

**TRAINING ATHLETES FOR OPTIMAL
PERFORMANCE: SKILL ACQUISITION & PERFORMANCE
ASSESSMENT**

PET5936-04G6 ~ 3 CREDITS ~ SPRING, 2020

INSTRUCTOR: Christine Brooks, EdD
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Preferred Method of Contact: email

OFFICE HOURS: No office hours. This is an online course.

MEETING TIME/LOCATION: Online course

COURSE DESCRIPTION: This course overviews the theory and practice of sport training methodologies for enhancing, analyzing and assessing the athlete's skill and performance development.

PREREQUISITE KNOWLEDGE AND SKILLS: While this course is *'intermediate'* in terms of the science of skill development and performance assessment theory, there are no prerequisites for this course. However, experience with sport, either as a coach and/or athlete, and strong desire to bring science into modern coaching practices is important.

REQUIRED AND RECOMMENDED MATERIALS: All reading materials, study guides, video lecture modules and practice quizzes are packaged together. All course resources are accessible via Canvas.

COURSE FORMAT: The course is divided into 5 units. One unit is 3 weeks in length and includes the video lessons, reading, quiz and insight research discussion. When material is particularly complex, the unit is sub-divided into 2-to-3 sections with a quiz assigned to each section.

COURSE LEARNING OBJECTIVES: At the completion of this course students will be able to:

Learning objective	Method	Bloom's taxonomy level
Demonstrate the ability to recall key principles of skill acquisition & performance assessment	Quizzes	Level 1 (remember): Recognizing and recalling facts
Apply knowledge concerning the assessment of skilled performance to manipulate practice conditions for enhancing an athlete's skill acquisition for their sport to their genetic potential	Forums	Level 2 (understand): Explain ideas or concepts
Critically evaluate how to apply generic performance tests to assess the performance of athletes in specific sports	Research insight discussions	Level 3 (apply): Use information in new situations
Adapt performance analysis methodologies to match the developmental level of athletes	Forums & research insight discussions	Level 4 (analyze): Draw connection among ideas or concepts
Demonstrate proficiency in the use of biomechanical principles to analyze an athlete's skill and movement effectiveness	Forums & research insight discussions	Level 5 (evaluate): Justify a stand or decision
Competently use common video and computer analysis software for evaluating an athlete's performance and apply the data obtained to the design of the athlete's training.	Final assignment	Level 6 (create): Produce new or original work.

COURSE AND UNIVERSITY POLICIES:

ATTENDANCE POLICY: No attendance. This is an online course.

PERSONAL CONDUCT POLICY: Students are expected to exhibit behaviors that reflect highly upon themselves and our University. As a UF student, you have committed to the following pledge: "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity". Please complete all work independently unless the instructor provides explicit permission for you to collaborate on course tasks. It is your responsibility to know and comply with all UF policies and procedures regarding academic integrity and the Honor Code. Violations will be reported to the Dean of Students Office for consideration of disciplinary action. For more information regarding the Student Honor Code, please see:

<http://www.dso.ufl.edu/SCCR/honorcodes/honorcode.php>.

On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The Honor Code (<http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obliged to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult the instructor or TA in this class.

EXAM MAKE-UP POLICY: Late work will be penalized 5 pts. Exceptions will be made when life conditions negatively impact the student's ability to submit work on time. "Requirements for make-up exams, assignments, and other work in this course are consistent with university policies that can be found in the online catalog at: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>."

ACCOMMODATING STUDENTS WITH DISABILITIES: "Students requesting accommodation for disabilities must first register with the Dean of Students Office (<http://www.dso.ufl.edu/drc/>). The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. You must submit this documentation prior to submitting assignments or taking the quizzes or exams. Accommodations are not retroactive, therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations."

COURSE EVALUATIONS: Students in this class are participating in GatorEvals. This evaluation system is designed to be more informative to instructors so that teaching effectiveness is enhanced and to be more seamlessly linked to UF's CANVAS learning management system. Students can complete their evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Thank you for serving as a partner in this important effort.

GETTING HELP:

Technology: Please contact the UF Computing Help Desk and e-Learning Support Services (www.helpdesk.ufl.edu/) if you have any technical issues with CANVAS, or your email.

Health and Wellness

- U Matter, We Care: If you or a friend is in distress, please contact umatter@ufl.edu or 352 392-1575

- Counseling and Wellness Center: <https://counseling.ufl.edu/>, 352-392-1575
- Sexual Assault Recovery Services (SARS) - Student Health Care Center, 392-1161
- University Police Department, 392-1111 (or 9-1-1 for emergencies)
<http://www.police.ufl.edu/>

Academic Resources

- E-learning technical support, 352-392-4357 (select option 2) or e-mail to Learning-support@ufl.edu. <https://lss.at.ufl.edu/help.shtml>
- Career Connections Center, Reitz Union, 392-1601. Career assistance and counseling. <https://career.ufl.edu/>
- Library Support, <http://cms.uflib.ufl.edu/ask>. Various ways to receive assistance with respect to using the libraries or finding resources.
- Teaching Center, Broward Hall, 392-2010 or 392-6420. General study skills and tutoring. <http://teachingcenter.ufl.edu/>
- Writing Studio, 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers. <http://writing.ufl.edu/writing-studio/>
- Student Complaints On-Campus: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/> On-Line Students Complaints: <http://distance.ufl.edu/student-complaint-process/>

GRADING:

Quizzes = 30% (multiple choice and T/F)

Forums and research insight discussions = 40%

1 Assignment = 30%

GRADING SCALE: Detailed information regarding current UF grading policies can be found here: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>."

