

PRINCIPLES OF STRENGTH & CONDITIONING

APK3113C | 3 Credits | FALL 2024

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Course Info

INSTRUCTOR Ben Gordon, Ph.D., NSCA-CSCS, ACSM C-EP
Office: FLG 106I
Office Phone: 352-294-1755
Email: bgordon1@ufl.edu
Preferred Method of Contact: email

OFFICE HOURS Thursday 12:00-2:00p

MEETING TIME/LOCATION FLG 280, MWF Period 4 10:40-11:30A
Or
FLG 270, T Period 8-9 3:00-4:55P
FLG 245, Th Period 9 4:05-4:55P

COURSE DESCRIPTION

This course is designed to develop the knowledge and practical skills necessary to design and implement strength and conditioning programs. For individuals who are interested in becoming certified personal trainers (NSCA-PT) or certified strength and conditioning specialists (CSCS) through the National Strength and Conditioning Association.

PREREQUISITE KNOWLEDGE AND SKILLS

APK 2100C and APK 2105C with minimum grades of C. While these are the only courses that are prerequisites for the course, the course will cover material from APK 3110 and APK 4125. Students who haven't had these course will need to dedicate more time to certain material.

REQUIRED AND RECOMMENDED MATERIALS

All required course materials will be provided on the APK3113 Canvas page and through PowerPoint. While there is no required text, the overwhelming majority of the course content comes from the following book: Haff, G. Gregory, and N. Travis Triplett, eds. *Essentials of strength training and conditioning 4th edition. Human kinetics, 2015.*

COURSE FORMAT

Students will have a different topic of Strength and Conditioning to focus on each week of the semester. All lectures of that week will be dedicated to that topic. At the end of the week there will be a quiz dedicated to that same topic.

COURSE LEARNING OBJECTIVES:

The following table describes the UF General Education student learning outcomes (SLOs) and the specific learning objectives for APK 3113c. By the end of this course, students should be able to:

Gen Ed SLOs	APK 3113c Course Goals	Assessment Method
Content: Demonstrate competence in the terminology, concepts, methodologies and theories used within the discipline.	<ul style="list-style-type: none">• Describe the basic physiology of the skeletal, neuromuscular, and cardiovascular systems as they pertain to an athlete engaged in a strength and conditioning program• Identify the biomechanical factors that influence strength, power, and speed performance• Compare the expected physiological adaptations of anaerobic and aerobic training programs.	<ul style="list-style-type: none">• Quizzes• Lecture Exams• Comprehensive Final
Communication: Communicate knowledge, ideas, and reasoning clearly and effectively in written or oral forms appropriate to the discipline.	<ul style="list-style-type: none">• Recommend appropriate assessments of athletic performance and interpret test results.• Prescribe exercise training sessions with the intention of improving athletic performance in the areas of strength, power, speed, agility, aerobic capacity, anaerobic capacity, hypertrophy, and flexibility• Create a periodized annual strength and conditioning program incorporating all of the variables described above.	<ul style="list-style-type: none">• Oral Program Exam
Critical Thinking: Analyze information carefully and logically from multiple perspectives, using discipline specific methods, and develop reasoned solutions to problems.	<ul style="list-style-type: none">• Analyze a sport with regards to the primary energy system, motor skills, joint movements, and skeletal muscles involved in its execution• Sit for the NSCA CSCS exam in your senior year, or upon graduation, if desired.	<ul style="list-style-type: none">• Lecture exams• Comprehensive Final• Oral Programming Exam

Course & University Policies

ATTENDANCE POLICY

Students are expected to make every effort to attend all lectures and labs. If students cannot make it to the live lecture than they should watch the recorded version of the zoom lecture.

PERSONAL CONDUCT POLICY

Students are expected to exhibit behaviors that reflect highly upon themselves and our University.

University of Florida students are bound by the Honor Pledge. On all work submitted for credit by a student, the following pledge is required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The [Student Honor Code and Conduct Code \(Regulation 4.040\)](#) specifies a number of behaviors that are in violation of this code, as well as the process for reported allegations and sanctions that may be implemented. All potential violations of the code will be reported to Student Conduct and Conflict Resolution. If a student is found responsible for an Honor Code violation in this course, the instructor will enter a Grade Adjustment sanction which may be up to or including failure of the course.

APPROPRIATE USE OF AI TECHNOLOGY

The UF Honor Code strictly prohibits [cheating](#). The use of any materials or resources prepared by another person or Entity (inclusive of generative AI tools) without the other person or Entity's express consent or without proper attribution to the other person or Entity is considered *cheating*. Additionally, the use of any materials or resources, through any medium, which the Faculty / Instructor has not given express permission to use and that may confer an academic benefit to a student, constitutes *cheating*.

