



University of Florida
College of Health and Human Performance
Department of Applied Physiology & Kinesiology
Undergraduate Athletic Training Program

Fall 2020 Course Syllabus | Last Date Revised: 8/4/2020

COURSE INFORMATION

ATR 4315: Functional Sport Conditioning (3 credits)

August 31st, 2020 – December 9th, 2020

Meeting Time: Mondays, Wednesdays and Fridays 11:45am-12:35pm

Meeting Location: Online and Florida Gym

INSTRUCTOR

Christopher Brown, PhD, LAT, ATC, CSCS

Clinical Assistant Professor

Office Location: FLG 122

Office Phone: 352-294-1070 Email:

cdbrown7@ufl.edu

Office Hours: By appointment, please schedule on Calendly: <https://calendly.com/cdbrown7>

COURSE DESCRIPTION

Enhances knowledge in design and implementation of functional exercise techniques as it relates to injury rehabilitation. Nutritional considerations for the injured athlete and proper design of the pre and post event meal planning for optimal performance and recovery are also covered. *Pre-Requisite: Admission into athletic training major*

LEARNING OUTCOMES

1. Apply knowledge of exercise physiology, muscle physiology, biomechanics and health/wellness principles when designing, implementing and modifying training programs to meet patient/athlete goals.
2. Recognize and apply the principles of energy balance (e.g., nutrition), hydration, macro and micronutrients for the physically active population at various time intervals related to training (e.g., pre-event, recovery, etc.).
3. Describe specific adaptations, advantages and precautions of various modes of training for physically active individual across the lifespan (e.g., pediatric to geriatric).
4. Identify proper technique and instruct the athlete/patient regarding appropriate posture, muscle activation and form during performance of therapeutic/functional activities.
5. Demonstrate proficiency with selection, application and modification of various functional exercise techniques used during rehabilitation and return to sport/activity.
6. Comply with safety and regulatory standards regarding use of equipment and rehabilitation tools in the athletic training setting.
7. Use baseline measures, pre-screening tools and scholarly evidence (i.e., normative data) to design and implement training programs.
8. Recognize challenges to psychosocial well-being of the athlete/patient, including signs of over-training, body image conditions, steroid or other performance enhancing substance abuse.

REQUIRED TEXTS AND MATERIALS

Textbook	ISBN	
Exercise Technique Manual for Resistance Training Author: National Strength and Conditioning Association Publisher: Human Kinetics Year: 2016 Edition: 3 rd	9781492506928	Required
Essentials of Strength and Conditioning Author: National Strength and Conditioning Association Publisher: Human Kinetics Year: 2015 Edition: 4 th	9781492501626	Required
Sports and Exercise Nutrition Author: McArdle, Katch and Katch Publisher: Lippincott Williams & Wilkins Year: 2012 Edition: 4 th	9781451118063	Recommended

COURSE REQUIREMENTS AND POLICIES

Examinations and Practical Examinations: There will be NO make-up examinations unless exceptional conditions occur (as defined in the University of Florida Undergraduate Catalog). Please see this link for more information. <http://www.registrar.ufl.edu/catalog/policies/regulationattendance.html> Prior permission from the professor is required. There will be a time limit for each examination. Examinations will evaluate the understanding of material from lecture, text, and other supplemental material provided. As part of the CAATE requirements for completion of *Educational Competencies and Proficiencies*, **all students must pass (i.e., earn a “C” = 72% or higher) assessments of this material or complete remediation before moving on to the next course in the AT Program.** Students may complete up to two additional remediation opportunities, beyond the original assessment, to successfully pass a skill (practical exam) or content area (written/e-learning exam) within this course. Any student who cannot successfully complete the required CAATE competency and/or proficiency examinations after two remediation sessions will have their case reviewed by the AT Steering Committee. Students who require remediation two or more times throughout the semester on written and/or practical exams may also have their case reviewed by the AT Steering Committee.

Quizzes: Quizzes will assess learning progress from lecture material and assigned readings. To ensure that students are reading the assigned material, the quizzes will be both announced and unannounced. There will be NO make-ups for missed quizzes (showing up late, etc.), unless exceptional conditions occur as defined in the University of Florida Undergraduate Catalog. Please see this link for more information <http://www.registrar.ufl.edu/catalog/policies/regulationattendance.html>

Assignments: Assignments are due at the onset of class on the date assigned to them or submitted prior to the designated deadline in e-learning. **Please type all assignments** unless otherwise stated in the directions. **LATE ASSIGNMENTS ARE NOT ACCEPTED!** If you will be traveling for a University sanctioned event and will miss an assignment due date, your assignment is due **before** you leave. You must notify me with an explanation for missing class, in writing (email or letter), to receive an excused absence for class. Students are responsible for all materials missed because of an absence.

