UF Department of Applied Physiology and Kinesiology
College of Health and Human Performance
UNIVERSITY of FLORIDA

Strength Cond For Adv Practitioners

APK6176 | Class # 18682 | 3 Credits | Spring 2025

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Course Info

INSTRUCTOR

Blain Harrison, Ph.D, CSCS*D
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Office Phone: 352-294-1704
Email: blaincharrison@ufl.edu
Preferred Method of Contact: **email**

OFFICE HOURS

Office Hours are Mondays from 12-2pm Eastern Standard time (EST) on zoom. If this time does not fit your schedule, you can schedule an appointment with me here.

MEETING TIME/LOCATION

Access course through Canvas on **UF e-Learning** & the ***Canvas*** mobile app by ***Instructure.*** This is a fully online course, so there are no in-person meetings. Lectures are pre-recorded so that you may watch them on-demand; please refer to the "Course Schedule" below for the suggested timeline to follow.

COURSE DESCRIPTION

Addresses advanced physiological, biomechanical, and exercise program design principles relevant to the practice of strength and conditioning. Emphasis is placed on making informed decisions from available data when designing training programs to optimize athletic performance. Prepares students for advanced strength and conditioning certification exams including the CSCCa's SCCC and NSCA's CPSS.

PREREQUISITE KNOWLEDGE AND SKILLS

While there are no formal course pre-requisites, students should have experience with creating basic resistance, power, speed, agility, mobility, and aerobic exercise prescriptions and with fundamental exercise techniques in these modalities. Successful students typically have an undergraduate degree in Exercise Science and/or the NSCA Certified Strength and Conditioning Specialist (CSCS) credential prior to enrolling in this course.

RECOMMENDED MATERIALS

There are 2 recommended textbooks for this course:

Nesser, T.W. *The Professional's Guide to Strength & Conditioning*. BYU Academic Publishing. 2019. ISBN: 9781611650419

French, D.N., and L.T. Ronda. *NSCA's Essentials of Sport Science*. Human Kinetics.2022. ISBN: 97814925933355

COURSE FORMAT

Students access and complete course assignments through the APK6176 Canvas page. Course topics are organized into weekly learning modules. Each module includes ~3 practice activities corresponding with the module's learning materials (i.e. textbook readings and associated lecture videos) In addition, each module contains the following graded assignments: an applied assignment, a discussion board, and a module quiz. A midterm exam and final exam are included in addition to the module assignments. Students will have access to all learning modules and assignments from the first day of the course. Students may work at their own pace but must progress according to the course schedule of topics and abide by graded assignment due dates provided on the eLearning course page.

COURSE GOALS:

By the end of this course students will be able to:

1. Coach athletes on appropriate resistance exercise technique utilizing CSCCAa standards.
2. Differentiate bioenergetic pathways based on their role in muscle metabolism and trainability.
3. Explain the structure and function of the neuromuscular system.
4. Use principles of biomechanics to analyze outcomes of exercise performance.
5. Recommend training loads to optimize athletic performance.
6. Conduct performance analyses on a sport or individual utilizing key performance indicators.
7. Describe the cardiorespiratory responses and adaptations to exercise training.
8. Prescribe progressive exercise training sessions with the intention of improving athletic performance.
9. Create an integrated and periodized annual strength and conditioning plan.
10. Identify characteristics of common sports injuries and rehabilitation strategies.
11. Recommend evidence-based post-training recovery and sleep strategies to athletes.
12. Select strategies to nurture athletes' basic psychological needs and enhance motivation.
13. Summarize the practical considerations when exercising in extreme environments.

Course & University Policies

UF STUDENT COMPUTING REQUIREMENTS:

As a 100% online course and as per the UF student computing requirements, "access to and on-going use of a computer is required for all students." UF does not recommend students relying on/regularly using tablet devices, mobile phones or Chromebook devices as their primary computer as it may not be compatible with specific platforms used in this course or UF (https://it.ufl.edu/policies/student-computing-requirements/). Access to fast, secure Wi-Fi will be necessary for this course. If a student is an area with limited wi-fi access, UF students can access **eduroam** for free with their GatorLink log-in credentials.

How to connect to eduroam:

1. If you can get a Wi-Fi signal at any of the eduroam locations (see below) and your mobile device (laptop, smartphone, or tablet) has already been configured for eduroam, then you will automatically connect.
2. Otherwise, follow the instructions for connecting here: https://helpdesk.ufl.edu/connecting-to-eduroam-off-campus/.