IN-CLASS RECORDING

Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor.

A "class lecture" is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or guest lecturer during a class session. Publication without permission of the instructor is prohibited.

To "publish" means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

EXAM MAKE-UP POLICY

Students who will be unavailable on the day of an exam may provide the instructor with evidence of their excuse and may be permitted the opportunity to complete the exam early or later at the discretion of the instructor.

ACCOMMODATING STUDENTS WITH DISABILITIES

Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the Disability Resource Center by visiting their Get Started page at <https://disability.ufl.edu/students/get-started/>. It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester.

COURSE EVALUATIONS

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

Getting Help

HEALTH & WELLNESS

- **U Matter, We Care:** If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit [U Matter, We Care website](#) to refer or report a concern and a team member will reach out to the student in distress.
- **Counseling and Wellness Center:** Visit the [Counseling and Wellness Center website](#) or call 352-392-1575 for information on crisis services as well as non-crisis services.
- **Student Health Care Center:** Call 352-392-1161 for 24/7 information to help you find the care you need, or visit the [Student Health Care Center website](#).
- **University Police Department:** Visit [UF Police Department website](#) or call 352-392-1111 (or 9-1-1 for emergencies).
- **UF Health Shands Emergency Room / Trauma Center:** For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; or visit the [UF Health Emergency Room and Trauma Center website](#).
- **GatorWell Health Promotion Services:** For prevention services focused on optimal wellbeing, including Wellness Coaching for Academic Success, visit the [GatorWell website](#) or call 352-273-4450.

ACADEMIC RESOURCES

- **E-learning technical support:** Contact the [UF Computing Help Desk](#) at 352-392-4357 or via e-mail at helpdesk@ufl.edu.
- **Career Connections Center:** Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.
- **Library Support:** Various ways to receive assistance with respect to using the libraries or finding resources.
- **Teaching Center:** Broward Hall, 352-392-2010 or to make an appointment 352-392-6420. General study skills and tutoring.
- **Writing Studio:** 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.
- **Student Complaints & Grievances:** Students are encouraged to communicate first with the involved person(s), but [here](#) is more information on the appropriate reporting process.

APK ADMINISTRATORS

For suggestions or concerns related to APK courses or programming, please reach out to any of the following:

- Dr. David Vaillancourt (he/him), APK Department Chair, vcourt@ufl.edu
- Dr. Demetra Christou (she/her), APK Department Vice Chair, ddchristou@hhp.ufl.edu
- Dr. Steve Coombes (he/him), APK Graduate Coordinator, rachaelseidler@ufl.edu
- Dr. Joslyn Ahlgren (she/her), APK Undergraduate Coordinator, jahlgren@ufl.edu

Grading

The following table outlines the percentage-accruing components of the course.

Evaluation Components (number of each)	% of Total Grade
Lecture Exams	40%
Module Quizzes	15%
Comprehensive Final	20%
Oral Exam (Program Design)	20%
Your Story Assignment	5%

Lecture Exams – Each exam will consist of multiple-choice, true-false and short answer questions. Students will complete the exam in class on the day designated on the course schedule.

Module Quizzes – A quiz pertaining to each week’s module will be assigned roughly each Friday throughout the semester. The 10-question quiz will be available for a week and students will have 25 min to complete it, once they open the quiz. Module quizzes are open-book and open-note with questions focusing on the practical application of course material.

Comprehensive Final – The final exam will consist of 45 multiple-choice, true-false, and short answer questions each worth 2 points and 1 free-response question worth 10 points. The exam will be completed in person in the regular classroom and will have a 2-hour time limit. The exam will be administered on the assigned exam day.

Oral Exam Program Design – Students will sign up for an oral exam in the last two weeks of the semester. When arriving at the oral exam, the student will be given an athlete with a specific health history, specific performance goals, and a specific time in the periodization of the athlete. The student will then be given 25 minutes to write out a session of training for this athlete in the specified time of their macrocycle. A rubric will be provided on Canvas.

Your Story Assignment - This is a short assignment at the start of the semester to help Dr. Gordon get to know you. There are 10 simple questions to answer about yourself that you’ll turn in. Once you turn in the document, you’ll sign up for a 10 minute time slot to meet with Dr. Gordon, so you can get to know each other.