Laboratory Experiences: Laboratory experiences conducted throughout the semester may occur in Yon Hall 1, 11 or off-site at one of the local AT facilities. Attendance and participation with laboratory experiences is required. Written notification of an absence (i.e., email) prior to class is required for an absence to be excused (see university regulations as stated above). Details/specific requirements for lab experiences will be available in Sakai prior to the lab date. Students must wear proper attire (e.g., gym shorts, tank tops, sports bras, etc.) during all lab experiences.

Final Program (CIP-1): Student will be given a subject for which to design a periodized program including, but not limited to, applicable fitness testing and a program based on findings including **all applicable** aspects of fitness (testing, warm-up, resistance training, plyometrics, anaerobic, aerobic, nutrition, etc.). Training should be documented including exercise selection, repetitions, sets, rest periods, etc. Proper progression of both exercise selection and intensity should be addressed. Nutrition

guidelines should include recommendations for pre/during/post workouts, including changes with phase of program if applicable. More information will be distributed during the semester.

Attendance and Participation: Attendance is mandatory. Students must provide a written notification of an absence (i.e., email) at least 24 hours prior to the class; excused absences will be evaluated based on University policy. Students with an excused absence will be afforded make-up opportunities under the university guidelines. Prior preparation through chapter readings and outlining will enable active participation for productive discussions. Requirements for class attendance and make-up exams, assignments, and other work are consistent with university policies found in the online catalog <https://catalog.ufl.edu/UGRD/>

Student Conduct Policy:

- All students are expected to conduct themselves in a respectful and responsible manner
- All students are expected to be on time for class
- All students are expected to turn off or silence their cell phones
- All students are expected to not participate in actions that may disrupt the class
- The instructor reserves the right to ask any student to leave the classroom, if the student violates any the above class procedures

Critical-Thinking Questions and Participation: Each student, as part of his/her participation, is expected to ask questions. Insightful questions will be monitored during the course and contribute to participation grade. In addition, attending class, contributing to class, and useful information provided during class will be counted toward your participation grade. Any class period listed as "discussion", requires prior review of posted content to facilitate a valuable learning experience. Failure to come to class "prepared" creates an ineffective environment for valuable exchange of information. The instructor will use the rubric in the table below to assign participation points during discussion sessions (see dates within the course schedule listed as "discussion").

Excellent	10 pts	<ul style="list-style-type: none"> • Defines, describes, and illustrates concepts • Explains, assesses and criticizes ideas • Demonstrates preparation and reading of assignments
Good	8 pts	<ul style="list-style-type: none"> • Defines, describes, and illustrates concepts • Explains, assesses and criticizes ideas • Evidence of reading assignments, but not fully prepared
Reasonable	6 pts	<ul style="list-style-type: none"> • Defines, describes, and illustrates concepts • Explains, assesses, or criticize some ideas • Evidence of incomplete reading of assignments and preparation
Basic	4 pts	<ul style="list-style-type: none"> • Defines and describes some concepts • Explains but cannot assess and criticize ideas • Clearly unprepared and lacking evidence of reading assignments
Bare Minimum	2 pts	<ul style="list-style-type: none"> • Defines and describes some concepts • Unable to explain, assess, or criticize ideas • Clearly unprepared and lacking evidence of reading assignments
Unacceptable	0 pt	<ul style="list-style-type: none"> • Refuses to engage in discussion or answer questions when asked • Engaged into inappropriate behaviors (using cell phone, social media, visiting irrelevant websites) • Not present

Plagiarism: Defined as the use and appropriation of another's work without any indication of the source and the representation of such work as the student's own. Any student, who fails to give credit for ideas, expressions or materials taken from another source, including internet sources, projects/papers submitted for another course (either intentional or unintentional), is guilty of plagiarism (*please refer to the AT Program Plagiarism Policy in the Student Handbook*).