There are more than 100 Wi-Fi hotspots in Florida, including several state university campuses and community colleges. You don't have to sit in a car--many locations have open spaces and communal rooms available so you can get online while socially distancing and following CDC guidelines in an air-conditioned space. Also, in Florida all of the UF/IFAS Research and Education Centers (REC) are equipped with eduroam, so if you live in a rural area of your county you can visit an REC to securely watch course videos and take care of your academic needs. Here's a link to all the eduroam sites in the U.S.: https://incommon.org/eduroam/eduroam-u-s-locator-map/.

If you have any problems connecting to eduroam you can call (352-392-HELP/4357) or email the UF Computing Help Desk.

The UF Computing Help Desk is available to assist students with technical issues. If you have any issues accessing the online course material, you must contact the UF Computing Help Desk immediately for assistance and obtain a case number. **I will not accept late assignments, or change any course dates, due to technology difficulties if you do not have a case number prior to the due date for the assignment.**

Other resources are available at: https://distance.ufl.edu/getting-help/

ATTENDANCE

Because this is an entirely online course, you are not expected to physically be on UF's campus at any time. However, you most certainly ARE expected to participate in discussion posts, assignments, engagement activities, and exams.

PARTICIPATION POLICY

Active participation in the course is mandatory. Interaction with the course through graded Discussion boards in each module makes up the participation grade and is part of the final grade in the course.

PERSONAL CONDUCT POLICY

Students are expected to review and adhere to the UF Netiquette guide for online courses.

The University of Florida holds its students to the highest standards, and we encourage students to read the University of Florida Student Honor Code and Student Conduct Code (Regulation 4.040), so they are aware of our standards. A list of violations of the student honor code is found here. Any violation of the Student Honor Code will result in a referral to the Student Conduct and Conflict Resolution and may result in academic sanctions and further student conduct action. The two greatest threats to the academic integrity of the University of Florida are cheating and plagiarism. Plagiarism includes, but is not limited to stealing, misquoting, insufficiently phrasing, or patch writing; self-plagiarism; submitting materials from any source without proper attribution; submitting a document, assignment, or material that, in whole or in part, is identical or substantially identical to a document or assignment the Student did not author. Students should be aware of their faculty's policy on collaboration, should understand how to properly cite sources, and should not give nor receive an improper academic advantage in any manner through any medium.

Communication and Questions:

Students are responsible for getting a University of Florida email account (e.g., john.doe@ufl.edu) and should use this email for all university related correspondence – The instructor may not read emails from or send emails to any non-UF email addresses (e.g., john.doe@hotmail.com). Email subject should start with "SPM 4723 – First name, Last name - …" Email use does not relieve students from the responsibility of confirming the communication with the instructor. Always sign your email – don't make the instructor guess from whom the email was sent. The instructor will answer your email within the day, when possible

You may email me through the course site with any questions or concerns you have, and I will attempt to respond to your emails within 24 hours (typically sooner). If you have an urgent issue, please call my office and/or email my UF email, blaincharrison@ufl.edu.

Honor Code Policy

All students must adhere to university regulations regarding academic integrity. Any form of academic dishonesty (including but not limited to any form of cheating, plagiarism, misrepresentation, etc.) will not be tolerated. Any student guilty of academic dishonesty will receive a failing grade (E) for the course, and the matter will be forwarded to the UF Office Student Affairs and the Dean of Students.

"We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity."

The following pledge will be either required or implied on all work:
"On my honor, I have neither given nor received unauthorized aid in doing this assignment."

It is the duty of the student to abide by all rules set forth in the UF Undergraduate Catalog. Students are responsible for reporting any circumstances which may facilitate academic dishonesty. University Policy on Academic Misconduct: Academic honesty and integrity are fundamental values of the University community. Students should be sure that they understand the UF Student Honor Code at:
https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/

Copyright Statement:

The materials used in this course are copyrighted. The content presented is the property of UF and may not be duplicated in any format without permission from the College of Health and Human Performance and UF, and may not be used for any commercial purposes.

Content includes but is not limited to syllabi, videos, slides, quizzes, exams, lab problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy or distribute the course materials, unless permission is expressly granted. Students violating this policy may be subject to disciplinary action under the UF Conduct Code.