APK IRON GATORS – This is an extra-credit project to get APK students more involved in fitness testing and physical activity. APK IRON GATORS will record assessment scores for every component of fitness (skill and health related) for anyone in APK. Within IRON GATORS there is a specific challenge known as the IRON GATOR challenge. The challenge requires a student to score in the 85th percentile in 10 different assessments of fitness. If a student achieves 85th percentile in 10 different assessments they’ll be awarded a shirt and their name on a the APK IRON GATORS plaque in the lab. However, for extra credit a student just needs to attempt 10

assessments. For every assessment a student attempts it is worth .02% of extra credit on a student's final grade, and an attempt of 10 assessments for the IRON GATOR challenge is worth 1% on a student's final grade.

To schedule Iron Gator Assessments please visit the canvas page and schedule one of the available time slots on the calendar. If you have trouble signing up, contact one of the undergraduate TA's. A list of all the undergraduate TA's will be posted on canvas.

Letter Grade	Percent Associated with Grade	GPA Impact
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
F	0-59.99%	0

Weekly Course Schedule

CRITICAL DATES & UF OBSERVED HOLIDAYS

- No Class: Labor Day, September 2nd
- No Class: Homecoming, October 18th
- No Class: Veteran's Day, November 11th
- No Class: Thanksgiving, November 25th – 29th

WEEKLY SCHEDULE

Week	Dates	Assigned Module & Schedule Notes	Assignments
1	August 23	8/23 – Introduction	No Quiz
2	August 26, 28, 30	8/26 – Needs Analysis 8/28 – Needs Analysis 8/30 – Needs Analysis	Quiz 1
3	September 2, 4, 6	9/2 – NO CLASS 9/4 – Periodization – Annual Plan 9/6 – Periodization – Annual Plan	No Assignments
4	September 9, 11, 13	9/9 – Modality Integration – Annual Plan 9/11 - Modality Integration – Annual Plan 9/13 – Mobility Integration – Annual Plan	Quiz 2

5	September 16, 18, 20	9/16 – Corrective Exercise Program Design 9/18 – Corrective Exercise Program Design 9/20 – Corrective Exercise Program Design	Quiz 3
6	September 23, 25, 27	9/23 – Corrective Exercise Program Design 9/25 – Corrective Exercise Program Design 9/27 - Flexibility Program Design	Quiz 4
7	Sept/Oct 30, 2, 4	9/30 – Flexibility Program Design 10/2 – Flexibility Program Design 10/4 – Core Training Program Design	Quiz 5
8	October 7, 9, 11	10/7 – Core Training Program Design 10/9 – Core Training Work in Lab (FL 105) 10/11- Exam 1	Exam 1
9	October 14, 16, 18	10/14 – Resistance Training Program 10/16 – Resistance Training Program 10/18 – NO CLASS	No Assignments
10	October 21, 23, 25	10/21 – Resistance Training Program 10/23 – Resistance Training Program 10/25 – Resistance Training Program	No Assignments
11	Oct/Nov 28, 30, 1	10/28 – Resistance Training Program 10/30 – Resistance Training Program 11/1 – Power Training Program	Quiz 6
12	November 4, 6, 8	11/4 – Power Training Program 11/6 – Power Training Program 11/8 – Exam 2	Quiz 7 Exam 2
13	November 11, 13, 15	11/11 – Linear Speed Program Design 11/13 – Linear Speed Program Design 11/15 – Linear Speed Program Design	No Assignments
14	November 18, 20, 22	11/18 – Linear Speed Program Design 11/20 – SAQ Programming 11/22 – SAQ Programming	Quiz 8
15	November 25, 27, 29	11/25 – NO CLASS 11/27 – NO CLASS 11/29 – NO CLASS	Quiz 9
16	December 2, 4	12/2 – Conditioning Programming 12/4 – Conditioning Programming	Quiz 10

FINAL EXAM: MWF Class – 12/10 - 10:00AM – IN NORMAL LECTURE ROOM

SUCCESS AND STUDY TIPS

- Do not fall behind. This course moves at a FAST pace...and you can easily get overwhelmed if you procrastinate. Avoid studying at the last minute.
- Snow-ball your lecture notes. Begin studying lecture material immediately after the first lecture. Then, after the second lecture, begin your studies with day one lecture material. Continue this all the way up to each exam.
- If there is something in the textbook that was NOT in lectures, you are not expected to know it. There is a lot in the text that we don't have time to cover.
- Re-write questions. Taking complex questions and breaking them down to identify exactly what the question is REALLY asking for is very helpful. It is also very helpful to look at incorrect answer choices and identify what makes those choices wrong. Ask yourself, "How could I make that statement correct?" You can practice this with the critical thinking questions at the end of each chapter.
- Stay organized. Keep track of all important due dates and move through each day in a uniform manner so that you are always aware of what you have done and what is left to be completed. Make a list every Monday morning of what you need to do that week and stick to the plan.
- Have a positive attitude! THIS STUFF IS COOL!