COURSE SCHEDULE (SUBJECT TO MODIFICATION)

The course progression will tentatively follow the schedule below:

Dates	Topics	Assignments
31-Aug	Introduction and Course Outline	H&T Chap 2
2-Sep	Ergonomics (Exam I)	H&T Chap 12&13
4-Sep	Exercise Testing Admin, Scoring, and Interpreting (Exam I)	
7-Sep	Holiday	
9-Sep	Testing Admin, Scoring, and Interpreting	
11-Sep	Testing Admin, Scoring, and Interpreting (Lab)	H&T Chap 14
14-Sep	Warm-Up and Flexibility (Exam I)	Testing Lab Due Sept 14th
16-Sep	Warm-Up and Flexibility	H&T Chap 17
18-Sep	Program Design: Resistance Training (Exam I)	Testing and Warm-up Mini Program Due Sept 18th H&T Chap 15 & 16 AAP Strength Training in Pediatrics PS
21-Sep	Program Design: Resistance Training Lifting and Spotting Basics (Exam I)	NSCA Techniques Upper
23-Sep	Resistance Training: Arms/Shoulders (Exam I)	
25-Sep	Resistance Training: Chest/Back (Exam I)	NSCA Techniques Lower
28-Sep	Resistance Training: Legs/Buttocks (Exam I)	Upper Body Lifting Worksheet Due Sept 29th NSCA Techniques Core/Power]
30-Sep	Resistance Training: Core (Exam I)	
2-Oct	Homecoming Holiday	
5-Oct	Josh Barabas MPT, PT, OCS, CSCS: Whole Body Lifts	Lower Body and Core Lifting Worksheet Due Oct 5th
7-Oct	Josh Barabas MPT, PT, OCS, CSCS: Whole Body Lifts	
9-Oct	E-Learning Exam #1 (Exam Window Oct 8th-11:59pm Oct 9th)	Resistance Mini-Program Due Oct 8th H&T Chap 18
12-Oct	Program Design: Plyometrics (Exam II)	
14-Oct	Plyometrics Lab Day (Meet in Florida Gym)	H&T Chap 19
16-Oct	Program Design: Speed and Agility (Exam II)	Plyometric Mini-Program Due Oct 15th
19-Oct	Scott Greenberg DPT, PT, CSCS: Speed and Agility	H&T Chap 20
21-Oct	Program Design: Aerobic Endurance (Exam II)	Speed and Agility Mini-Program Due Oct 22nd H&T Chap 21
23-Oct	Periodization (Exam II) Periodization Article	NSCA Professional Standards and Guidelines H&T Chap 23-24
26-Oct		

	Facility Design, Policies, Procedures, Standards (Exam II) Macronutrients, Micronutrients, and Water Review (Exam III)	Periodization Mini-Program Due Oct 27th
28-Oct	E-Learning Exam #2 (Exam Window Oct 28th-11:59pm Oct 29th)	MKK Chap 1-3 & 5
30-Oct	Macronutrient Metabolism (Exam III)	MKK Chap 7
2-Nov	Nutritional Recommendations for Activity (Exam III)	
4-Nov	Nutritional Recommendations for Activity	MKK Chap 8 ADA Nutrition and Performance PS
6-Nov	Performance Nutrition (Exam III)	MKK Chap 9
9-Nov	Making Wise Choices (Exam III)	MKK Chap 10
11-Nov	Holiday	
13-Nov	Fluid Balance Rehydration (Exam III)	MKK Chap 13
16-Nov	Body Composition and Assessment (Exam III)	Nutrition Mini-program Due Nov 17th
18-Nov	Fluid Balance, Body Comp, and Assessment (Lab)	MKK Chap 14 NATA Safe Weight Loss PS ACSM Weight Loss in Wrestling PS
20-Nov	Energy Balance and Weight Control (Exam III)	Fluid/Body Comp Lab Due Nov 22nd
23-Nov	Energy Balance and Weight Control	MKK Chap 15 NATA Disordered Eating PS
25-Nov	Thanksgiving	
27-Nov	Thanksgiving	
30-Nov	Disordered Eating (Exam III)	
2-Dec	Disordered Eating	MKK Chap 11 NATA Anabolic Steroids PS
4-Dec	Performance Enhancing Substances: Pharmacological Substance (Exam III)	MKK Chap 12 NATA Dietary Supplements PS
7-Dec	Performance Enhancing Substances: Nutritional Substances (Exam III)	
9-Dec	E-Learning Exam #3 (Exam Window Dec 8th-11:59pm Dec 9th)	Final Program Due by 11:59pm in CANVAS Professional Knowledge Book Due by December 9th (submit in FLG 100c by December 9th)

GRADING CRITERIA

E-Learning Exams (3)	40%
Mini-Programs (6)/Labs (4)	30%
Final Program	20%
Professional Knowledge Books	5%
<u>Participation/Attendance</u>	5%
TOTAL GRADE	100%

IMPORTANT NOTE: Students must earn a “C” or better in ATR 4315 to continue in the AT Program.