ASSIGNMENT AND EXAM MAKE-UP POLICY

Unless excused based on University policies missed examinations and non-submitted or late assignments will be not be evaluated and will be assigned a grade of 0. Obtaining approval for make-up exams or make-up assignments is the responsibility of the student. Students with medically or emergency related circumstances should utilize the UF Care Team's Contact My Instructor service provided by the UF Dean of Students Office. Any non-medical or emergency related circumstances require students to submit a written request explaining why an exception is being requested. The written request must include official documentation that provides proof that the missed coursework was due to acceptable reasons outlined by University policy.

ACCOMMODATING STUDENTS WITH DISABILITIES

Students requesting accommodation for disabilities must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. You must submit this documentation prior to submitting assignments or taking the quizzes or exams. Accommodation is not retroactive, therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations.

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 here. 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 here. 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 here.

HONORLOCK SYSTEM REQUIREMENTS (EXAM PROCTORING):

Honorlock will proctor your quizzes and examinations this semester. Honorlock is an online proctoring service that allows you to take your exam from the comfort of your home. You DO NOT need to create an account, download software or schedule an appointment in advance. Honorlock is available 24/7 and all that is needed is a computer, a working webam, and a stable internet connection. To get started, you will need Google Chrome and to download the Honorlock Chrome Extension. You can download the extension at **wwww.honorlock.com/extension/install** When you are ready to test, log into Canvas/E-Learning, go to your course, and click on your exam. Clicking "Launch Proctoring" will begin the Honorlock authentication process, where you will take a picture of yourself and show your ID. Honorlock will be recording your exam session by webcam as well as recording your screen. Honorlock also has an integrity algorithm that can detect search-engine use, so please do not attempt to search for answers, even if it's on a secondary device.

Honorlock support is available 24/7/365. If you encounter any issues, you may contact Honorlock by live chat, phone (844-243-2500), and/or email (**support@honorlock.com**)

Getting Help

HEALTH & WELLNESS

- U Matter, We Care: If you or a friend is in distress, please contact umatter@ufl.edu or 352 392-1575
- Counseling and Wellness Center: https://counseling.ufl.edu/, 352-392-1575
- Sexual Assault Recovery Services (SARS) - Student Health Care Center, 392-1161
- University Police Department, 392-1111 (or 9-1-1 for emergencies) http://www.police.ufl.edu/

ACADEMIC RESOURCES

- E-learning technical support, 352-392-4357 (select option 2) or e-mail to Learning-support@ufl.edu. https://lss.at.ufl.edu/help.shtml
- Career Connections Center, Reitz Union, 392-1601. Career assistance and counseling. https://career.ufl.edu/
- Library Support, http://cms.uflib.ufl.edu/ask. Various ways to receive assistance with respect to using the libraries or finding resources.
- Teaching Center, Broward Hall, 392-2010 or 392-6420. General study skills and tutoring. http://teachingcenter.ufl.edu/
- Writing Studio, 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers. http://writing.ufl.edu/writing-studio/
- Student Complaints On-Campus: https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/ On-Line Students Complaints: http://distance.ufl.edu/student-complaint-process/

Grading

Evaluation Components	Course Objectives Met	Points Per Component	Weighted % of Total Grade
Module Quizzes	1-13	250 points	10%
Discussion Boards	2-13	125 points	10%
Applied Assignments	1,5,6,8,9	100 points	10%
Article Synopses (x4)	1-13	50 points	10%
Program Design Presentation	8	50 points	10%
AI Needs Analysis Project	8	75 points	10%
Midterm Exam	1-7	100 points	20%
Cumulative Final Exam	1-13	100 points	20%
Final exam score replacing midterm exam score	1-13	If the final exam score is higher than the midterm exam score, the final exam score will replace the midterm exam score	Final grade % improvement cannot exceed 2% from all extra-credit opportunities

Module Quizzes **-** Each learning module contains a graded quiz consisting of 10 objective questions related to all components of the module plus two objective questions from each previous learning module. This means that the first quiz will be worth 10 total points, followed by 12 total points for the second, and so on until the final quiz is worth 30 total points. The overall total amount of points earned via module quizzes is 250. Quiz questions will be randomly selected from a question bank specific to each module. Each module quiz question bank contains multiple questions aligning with each individual module objective provided at the top of each learning module page in e-Learning. All quizzes are available from the first day of classes, but each module has a due date corresponding to the end of the week of the module according to the course schedule. Specifically, quizzes are due by Monday at 2:59am EST (Sunday at 11:59pm PST) each week**.** Students are permitted **ONE** attempt on each module quiz. Students are permitted to utilize their textbooks, lecture notes, or lecture videos while completing the quizzes. Explanations are provided for every question within the quiz question banks and students will be able to see the correct answer along with the corresponding explanation upon submitting the quiz. Honorlock is **NOT** needed for Module Quizzes.