Letter Grade	Percent of Total Points Associated with Each Letter Grade	GPA Impact of Each Letter Grade
A	90.00-100%	4.0
B+	87.00-89.99%	3.33
B	80.00-86.99%	3.0
C+	77.00-79.99%	2.33
C	70.00-76.99%	2.0
D+	67.00-69.99%	1.33
D	60.00-66.99%	1.0
E	0-59.99%	0

WEEKLY COURSE SCHEDULE:

Please note that this schedule may change slightly. Refer to canvas for the updated schedule.

Week # and date	WEEKLY TASKS
Unit 1: A unit is typically 3 weeks in length and contains a <u>Forum Discussion</u> and a <u>Quiz</u>	
<p>Week 1 Jan 6 – 12</p>	<p>1. <u>Read Announcement for week 1.</u> 2. REVIEW THE FOLLOWING LESSONS Introduction to skill acquisition Instructional strategies for skill acquisition Observation skills in coaching Additional Insight: The archer's paradox</p>
<p>Week 2 Jan 13 - 19</p>	<p>1. <u>Read Announcement for week 2.</u> 2. REVIEW THE FOLLOWING LESSONS Broad sport and skill classification schemes How the athlete moves in space Timing, tempo and rhythm</p>
<p>Week 3 Jan 20 - 26</p>	<p>1. <u>Read Announcement week 3.</u> 2. Now do the following Review How to critique a research and review paper Complete Forum Discussion 1 (Use rubric) Review the study guide for Quiz 1 Complete Unit 1 QUIZ (PW is Unit1Quiz.)</p>
Unit 2:	
<p>Week 4 Jan 27 - Feb 2</p>	<p>1. <u>Read Announcement 4.</u> 2. REVIEW THE FOLLOWING LESSONS Movement technique Analyzing Speed Analyzing Force</p>
<p>Week 5 Feb 3 - 9</p>	<p>1. <u>Read Announcement 5.</u> 2. REVIEW THE FOLLOWING LESSONS Analyzing coordination Analyzing flight How athletes process information</p>
<p>Week 6 Feb 10 - 16</p>	<p>1. Read Announcement 6 2. Complete Forum Discussion 2 (Use rubric!) 3. Review the Study Guide for Quiz 2 4. Complete Unit 2 Test: (PW is: Unit2Quiz)</p>

Unit 3:	
<p>Week 7 Feb 17 - 23</p>	<p>1. Read Announcement 7. 2. REVIEW THE FOLLOWING LESSONS Stages of development Instructional models Providing feedback</p>
<p>Week 8 Feb 24 - Mar 1</p>	<p>1. Read Announcement 8 2. REVIEW THE FOLLOWING ADDITIONAL INSIGHT VIDEOS Schema theory Transfer of learning Closed versus open loop >>Go to these videos</p>
SPRING BREAK - ENJOY	
<p>Week 9 Mar 9 - 15</p>	<p>1. Read Announcement 9 2. Review this Research Made Easy Module 3. Complete Forum Discussion 3 4. Review the Study guide for Quiz 3 5. Complete Unit 3 Quiz (PW - Unit3Quiz)</p>
Unit 4: Part 2: Performance assessment	
<p>Week 10 Mar 16 - 22</p>	<p>NOTE: You have 2 weeks to complete Unit 4. The quizzes for Unit 4 part 1 and 2 must be completed during week 10. The quizzes for part 3 and 4 must be completed before the end of week 11. Read Announcement 10. Visit a modern sports performance facility <i>Review the following lessons.</i></p> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p>Unit 4: Part 1 > Science of Speed strength: The slow SSC Complete the Quiz for RS Part 1 (pw = Unt4Part 1)</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p>Unit 4: Part 2>Science of Speed Strength: The fast SSC Complete the Quiz for RS Part 2 (pw = Unit4Part 2)</p> </div>

<p style="text-align: center;">Week 11 Mar 23 - Mar 29</p>	<p>1. Read Announcement 11.</p> <p>2. CONTINUE WITH COMPLETING UNIT 4: PARTS 3 & 4.</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p>Unit 4: Part 3 > Science of speed strength: SPRINTING Complete the quiz for Part 3: Sprinting (pw=Unit4Part3)</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p>Unit 4: Part 4 > Common running tests Horizontal power test Aerobic capacity test Unit 4: Part 4 QUIZ (pw = : Unit4Part4)</p> </div>
<p style="text-align: center;">Week 12 Mar 30 - Apr 5</p>	<p>1. Read Announcement 12.</p> <p>2. <i>Review the following lessons</i> Strength test Metabolic adaptations to energy restricted diets Body Composition Assessment Unit 4: Part 4 QUIZ (Access code is: Unit4Part2)</p> <p>2. Complete Insight Discussion 4 (Use Rubric!)</p>
<p>Unit 5: Consolidating your knowledge</p>	
<p style="text-align: center;">Week 13 Apr 6 - 12</p>	<p>1. Read Announcement 13. Using video analysis software Linking data to training Safe sport reading (KEEP THIS FOR REFERENCE/DISTRIBUTION TO COACHES WHO ARE UNDER YOUR WING) Become a safe sport administrator/coach</p>
<p style="text-align: center;">Week 14 Apr 13 - 25</p>	<p>1. Read Announcement 14.</p> <p>2. <i>Final Assignment</i></p> <p>3. Post assignment by midnight April 22th</p> <p>4. Complete Peer review assignments by April 25th</p>
<p>You have completed this course. Congratulations!</p>	

SUCCESS AND STUDY TIPS:

Comprehensive videos, study guides and reading material is provided to enhance student learning. Maximizing use of these study aids. They will enhance successfully complete assignments and thereby course success.

Last revised 11/11/2019