Letter Grade	Grade Points	Percentage
A	4.00	92 - 100
A-	3.67	89 - 91
B+	3.33	87 - 88
B	3.00	82 - 86
B-	2.67	79 - 81
C+	2.33	77 - 78
C	2.00	72 - 76
C-	1.67	69 - 71
D+	1.33	67 - 68
D	1.00	62 - 66
D-	0.67	60 - 61
E	0.00	Below 60

COLLEGE/UNIVERSITY-WIDE POLICIES

Academic Honesty: As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes 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.” Students will exhibit behavior consistent with this commitment to the UF academic community. Academic misconduct appears in a variety of forms (including plagiarism) and may be punishable in a variety of ways, from failing the assignment and/or the entire course to academic probation, suspension or expulsion. On all work submitted for credit by students at the university, the following pledge is either required or implied: **“On my honor, I have neither given nor received unauthorized aid in doing this assignment.”** Furthermore, as part of your obligation to uphold the Honor Code, you should report any condition that facilitates academic misconduct to appropriate personnel. It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Faculty will not tolerate violations of the Honor Code at the University of Florida and will report incidents to the Dean of Students Office for consideration of disciplinary action. The Honor Code (<https://sccr.dso.ufl.edu/students/student-conduct-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. If you have questions about what constitutes academic misconduct before handing in an assignment, see your instructor.

Academic Assistance and Student Services: Students who are in need of academic, career, or personal counseling services are encouraged to see the academic assistance website for further information on available services. <http://www.ufadvising.ufl.edu/>

ADA Policy: The University of Florida provides accommodations for students with documented disabilities. For more information, regarding services and procedures for requesting accommodations visit <https://drc.dso.ufl.edu/> or call 352.392.8565. Students requesting classroom accommodation must first register with the Disability Resource Center. The Disability Resource Center will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.

Campus Resources: U Matter, We Care: Your well-being is important to the University of Florida. The U Matter, We Care initiative is committed to creating a culture of care on our campus by encouraging members of our community to look out for one another and to reach out for help if a member of our community is in need. If you or a friend is in distress, please contact umatter@ufl.edu; a nighttime and weekend crisis counselor is available by phone at 352.392.1575. The U Matter, We Care Team can help connect students to the many other helping resources available including, but not limited to, Victim Advocates, Housing staff, and the Counseling and Wellness Center. Please remember that asking for help is a sign of strength. In case of emergency, call 9-1-1.

University Police Department: 392.1111 or 9-1-1 for emergencies <http://www.police.ufl.edu/>

Counseling and Wellness Center: <https://counseling.ufl.edu/> 352.392.1575; *Sexual Assault Recovery Services (SARS)* Student Health Care Center, 352.392.1161.

Career Resource Center: Reitz Union, 352.392.1601, <http://www.crc.ufl.edu/>

Cell Phone/Text Messaging Policy: Students will not engage in text messaging or access their cellular telephones during class time. Faculty will award special considerations at his/her discretion.

Confidentiality: The University ensures the confidentiality of student educational records in accordance with State University System rules, state statutes and FERPA, the Family Educational Rights and Privacy Act of 1974, as amended, also known as the Buckley Amendment. <https://catalog.ufl.edu/UGRD/>

Course Grading Policy: Students will earn their course grade based on completion of coursework as outlined in the Grading Criteria listed above. Percentage calculations are rounded up at “.6 or above” and rounded down at “.5 or below”. For more information regarding Grade Point Averages, Grade Values, etc. please visit the University registrar website listed below. <https://catalog.ufl.edu/UGRD/>

Course Evaluations: Students in this class are participating in the pilot evaluation of the new course evaluation system called GatorEvals. The new 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.bluer.com/ufl/>. Please note your other classes this semester may be evaluated in the current GatorRater online evaluation system at <https://evaluations.ufl.edu>. Thank you for serving as a partner in this important effort.

