University of Florida
Department of Applied Physiology and Kinesiology
APK 3113 Principles of Strength and Conditioning
Spring 2019
Section 22819

Lecture: Tuesday 7:25AM – 8:15AM, FLG 245

Lecture/Lab: Thursday 7:25AM – 9:20AM, FLG 245

Instructor: Cory Bennett
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Office hours: *Email to request appointment*

Course Syllabus

Course Description

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 (NSCA).

This course addresses the selection and implementation of strength, power, speed, agility, endurance, and hypertrophy training methods, focusing primarily on periodization programs. Components include discussions of physiological principles and strength assessment as they relate to resistance training.

Course Objectives

At the conclusion of the course students will be able to:

- 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 resistance training performance.
- Analyze a sport with regards to the primary energy system involved in its execution.
- Explain how anabolic and catabolic hormones influence the adaptation to a strength and conditioning program.
- Compare the expected physiological adaptations of anaerobic and aerobic training programs.
- 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, hypertrophy, and flexibility.
- Create a periodized annual strength and conditioning program incorporating all of the variables described above.
- Manipulate a strength and conditioning program to meet the needs of a rehabilitating athlete.
- Sit for the NSCA CSCS exam in your senior year, or upon graduation, if desired.

Required Textbooks

Haff, G. and T. Triplett. Essentials of Strength Training and Conditioning **– 4th Edition**. Human Kinetics, 2016.

Grading

Assessment	Points	Weight
Exam 1	30 points	15%
Exam 2	30 points	15%
Exam 3	30 points	15%
Exam 4	30 points	15%
Applied S&C Assignments (10 x 10 points)	100 points	10%
Program Design Project	100 points	20%
Participation		10%

93.0% - 100% = A
90.0% - 92.99% = A-
87.0% - 89.99% = B+
80.0% - 86.99% = B
77.0% - 79.99% = C+
70.0% - 76.99% = C
67.0% - 69.99% = D+
60.0% - 66.99% = D
<60 = E
Information on current UF grading policies for assigning grade points:

https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx.

Quizzes and Exams

There are four semester exams. The semester exams will not be comprehensive. Lecture Exams and Assignments will be administered through Canvas. All exams will be taken during the scheduled class time and in the classroom and will be closed-book and closed-notes. All exams will be taken on **Canvas ONLY**. It is the students' responsibility to ensure that their computers will connect successfully to UF wifi prior to all exams. If a student forgets to bring a computer on days of an exam, the student will have the opportunity to retrieve their computers and attempt to finish the quiz or exam in the remaining time available. **HARD COPIES OF QUIZZES AND EXAMS WILL NOT BE AVAILABLE**.

Please see your instructor at least 72 hours prior to your exam if circumstances arise that will prevent you from taking the exam. If you have a schedule conflict for an exam you must take the exam early and not after the scheduled exam. Missed Exams will be scored a zero with no make-up exams permitted. There is no acceptable excuse for missing an examination date and time scheduled for this class other than examination conflicts causing a re-assignment by the Registrar.

Applied Strength and Conditioning Assignments

A total of 10 applied strength and conditioning assignments will be completed over the course of the semester. Weeks in which a homework assignment is due are denoted by an (*) on the Class Schedule below. Homework assignments are due by **11:59PM SUNDAY** of the week they are assigned. These homework assignments will include questions that require students to apply lecture content to hypothetical cases or videos of athletic activities.

Applied Program Design Project

Students will be asked to create a periodized strength and conditioning program for a hypothetical athlete with parameters provided by the instructor. The project will consist of 6 distinct components (5-10 points each) and will be due by **Sunday, April 21st 11:59PM**. Students will work individually to complete the project, but may seek guidance from classmates or the instructor as applicable. This project involves combining the components of the individual assignments given throughout the semester into one overall periodized annual strength and conditioning program.

Class Attendance Policy

Students are expected to attend all classes and to have completed assigned reading prior to class as scheduled by the instructor. Questions related to assigned readings will be available on Canvas. The following link outlines the UF Attendance Policy found in the Graduate Catalog

https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx

Grading

Notification of final grades will be made by the Registrar or you may check your grade by using ISIS. Final grades will not be posted.

