

Sport Performance and Intervention

ATR7318 | 3 Credits | Spring 2025

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Course Info

INSTRUCTOR	Christopher Brown, PhD, LAT, ATC, CSCS, TSAC-F, PES, OPE-C Clinical Associate Professor Office: FLG122 Email: cdbrown7@ufl.edu
OFFICE HOURS	Will be held for 2 hours each week and the schedule will be posted on CANVAS. By appointment, please click HERE
MEETING TIME/LOCATION	Meeting Time: Thursdays from 8:30-11:30am Meeting Location: Yon Hall 3

COURSE DESCRIPTION

Furtheres the Athletic Trainers' therapeutic and functional performance knowledge and advances clinical skills in the design and implementation of exercise and nutrition programs for the prevention, management and enhancement of activity/performance.

PREREQUISITE KNOWLEDGE AND SKILLS

ATR 7309c Evidence-Based Therapeutic Intervention.

REQUIRED AND RECOMMENDED MATERIALS

Textbook	ISBN	
Essentials of Strength and Conditioning Author: National Strength and Conditioning Association Publisher: Human Kinetics Year: 2015 Edition: 4th	9781492501626	Recommended
Exercise Technique Manual for Resistance Training Author: National Strength and Conditioning Association Publisher: Human Kinetics Year: 2016 Edition: 3 rd	9781492506928	Recommended
All reading materials will be available on the class web page (E-Learning) or the instructor will provide soft or hard copies in person. Journal articles will be used frequently. Most articles will be available on-line, but some will need to be retrieved from various libraries on campus.		

Please view course fees (if applicable) at https://one.uf.edu/soc/		
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COURSE FORMAT

Course material will be presented through in-person lectures, online materials and interactive workshop formats with 3.0 contact hours per week. This class will consist primarily of class roundtable discussions and some didactic presentations. Canvas e-learning platform will provide students with content to supplement discussions, details regarding assignment expectations and grading criteria/rubrics and serve to assist the student with applicable resources for programmatic success within the Doctor of Athletic Training Program.

COURSE LEARNING OBJECTIVES:

- Design and modify training programs to meet patient/athlete goals using appropriate exercise physiology, muscle physiology, biomechanics and health/wellness principles.
- Construct programming at various time intervals related to training (e.g., pre-event, recovery, etc.), which utilizes the principles of energy balance (e.g., nutrition), hydration, macro and micronutrients for the physically active population.
- Identify proper technique and instruct the athlete/patient regarding appropriate posture, muscle activation and form during performance of functional activities.
- Execute conditioning sessions or program designs with appropriate safety and regulatory standards.
- Design and implement training programs using baseline measures, pre-screening tools and scholarly evidence (i.e., normative data).
- Analyze challenges to psychosocial well-being of the athlete/patient, including signs of over-training, body image conditions, steroid or other performance enhancing substance abuse.
- Use research to determine the efficacy of common ergogenic aids to performance.

Course & University Policies

ATTENDANCE POLICY

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>

PERSONAL CONDUCT POLICY

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 some instances within this course, the use of AI tools will facilitate student development of skills and knowledge acquisition within the stated learning objectives. However, in other components, the use of any AI enabled tool in this course substantially compromises the student's ability to achieve the stated learning objectives. If AI is permissible on an assignment or assessment there will be a statement clarifying acceptable AI use for that respective learning assessment. When students opt to leverage AI tools to augment their submitted products, they will be expected to appropriately cite the tool(s) utilized. Further, students will be held accountable under the scope of the UF Student Honor Code & Conduct Code for the content of all work they submit (including the portions that may have been produced in part or whole by an external Entity—inclusive of AI). Thus, students should engage in active editorial and underwriting efforts to ensure the totality of the work submitted reflects their intentions and ethical values. If there is no statement of appropriate use please do not use AI.

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.

MAKE-UP POLICY

Exams: 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.

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.