Students should provide feedback on the quality of instruction in this course by completing online evaluations. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results>.

COVID-RELATED:

- We will have face-to-face instructional sessions to accomplish the student learning objectives of this course. In response to COVID-19, the following policies and requirements are in place to maintain your learning environment and to enhance the safety of our in-classroom interactions.
- You are required to wear approved face coverings at all times during class and within buildings. Following and enforcing these policies and requirements are all of our responsibility. Failure to do so will lead to a report to the Office of Student Conduct and Conflict Resolution.
- This course has been assigned a physical classroom with enough capacity to maintain physical distancing (6 feet between individuals) requirements. Please utilize designated seats and maintain appropriate spacing between students. Please do not move desks or stations.
- Sanitizing supplies are available in the classroom if you wish to wipe down your desks prior to sitting down and at the end of the class.
- Follow your instructor's guidance on how to enter and exit the classroom. Practice physical distancing to the extent possible when entering and exiting the classroom.
- If you are experiencing COVID-19 symptoms ([Click here for guidance from the CDC on symptoms of coronavirus](#)), please use the UF Health screening system and follow the instructions on whether you are able to attend class. [Click here for UF Health guidance on what to do if you have been exposed to or are experiencing Covid-19 symptoms](#).
- Course materials will be provided to you with an excused absence, and you will be given a reasonable amount of time to make up work. [Find more information in the university attendance policies](#).

PRIVACY:

Our class sessions may be audio visually recorded for students in the class to refer back and for enrolled students who are unable to attend live. Students who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. If you are unwilling to consent to have your profile or video image recorded, be sure to keep your camera off and do not use a profile image. Likewise, students who un-mute during class and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded during class, you will need to keep your mute button activated and communicate exclusively using the "chat" feature, which allows students to type questions and comments live. The chat will not be recorded or shared. As in all courses, unauthorized recording and unauthorized sharing of recorded materials is prohibited.

Email and E-Learning Policy: Students are required to check their University of Florida email and E-Learning Course account daily. Dissemination of reminders and course material may occur via email or through

announcements in E-Learning; it is the student's responsibility to read and respond (if appropriate). *E-learning Help Desk*: <http://elearning.ufl.edu/> *Technical support*: 352.392.4357 (select option 2) or e-mail to Learning-support@ufl.edu

E-Learning Identity and Preferences: It is important to the learning environment that you feel welcome and safe in this class; and that you are comfortable participating in class discussions and communicating with me on any issues related to the class. If your preferred name is not the name listed on the official University of Florida roster, please let me know as soon as possible. I would like to acknowledge your preferred name, and pronouns that reflect your identity. Please let me know how you would like to be addressed in class, if your name and pronouns are not reflected by your University of Florida official roster name. I welcome you to the class and look forward to a rewarding learning adventure together.

You may also change your "Display Name" in Canvas. Canvas uses the "Display Name" as set in myUFL. The Display Name is what you want people to see in the University of Florida Directory, such as "Ally" instead of "Allison." To update your display name, go to one.ufl.edu, click on the dropdown at the top right, and select "Directory Profile." Click "Edit" on the right of the name panel, uncheck "Use my legal name" under "Display Name," update how you wish your name to be displayed, and click "Submit" at the bottom. This change may take up to 24 hours to appear in Canvas. This does not change your legal name for official University of Florida records.

Last Day to Withdraw: In order to withdraw from a course it is not sufficient simply to stop attending class or to inform the instructor of your intention to withdraw. In accordance with college policy, contact your adviser to begin the withdrawal process. To view the last day for withdrawal please visit <https://catalog.ufl.edu/UGRD/>

Library Resources Support: <http://cms.uflib.ufl.edu/ask>

Student Responsibility for Course Prerequisites: Students are responsible to have satisfied all published prerequisites for this class. Please review the prerequisites and discuss any questions with your instructor and/or your academic advisor.

Student Complaints Process: <http://regulations.ufl.edu/regulations/uf-4-student-affairs/>

Teaching Center: General study skills and tutoring <http://teachingcenter.ufl.edu/> Broward Hall, 352.392.2010 or 352.392.6420.

Writing Studio: Formatting and writing papers assistance <http://writing.ufl.edu/writing-studio/>