You must earn your grade, **grades will not be rounded!** The extra credit opportunities are designed to help any individual with a borderline grade by demonstrating their commitment to the course.

Extra credit questions will be included with each of the 4 semester exams. These questions will involve advanced critical thinking of course content.

Cell Phone Policy

Students in this course are expected to behave professionally, politely, and considerately. Cell phone use with regard to phone conversations, text messaging, and social media use during lectures, labs, and exams is banned in this class. Smartphone or tablet devices may be used to participate in discussions and answer questions administered through other instructional resources (i.e. TopHat, Kahoot, etc.)

Academic Honesty

Cheating will not be tolerated in this course. All students are required to abide by the Academic Honesty Guidelines and Honor Code, which have been accepted by the University. Cheating is defined as the improper taking or tendering of any information or material, which shall be used to determine academic credit. Violations of the Honor Code will be handled according to the guidelines set by Student Judicial Affairs. UF students are bound by The Honor Pledge which states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. 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 (https://sccr.dso.ufl.edu/process/student-conduct-code/) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with me.

Accommodations for students with disabilities

Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, www.dso.ufl.edu/drc/) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester

Online course evaluation process

Students are expected to provide feedback on the quality of instruction in this course by completing online evaluations at 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. A summary of assessment results are available to students at https://evaluations.ufl.edu/results/.

Counseling and Wellness Center: https://counseling.ufl.edu/, 352-392-1575; and the University Police Department: 352-392-1111 or 9-1-1 for emergencies
The University of Florida has enacted a policy of allowing NO food or drink of any kind in any campus classroom. This policy will be enforced during the meeting times of this course.

U Matter, We Care:
If you or a friend is in distress, please contact umatter@ufl.edu or 352-392-1575 so that a team member can reach out to the student.

APK3113 - Class Schedule

Please note that the instructor reserves the right to alter the syllabus or schedule if it is determined that such a change with benefit the course and the students.
***Indicates a homework assignment is due at the end of the week. Consult Canvas for details**

Italics – Indicate lab experience

Week	Dates	Topic	Chapter
1	(1/8 & 1/10)*	Introduction, Review of Syllabus Warm-up and Flexibility Training *Thursday – Movement Prep/Flexibility Lab*	14
2	(1/15 & 1/17)*	Biomechanics of Resistance Exercise Bioenergetics of Exercise and Training *Thursday– Assessment Lab 1*	2 3
3	(1/22 & 1/24)*	Principles of Test Selection and Administration *Thursday– Assessment Lab 2*	12, 13
4	(1/29 & 1/31)*	Adaptations to Anaerobic Training Programs Adaptations to Aerobic Training Programs **Exam 1 – Thursday (Weeks 1-3 content)**	5 6
5	(2/5 & 2/7)*	Program Design for Resistance Training *Thursday – Fundamental Lifts Lab*	17
6	(2/12 & 2/14)	Program Design for Power Training *Thursday – Plyometric Technique Lab*	18
7	(2/19 & 2/21)*	Program Design for Aerobic Endurance Training	20
8	(2/26 & 2/28)	Program Design for Speed **Exam 2 – Thursday (Weeks 4-7 Content)**	19
9	**(3/5 & 3/7)**	**SPRING BREAK – NO CLASS**	
10	(3/12 & 3/14)*	Program Design for Agility & Change of Direction *Thursday – Agility/Change of Direction Drills Lab*	19
11	(3/19 & 3/21)*	Program Design for Core Stability *Thursday – Core Stability Drills Lab*	
12	(3/26 & 3/28)	Periodization – Annual Plan **Exam 3 – Thursday (Weeks 8 -11 Content)**	21
13	(4/2 & 4/4)*	Sports Nutrition – Macronutrient Recommendations	10
14	(4/9 & 4/11)*	Rehabilitation and Reconditioning	22
15	(4/16 & 4/18)	Exam 4 Review – Tuesday **Exam 4 – Thursday (Weeks 12-15 Content)**	
16	(4/23 & 4/25)	**NO CLASS – Final Project Completion Due Sunday April 21st by 11:59PM**	

FINAL PROJECT DUE Sunday, April 21st by 11:59PM