Discussion Boards – Each of the 12 learning modules contains a graded Discussion Board assignment. These assignments offer students an opportunity to reflect on the application of the course material and how it may impact their personal life and career. Each Discussion Board assignment is worth 10 points. A rubric is used to grade responses to ensure students provide thoughtful reflections and meaningful interactions with their classmates and includes the following components: Length of post (20%), Depth of Post (20%), Accuracy of Post (20%), Writing Skill of post (20%), and Collegiality (20%). An additional discussion board is assigned in Module 1 for students to introduce themselves to the rest of the class.

Applied Assignments – Students will complete weekly assignments involving the application of program design principles using that week's topic. Instructions for completing each week's assignment are provided on Canvas. Many, though not all, of these assignments will provide the student with an opportunity to build an evidence-based strength and conditioning program for an athletic population provided to them by the instructor. Each assignment is worth 10 points. Rubrics are used for 5 out of the 10 applied assignments and are provided within the instructions for those assignments. Each applied assignment is worth 10 points. Students may complete the multiple-choice based applied assignments as many times as necessary to earn all points. Students may also re-submit the applied assignments involving writing programs as many times as needed to earn all ten points based on feedback from the instructor.

Article Synopses - Students will search the available strength and conditioning literature using a relevant database of research journals (i.e., Google Scholar, SportDiscus, PubMed) to find 4 peer-reviewed research articles related to one of the course topics for deeper reflection. Article synopses are due at the end of modules 3, 6, 9, and 12, respectively. After reading the article, the student will write a synopsis of it to include the following 9 topic headers: 1. Reason for Selection 2. Background, 3. Purpose of Study, 4. Methods, 5. Results and Conclusions, 6. Transferability, 7. Takeaways, 8. Follow Up Study, 9. Limitations. Each article synopsis assignment is worth 10 points and a rubric is used for grading that includes each component of the synopsis. After submitting all four article synopses, students will produce a 90-sec video within Canvas to summarize and reflect on what they learned by reviewing the articles throughout the semester. In total, the five assignments within the "Article Synopses" header are worth 50 points.

Strength and Conditioning Program Design Presentation - Students will record a 10-minute presentation regarding a strength and conditioning program by selecting one from a list of programs provided by the instructor. The presentation is recorded using Microsoft Powerpoint and includes a description of the training program or periodization model that you chose, discussion of any available evidence from research involving the program or model, and your reflections on the program or model. Detailed instructions for creating the presentation are provided in Canvas. The Strength and Conditioning Training Program Presentation assignment is worth 50 points. Assignment corresponds to Course Objective #8. A rubric is used for grading and includes the following components: Training Program Description (40%), Available Evidence (30%), Reflection (30%).

AI Needs Analysis Project - Students will use UF NaviGator AI tool to conduct a needs analysis on a sport popular in Australia. Students completing APK6176 in spring semesters will participate in a Virtual Exchange with students from the University of Sydney in Australia. Students completing APK6176 in fall semesters will not be involved in a Virtual Exchange. Instructions for completing the project along with a grading rubric are provided in Canvas.

Midterm Exam – The midterm exam consists of 50 objective questions (multiple choice, matching, true/false) worth **2 points** each. Questions will require the application of course material or knowledge of basic scientific principles covered within each of the first 6 learning modules. Exam questions are generated by the course instructor and are randomly selected from the first 6 module quiz question banks. Students should prepare for the exam by completing all weekly course readings, practice activities, and module quizzes prior to the exam. The exam will be proctored during a weekly class meeting by the instructor. **ONE** attempt is allowed on the midterm exam. Explanations are provided for every question within the quiz question banks and students will be able to see the correct answer along with the corresponding explanation upon submitting the exam. The exam will be held the week after Module 6. The specific date can be viewed in the class schedule at the end of this syllabus.

