



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

**Fall 2017 Course Syllabus | Last Date Revised: 8/15/2017**

## **COURSE INFORMATION**

ATR 4315: Functional Sport Conditioning (3 credits)

August 21<sup>st</sup>, 2017 – December 6<sup>th</sup>, 2017

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

Meeting Location: FLG275

## **INSTRUCTOR**

Christopher Brown, PhD, LAT, ATC, CSCS

Clinical Assistant Professor

Office Location: FLG 122

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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 <sup>rd</sup>	9781492506928	Required
Essentials of Strength and Conditioning Author: National Strength and Conditioning Association Publisher: Human Kinetics Year: 2015 Edition: 4 <sup>th</sup>	9781492501626	Required
Sports and Exercise Nutrition Author: McArdle, Katch and Katch Publisher: Lippincott Williams & Wilkins Year: 2012 Edition: 4 <sup>th</sup>	9781451118063	Required

## 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:** Throughout the semester we may have various guest speakers' present information to the class. Your attendance at these presentations is expected; written notification of an absence (i.e., email) prior to the class is required for an absence to be excused (see university regulations as stated above). Prior preparation through chapter readings and outlining will enable active participation for productive discussions. All students are required to attend lecture and lab experiences (*please review the academic absence policy in the AT Program Student Handbook*). 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/ugrad/current/regulations/info/attendance.aspx>

### COURSE SCHEDULE (SUBJECT TO MODIFICATION)

The course progression will tentatively follow the schedule below:

Dates	Topics	Assignments
		H&T Chap 2
21-Aug	Introduction and Course Outline/ <a href="http://ergonomics.ucla.edu/">Ergonomics http://ergonomics.ucla.edu/</a>	H&T Chap 12&13
23-Aug	Exercise Testing Admin, Scoring, and Interpreting	
25-Aug	<b>Testing Admin, Scoring, and Interpreting (Lab)</b> (Meet in Florida Gym)	
28-Aug	<b>Testing Admin, Scoring, and Interpreting (Lab)</b> (Meet in Florida Gym)	
30-Aug	Warm-Up and Flexibility	H&T Chap 14
1-Sep	Warm-Up and Flexibility	<b>Testing Lab Due</b> H&T Chap 17
4-Sep	<b>Holiday</b>	
6-Sep	Program Design: Resistance Training	<b>Testing and Warm-up Mini Program Due</b> H&T Chap 15 & 16 AAP Strength Training in Pediatrics PS
8-Sep	Program Design: Resistance Training Lifting and Spotting Basics	NSCA Techniques Upper
11-Sep	Resistance Training (Arms/Shoulders)	
13-Sep	Resistance Training (Arms/Shoulder)	
15-Sep	Resistance Training (Chest/Back)	
18-Sep	Resistance Training Practice (Meet at Rec Sports)	NSCA Techniques Lower
20-Sep	Resistance Training (Legs/Buttocks)	
22-Sep	Resistance Training (Legs/Buttocks)	NSCA Techniques Core/Power
25-Sep	Resistance Training (Core)	
27-Sep	Resistance Training Practice (Meet at Rec Sports)	
29-Sep	<b>Josh Barabas MPT, PT, OCS, CSCS:</b> <b>Whole Body Lifts</b> (Meet in Florida Gym)	
2-Oct	<b>Josh Barabas MPT, PT, OCS, CSCS:</b> <b>Whole Body Lifts</b> (Meet in Florida Gym)	<b>E-Learning Exam #1 (Exam Window 6am Oct 4<sup>th</sup>-11:59pm Oct 5<sup>th</sup>)</b>
4-Oct	Resistance Training Practice (Meet at Rec Sports)	H&T Chap 18
6-Oct	<b>Homecoming</b>	

