

PET5936: Spring 2019
TRAINING ATHLETES FOR OPTIMAL PERFORMANCE:

PART 2: SKILL ACQUISITION AND PERFORMANCE ASSESSMENT

INSTRUCTOR: Christine M Brooks Contact information: See Canvas

Office hours : See Canvas

Class time: This is a web-based 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.

- Students will gain an understanding of the science behind: how the athlete learns skills; neural changes that occur with learning; individual differences among athletes; how to use biomechanics as a skills analysis tool; performance analysis testing and monitoring; and how to use skills analysis software.
- The importance of skill development in conjunction with physiological capacity development is emphasized, with specific emphasis on relevant performance testing and analysis.

COURSE OBJECTIVES

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

- Demonstrate an understanding of important principles as they apply to the acquisition and modification of sports skills (Forums, Quizzes and Assignment)
- Adapt and apply knowledge concerning the assessment of skilled performance and how to manipulate practice conditions to enhance an athlete's ability to learn the skills for their sport to their genetic potential (Forums, Quizzes and Assignment)
- Critically evaluate common field tests relevant for assessing the performance of athletes in their sport (Forums, Quizzes and Assignment)
- Adjust performance analysis procedures according to individual differences between athletes (Forums, Quizzes and Assignment)
- Demonstrate proficiency in the application of biomechanical principles to analyzing skills (Forums, Quizzes and Assignment)
- Competently use common video and computer analysis software for evaluating individual and team performances and apply the data obtained to the design of the athlete's training. (Forums, Quizzes and Assignment)

PREREQUISITE KNOWLEDGE

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 desire to bring science into modern coaching practices is important.

TEXT MATERIALS AND E-LECTURES

All reading materials, study guides, video lecture modules and practice quizzes are packaged together. All course resources are accessible via **Canvas**

GRADING

4 Quizzes = 30%

5 Forums = 40%

1 Assignments = 30%

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

Accommodations: Students requesting special accommodations must first register with the Dean of Students Office—Disability Resource Center (www.dso.ufl.edu/drc/). The Dean of Students Office will provide documentation you can present to the instructor when requesting accommodation. If possible, please arrange your special accommodation with the course instructor within the first three days of class.

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.

Communication: Please check announcements and course-related postings on CANVAS. This is how I will communicate with you throughout the semester.

Academic Honesty: 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>.

Course topics and schedule

Course Schedule

Before you start

1. Read the [Welcome announcement](#)
2. [Introduce yourself and discuss your coaching experiences](#)

>> NOW COMPLETE WEEK 1 TASKS

Week # and date	Weekly assignments
Unit 1: A unit is 3 weeks in length and contains a Forum Discussion and a Quiz	
Week 1 Jan 7 - 13	<ol style="list-style-type: none"> 1. Read Announcement for week 1. 2. <i>Review the following lessons</i> <ul style="list-style-type: none"> Introduction to skill acquisition Instructional strategies for skill acquisition Observation skills in coaching Additional Insight: The archer's paradox
Week 2 Jan 14 - 20	<ol style="list-style-type: none"> 1. Read Announcement for week 2. 2. <i>Review the following lessons</i> <ul style="list-style-type: none"> Broad sport and skill classification schemes How the athlete moves in space Timing, tempo and rhythm
Week 3 Jan 21 - 27	<ol style="list-style-type: none"> 1. Read Announcement week 3. 2. Now do the following <ul style="list-style-type: none"> 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.)

Unit 2:	
<p>Week 4 Jan 28 - Feb 3</p>	<p>1. Read Announcement 4. 2. <i>Review the following lessons</i> Movement technique Analyzing Speed Analyzing Force</p>
<p>Week 5 Feb 4 - 10</p>	<p>1. Read Announcement 5. 2. <i>Review the following lessons</i> Analyzing coordination Analyzing flight How athletes process information</p>
<p>Week 6 Feb 11 - 17</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 18 - 24</p>	<p>1. Read Announcement 7. 2. <i>Review the following lessons</i> Stages of development Instructional models Providing feedback</p>
<p>Week 8 Feb 25 - Mar 3</p>	<p>1. Read Announcement 8 2. <i>Review the following additional insight videos</i> Schema theory Transfer of learning Closed versus open loop >>Go to these videos</p>
<p>SPRING BREAK ! ENJOY</p>	
<p>Week 9 Mar 11 - 17</p>	<p>1. Read Announcement 9 2. Review this Research Made Easy Module 2. Complete Forum Discussion 3 3. Review the Study guide for Quiz 3 4. Complete Unit 3 Quiz (PW - Unit3Quiz)</p>

Unit 4: PART 2 - PERFORMANCE ASSESSMENT

<p>Week 10 Mat 18 - 24</p>	<p>Read Announcement 10.</p> <p><i>Review the following lessons. (Please note that this section still requires considerable work on my part. There are many grammatical errors in the script for each of these videos. I have not yet had the time to update this material! However, I decided it was better to give you the script than leave you without it).</i></p> <p>Visit a modern sports performance facility</p> <p>Understanding and testing speed strength</p> <p>Horizontal power test</p> <p>Aerobic capacity test</p> <p>Unit 4: Part 1 QUIZ (Access code is: Unit4Part1)</p>
<p>Week 11 Mar 25 - Mar 31</p>	<p>1. Read Announcement 11.</p> <p>2. <i>Review the following lessons</i></p> <p>Strength test</p> <p>Metabolic adaptations to energy restricted diets</p> <p>Body Composition Assessment</p> <p>Using video analysis software</p> <p>Linking data to training</p> <p>Unit 4: Part 2 QUIZ (Access code is: Unit4Part2)</p>
<p>Week 12 Apr 1 - 7</p>	<p>1. Read Announcement 12.</p> <p>2. Complete Insight Discussion 4 (Use Rubric!)</p>

Unit 5: Consolidating your knowledge

<p>Week 13 Apr 8 - 14</p>	<p>1. Read Announcement 13.</p> <p>2. Begin the Final Assignment</p> <p>1. Safe sport reading (Keep this for reference/distribution to coaches who are under your wing)</p> <p>2. Become a safe sport administrator/coach</p>
<p>Week 14 Apr 15 - 24</p>	<p>1. Read Announcement 14.</p> <p>2. <i>Continue with the Final Assignment</i></p> <p>3. Post assignment by midnight April 24th</p> <p>4. Complete Peer review assignments by April 28th</p>
<p>You have completed this course. Congratulations!</p>	