Cumulative Final Exam - The cumulative final exam will consist of 100 objective questions (multiple choice, matching, true/false) worth **1 point** each. Questions will require the application of course material or knowledge of basic scientific principles covered within each of the 12 learning modules. Exam questions are generated by the course instructor and are randomly selected from all 12 module quiz question banks. Students should prepare for the exam by completing all weekly course readings, practice activities, and module quizzes prior to the exam. The exam will be held in the classroom according to the UF Final Exam calendar and is proctored by the instructor. **ONE attempt** is allowed on the final exam. In the event that the final exam score is higher than the midterm exam scores the final exam score will replace the midterm score when calculating the final grade in the course. Explanations are provided for every question within the quiz question banks and students will be able to see the correct answer along with the corresponding explanation upon submitting the exam. The date for the final exam can be viewed in the class schedule at the end of this syllabus.

Module Activities - Approximately four ungraded practice assignments are available in each of the 12 learning modules. Links to the practice assignments are under the "Practice" header on the module learning pages. The practice assignments correspond to the learning material in the module. They may be completed an unlimited number of times, Honorlock is not required, and questions and answers are viewable between attempts. All practice assignments are available from the first day of the course, and there are no due dates. These are optional assignments designed to help students gauge their comprehension and application of course learning material as it pertains to stated course objectives. Scores earned from any practice assignment **DO NOT** affect a student's final grade in any way. Aligns with course objectives 1-12.

Extra Credit – This course includes 2 extra credit opportunities:

1. If the grade on the final exam is better than the grade on the midterm exam, the final exam grade will replace the midterm exam grade.
2. Complete the NSCA Introduction to Force Plates and Performance Training CEU quiz and submit it to the assignment on Canvas.

NOTE: UF policy limits the ability of extra credit assignments to improve a student's final grade more than 2%. **Therefore, any combination of the extra credit assignments listed above will be limited to increasing the student's final grade no more than 2 percentage points**. For example, if a student's final grade is calculated at 89% (B+) after all required graded assignments, quizzes, and exams have been completed, but the student has earned extra credit via the opportunities listed above, the highest grade they are eligible to earn via the extra credit is a 91% (A-).

GRADING SCALE

All course assignments are administered and graded within the APK6176 Canvas course page, so students will have access to all grades as they submit assignments. Any assignment that requires the instructor to manually grade some aspect of it will be graded within one week of its due date. Late submission of assignments is accepted without penalty within one week of the original assignment due date when accompanied by a written explanation describing the reasons for the late submission. Assignments submitted more than one week after the due date will not be accepted unless accompanied by a letter from the Dean of Student's Office Care Team explaining the circumstances for the late submission. Late submissions that are not accepted are assigned a grade of "0" when calculating the final course grade. Final Grades will be rounded up at .5 and above. The table below provides a reference. More detailed information regarding current UF grading policies can be found here. Any requests for additional extra credit or special exceptions to these grading policies will be interpreted as an honor code violation (i.e. asking for preferential treatment and will be handled accordingly.

Letter Grade	Percent of Total Points Associated with Each Letter Grade	GPA Impact of Each Letter Grade
A	92.5-100%	4.0
A-	89.5 – 92.49%	3.7
B+	86.5-89.49%	3.33
B	82.5-86.49%	3.0
B-	79.5 – 82.49	2.7
C+	76.5-79.49%	2.33
C	72.5-76.49%	2.0
C-	69.5 – 72.49	1.7
D+	66.5-69.49%	1.33
D	62.5-66.49%	1.0
D-	59.5 – 62.49	0.7
E	0-59.49%	0

Module Completion Recommendations

The instructor recommends completing each component of a learning module in the following order:

1. Read each assigned chapter from the textbook.
2. Watch the lecture videos located in the module page.
3. Complete the practice quizlet assignment (ungraded assignment).
4. Complete the practice quiz assignment (ungraded assignment).
5. Complete the extra credit practice question assignment (extra credit).
6. Complete the discussion assignment (graded assignment).
7. Complete the peer review for the previous module's applied assignment.
8. Complete the current module's applied assignment.
9. Complete the module quiz.
10. Review your results from the module quiz and attend a virtual office hour if clarification is needed.

Addressing Student Concerns

Students should bring any questions or concerns related to the course to the attention of the instructor via email through Canvas or directly at blaincharrison@ufl.edu. Examples of concerns include, but are not limited to:

- Clarification on quiz or exam questions
- Clarification on instructions for article synopsis, discussion board, nutrition supplement, or sports Nutrition flyer assignments
- Difficulty accessing course materials.
- Clarification on the suitability of a research article to review for the article synopses assignments

The instructor will respond to all questions or concerns within 24 hours on weekdays and 48 hours on weekends and will recommend a zoom appointment if needed.