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://my-ufl.bluera.com/>. 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 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

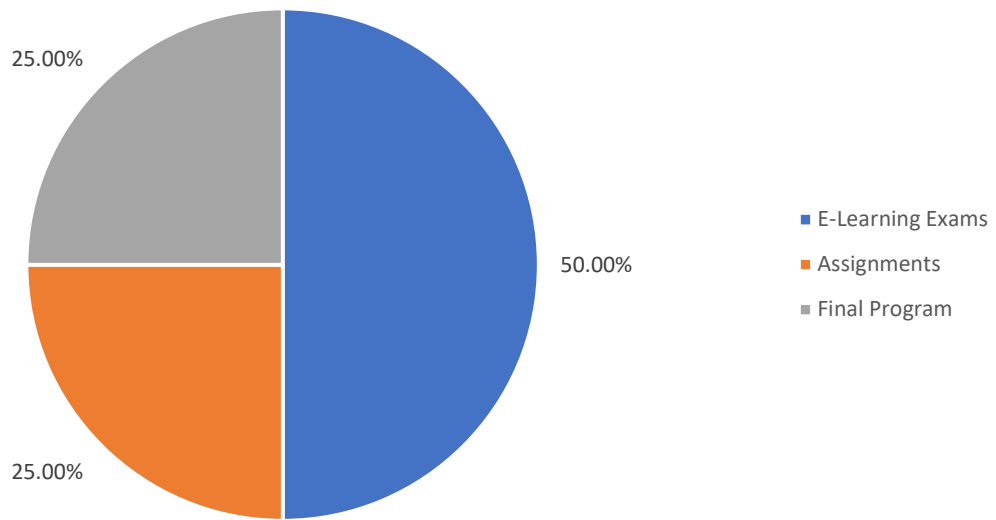
For suggestions or concerns related to APK courses or programming, please reach out to any of the following:

- 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 (all assignments are described on CANVAS and will be discussed in class)

- E-Learning Exams 50%
- Assignments 25%
- Final Program 25%

Grade Breakdown



GRADING SCALE

Letter Grade	Grade Points	Percentage
A	<i>4.00</i>	92 - 100
A-	<i>3.67</i>	89 - 91
B+	<i>3.33</i>	87 - 88
B	<i>3.00</i>	82 - 86
B-	<i>2.67</i>	79 - 81
C+	<i>2.33</i>	77 - 78
C	<i>2.00</i>	72 - 76
C-	<i>1.67</i>	69 - 71
D+	<i>1.33</i>	67 - 68
D	<i>1.00</i>	62 - 66
D-	<i>0.67</i>	60 - 61
E	<i>0.00</i>	Below 60

Weekly Course Schedule

Date	Topics	Assignments
16-Jan	Syllabus	Quiz on Science of Resistance Training Due 1/16
	CSCS Information	
	<i>Bioenergetics Review</i> (Recorded lecture)	
23-Jan	Exercise Testing	
30-Jan	Warm-up and Flexibility	Measurement and Body Composition Lab Due 1/29
	Spotting	
	Resistance Training Techniques	
6-Feb	No Class (Chris @SEATA)	Exercise Testing Mini-program Due 2/5
13-Feb	1. Olympic Lifting (Josh) 2. Resistance Training Program Design Questions	Warm-up Mini-Program Due 2/12
20-Feb	Periodization	Plyometrics Lab (Due in Class) Resistance Training Mini-program Due 2/19
	Plyometrics Program Design	
27-Feb	Speed, and Agility	Speed, Agility, COD Lab (Due in Class) Plyometrics/Olympic Mini-program Due 2/26
6-Mar	Training Women (Betsy)	Periodization mini-Program Due 3/5
13-Mar	Exam #1	
20-Mar	Spring Break	
27-Mar	Recovery	
3-Apr	<i>Basic Nutrition Review</i> (Posted lecture)	
	Nutrition Assessment	
10-Apr	Pre/Post Competition Meals	Nutrition Mini-program Due 4/9
	Weight Management	
17-Apr	Disordered Eating	
	Performance Enhancing Substances	
24-Apr	Exam #2	Final Program Due 4/27