9-Oct	Program Design: Plyometrics	<b>Resistance Mini-Program Due</b>
11-Oct	Plyometrics Lab Day (Meet in Florida Gym)	H&T Chap 19
13-Oct	Program Design: Speed and Agility	<b>Plyometric Mini-Program Due</b>
16-Oct	<b>Scott Greenberg DPT, PT, CSCS: Speed and Agility</b> (Meet in Florida Gym)	H&T Chap 20
18-Oct	Program Design: Aerobic Endurance	<b>Speed and Agility Mini-Program Due</b> H&T Chap 21
20-Oct	Periodization	NSCA Professional Standards and Guidelines H&T Chap 23-24
23-Oct	Facility Design, Policies, Procedures, Standards	<b>Aerobic Mini-Program Due</b> MKK Chap 1-3
25-Oct	Macronutrients, Micronutrients, and Water Review	<b>E-Learning Exam #2 (Exam Window 6am Oct 25<sup>th</sup>-11:59pm 26<sup>th</sup>)</b> MKK Chap 5
27-Oct	Macronutrient Metabolism	MKK Chap 7
30-Oct	Nutritional Recommendations for Activity	MKK Chap 7 <b>Periodization Mini-Program Due</b>
1-Nov	Nutritional Recommendations for Activity	
3-Nov	Performance Nutrition	MKK Chap 8 ADA Nutrition and Performance PS
6-Nov	Making Wise Choices	MKK Chap 9 & MKK Chap 10
8-Nov	Fluid Balance Rehydration	MKK Chap 13
10-Nov	<b>Holiday</b>	
13-Nov	Body Composition and Assessment	
15-Nov	<b>Fluid Balance, Body Comp, and Assessment (Lab)</b>	MKK Chap 14 NATA Safe Weight Loss PS
17-Nov	Energy Balance and Weight Control	<b>Fluid Balance/Body Comp Lab Due</b> ACSM Weight Loss in Wrestling PS
20-Nov	Energy Balance and Weight Control	MKK Chap 15 NATA Disordered Eating PS <b>Nutrition Mini-program Due</b>
22-Nov	<b>Thanksgiving</b>	
24-Nov	<b>Thanksgiving</b>	
27-Nov	Disordered Eating	
29-Nov	Disordered Eating	MKK Chap 11 NATA Anabolic Steroids PS
1-Dec	Performance Enhancing Substances: Pharmacological Substance	MKK Chap 12 NATA Dietary Supplements PS
4-Dec	Performance Enhancing Substances: Nutritional Substances	
6-Dec	Final Questions/Review/CSCS Info	<b>E-Learning Exam #3 (Exam Window 6am Dec 5<sup>th</sup>-11:59pm Dec 6<sup>th</sup>)</b>  <b>Final Program Due by 11:59pm in CANVAS</b>  <b>Professional Knowledge Book Due by December 6 (submit in FLG 100c by December 8)</b>

## GRADING CRITERIA

E Learning Exams	40%
Assignments/Labs	35%
Final Program	20%
Professional Knowledge Books	5%
Participation/Attendance	5%
<b>TOTAL GRADE</b>	<b>100%</b>

**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 (<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. 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/academic-assistance/>

**ADA Policy:** The University of Florida provides accommodations for students with documented disabilities. For more information regarding services and procedures for requesting accommodations visit <http://www.dso.ufl.edu/drc/> 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](mailto: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:** <http://www.counseling.ufl.edu/cwc/Default.aspx>, 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.

<http://www.registrar.ufl.edu/catalog/policies/regulationconfidentiality.html>

**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/ugrad/current/regulations/info/grades.aspx>

**Course Evaluations:** Students should provide feedback on the quality of instruction in this course by completing online evaluations <https://evaluations.ufl.edu>. 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>.

**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:* <https://lss.at.ufl.edu/help.shtml> *Technical support:* 352.392.4357 (select option 2) or e-mail to [Learning-support@ufl.edu](mailto:Learning-support@ufl.edu)

**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

<http://www.registrar.ufl.edu/catalog/adhub.html>

**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:** [https://www.dso.ufl.edu/documents/UF\\_Complaints\\_policy.pdf](https://www.dso.ufl.edu/documents/UF_Complaints_policy.pdf)

**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/>