Weekly Course Schedule

CRITICAL DATES & UF OBSERVED HOLIDAYS

- Complete list available here

WEEKLY SCHEDULE

Week	Dates	Assigned Module & Schedule Notes	Assessments Due
1-2	January 13-17	Nesser Ch. 2 – Bioenergetics French Ch. 1 – Performance Dimensions Exercise Technique – Neck Exercises	Module 1 Quiz Module 1 Discussion
2	January 20-24	Nesser Ch. 4 – Neuromuscular Response French Ch. 28 – Motor Performance Exercise Technique – Upper Body Push	Module 2 Quiz Module 2 Discussion Applied Assignment 1
3	January 27-31	Nesser Ch. 5 – Biomechanics of Resistance Exercise French Ch. 2 – Training Load Model Exercise Technique – Upper Body Pull	Module 3 Quiz Module 3 Discussion Applied Assignment 2 Article Synopsis 1
4	February 3-7	Nesser Ch. 6 – Role of the Endocrine System in Exercise Training French Ch. 5 – Key Performance Indicators Exercise Technique – Knee Dominant	Module 4 Quiz Module 4 Discussion Applied Assignment 3
5	February 10-14	Nesser Ch. 7 – Screening for Injury and Assessing Athletic Performance French Ch. 6 – Profiling and Benchmarking Exercise Technique – Hip Dominant	Module 5 Quiz Module 5 Discussion Applied Assignment 4
6	February 17-21	Nesser Ch. 3 – Cardiorespiratory Responses and Adaptations to Training Nesser Ch. 9 – Aerobic & Anaerobic Conditioning and Program Design Exercise Technique: Explosive Lifts	Module 6 Quiz Module 6 Discussion Applied Assignment 5 Article Synopsis 2
7	February 24-28	Midterm Exam	**Midterm Exam due Monday, March 3rd at 2:59AM EST**
8	March 3-7	Nesser Ch. 10 – Warm Up and Flexibility Nesser Ch. 11 – Self Care with Tissue and Joint Mobilization Exercise Technique: Warm-Up/Flexibility	Module 7 Quiz Module 7 Discussion
9	March 10-14	Nesser Ch. 8 – Program Design SAQ Program Design Exercise Technique: SAQ Drills	Module 8 Quiz Module 8 Discussion Applied Assignment 6

10	March 17-21	**Spring Break**	No Module Assignment
11	March 24-28	French Ch. 3 – Periodization for Individual Sports French Ch. 4 – Periodization for Team Sports Exercise Technique: Jumps	Module 9 Quiz Module 9 Discussion Applied Assignment 7 Article Synopsis 3
12	March 31-April 4	French Ch. 29 – Sport Science of Injury French Ch. 23 – Recovery and Sleep Exercise Technique: Throws	Module 10 Quiz Module 10 Discussion Applied Assignment 8 Program Design Presentation
13	April 7 - 11	Nesser Ch. 14 – Sport Psychology French Ch. 26 – Psychobiology: Flow State as a Countermeasure to Mental Fatigue Exercise Technique: Core Function	Module 11 Quiz Module 11 Discussion Applied Assignment 9
14	April 14-18	Nesser Ch. 15 – Practical Considerations for Exercising in Extreme Environments French Ch. 25 – Environmental Stress Exercise Technique: Balance	Module 12 Quiz Module 12 Discussion Applied Assignment 10 Article Synopsis 4 AI Needs Analysis
15	April 21-23	No Module Assigned	Article Synopsis Summary
Comprehensive Final Exam – Due Monday, May 5 at 2:59am EST			

SUCCESS AND STUDY TIPS:

SUCCESS AND STUDY TIPS

- Utilize the module practice assignments as study tools. You may complete them as many times as you like. Complete the assignments while you are working through the module and then again when you are reviewing for the exams
- Sixty percent of the final grade comes from graded assignments that allow you to use any learning material to complete them. Take advantage of these assignments to bring up any quiz or exam grades in which you are disappointed.
- Perform well on the final exam.

*Note Regarding Program Comprehensive Exam - If you choose APK6176 as one of the courses to include within your comprehensive exam, know that the exam will contain 60 objective questions (multiple choice, true/false, matching) that are pulled at random from a question bank similar to the quizzes and exams in this course. If you complete the exam in a future semester, you will be able to access this APK6176 Canvas course and review lecture videos and exam questions and answers. If you complete the exam during this semester, you will need to work ahead in the course to ensure you have been introduced to all of the topics that are found on it. All modules and assignments are available from the first week of the course.