b>SUPPORTING MATERIALS</b>  Syllabus—must include all criteria as detailed in UGPC Guidelines  Go to: <a href="http://graduate.fau.edu/ugpc/">http://graduate.fau.edu/ugpc/</a> to access Guidelines and to download this form  Written Consent—required from all departments affected
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Email this form and syllabus to [stulks@fau.edu](mailto:stulks@fau.edu) and [egirjo@fau.edu](mailto: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.

**FLORIDA ATLANTIC UNIVERSITY  
COLLEGE OF EDUCATION  
DEPARTMENT OF EXERCISE SCIENCE AND HEALTH PROMOTION**



**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:

Fleck, S. and Kraemer W.J. (2003). *Designing resistance training programs* (3rd ed.).

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. CALENDER 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 criteria, 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 SR 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](http://www.fau.edu/regulations/chapter4/4.001_Honor_Code.pdf).

## **XI. GRADING POLICIES**

1. Eight 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**

94.0 – 100% = A 70.0 – 73.9% = C-  
90.0 – 93.9% = A- 68.0 – 69.9% = D+  
88.0 – 89.9% = B+ 64.0 – 67.9% = D  
84.0 – 87.9% = B 60.0 – 63.9% = D-  
80.0 – 83.9% = B- < 59.9% = F  
78.0 – 79.9% = C+  
74.0 – 77.9% = C

**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 Flock 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**

Baechle and Earle (Ed.). (2008).

*Essentials of strength training and conditioning by NSCA-national strength and conditioning association* (3rd ed.). Hong Kong: Human Kinetics.

Bompa, T. and Haff G.G. (2009). *Periodization: Theory and methodology of training* (5th ed.). Champaign, IL: Human Kinetics.

Chandler, T.J. and Brown, I. (Ed.). (2008). *Conditioning for strength and human performance*. Baltimore, MD: Lippincott Williams & Wilkins.

Delavier, F. (2006). *Strength training anatomy* (2nd ed.). Champaign, IL: Human Kinetics.

Fleck, S. and Kraemer W.J. (2003). *Designing resistance training programs* (3rd ed.). Champaign, IL: Human Kinetics.

Lockett, K.F. and Keyes, A.M. (1994). *Conditioning with physical disabilities*. Champaign, IL: Human Kinetics.

NSCA- National Strength and Conditioning Association. (2008). *Exercise technique manual for resistance training* (2nd Edition (Book & DVD) (Paperback) ed.). Champaign, IL: Human Kinetics.

Zatsiorsky, V. and Kraemer, W. (2006). *Science and practice of strength training* (2nd ed.). Champaign, IL: Human Kinetics.

11-4-08

Title 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:

*Dea Hansen*

Communication Disorders

Counselor Education *No Conflict* *JH*

Curriculum and Instruction

*JM*

Educational Leadership

~~*JH*~~ *No Conflict!*

Exceptional Student

*No Conflict* *Michael*

Teaching and Learning

~~*see attached*~~ *Barbara Kidner*  
*no conflict*