



University of Florida
 College of Health and Human Performance
 Department of Applied Physiology & Kinesiology
 Doctor of Athletic Training Program
 Spring 2021 Course Syllabus | Last Date Revised: 1/03/2021

COURSE INFORMATION

ATR 7318c: Sport Performance and Intervention (3 credits)
 January 11, 2021 – April 23, 2021
 Meeting Time: Wednesday 8:30-11:30am
 Meeting Location: Yon Hall 11

INSTRUCTOR

Christopher Brown, PhD, LAT, ATC, CSCS
 Clinical Assistant Professor
 Clinical Education Coordinator, Doctor of Athletic Training Program
 Office Location: 122FLG
 Office Phone: 352-294-1070
 Email: cdbrown7@ufl.edu
 Office Hours: [BOOK an Appointment HERE](#)

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. *ATR 7309c Evidence-Based Therapeutic Intervention.*

LEARNING OUTCOMES

1. Design and modify training programs to meet patient/athlete goals using appropriate exercise physiology, muscle physiology, biomechanics and health/wellness principles.
2. 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.
3. Identify proper technique and instruct the athlete/patient regarding appropriate posture, muscle activation and form during performance of functional activities.
4. Execute conditioning sessions or program designs with appropriate safety and regulatory standards.
5. Design and implement training programs using baseline measures, pre-screening tools and scholarly evidence (i.e., normative data).
6. 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.
7. Use research to determine the efficacy of common ergogenic aids to performance.

REQUIRED TEXTS AND 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 |

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| All other 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.ufl.edu/soc/ | | |

COURSE REQUIREMENTS AND POLICIES

Teaching Strategies: 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.

Examinations and Practical Examinations: 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.

Programming Project: Throughout the course students will critically appraise current evidence related to topics discussed. The final programming project will used to assess and apply content knowledge. Additional guidelines will be provided during class and/or within the e-Learning platform.

Laboratory Experiences: Laboratory experiences conducted throughout the semester may occur in Yon Hall 1, or 11 or off-site. Attendance and participation with laboratory experiences is required. Written notification of an absence (i.e., email) prior to class is required for an absence to be excused (see university regulations as stated above). Details/specific requirements for lab experiences will be available in Canvas prior to the lab date. Students must wear proper attire (e.g., gym shorts, tank tops, sports bras, etc.) during all lab experiences.

Attendance and Participation: 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>

Student Conduct Policy:

- All students are expected to conduct themselves in a respectful and responsible manner
- All students are expected to be on time for class
- All students are expected to turn off or silence their cell phones
- All students are expected to not participate in actions that may disrupt the class
- The instructor reserves the right to ask any student to leave the classroom, if the student violates any the above class procedures

Critical-Thinking Questions and Participation: Each student, as part of his/her participation, is expected to ask questions. Insightful questions will be monitored during the year and contribute to participation grade. In addition, attending class, contributing to class, and useful information provided during class will be counted toward your participation grade.

Plagiarism: The use and appropriation of another's work without any indication of the source and the representation of such work as the student's own. Any student, who fails to give credit for ideas, expressions or materials taken from another source, including internet sources, is guilty of plagiarism (please refer to the AT Program Plagiarism Policy in the Student Handbook).

COURSE SCHEDULE (SUBJECT TO MODIFICATION)

The course progression will tentatively follow the schedule below:

| Week | Topics | Assignments |
|----------------|---|---|
| 1 1/13/2021 | Syllabus CSCS Exam Bioenergetics | |
| 2 1/20/2021 | Exercise Testing | |
| 3 1/25/2021 | Warm-up and Flexibility Resistance Training Techniques | Exercise Testing and Body Composition Lab Due 1/26 |
| 4 2/3/2021 | Resistance Training Program Design Periodization | Assessment Mini-program Due 2/2 |
| 5 2/10/2021 | Periodization Plyometrics | Warm-up Mini-Program Due 2/9 |
| 6 2/17/2021 | Olympic Lifting Josh Barabas PT, MPT, CSCS | Resistance Training Mini- program Due 2/16 |
| 7 2/24/2021 | Speed, and Agility Scott Greenberg PT, DPT, CSCS | Periodization mini-Program Due 3/2 |
| 8 | E-Learning Exam I | |

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|-----------------|--|--|
| 3/3/2021 | | |
| 9 3/10/2021 | Training Women and Lab Betsy Foster MS, CSCS | Plyometrics/Olympic Mini- program Due 3/9 |
| 10 3/17/2021 | Basic Nutrition Review Nutrition Assessment Pre/Post Competition Meals | Speed and Agility Mini- Program Due 3/16 |
| 11 3/24/2021 | Energy Balance Weight Management | |
| 12 3/31/2021 | Population Specific Nutrition Final Program Assignments | Nutrition Mini-program Due 3/30 |
| 13 4/7/2021 | Performance Enhancing Substances | |
| 14 4/14/2021 | Endocrine Responses Training Adaptations | |
| 15 4/21/2021 | | Final Written Program Due Final Video Program Due |
| 16 4/28/2021 | E-Learning Exam II | |

GRADING CRITERIA

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

1. E-Learning Exams 50%
2. Assignments 25%
3. Final Program 25%

COLLEGE/UNIVERSITY-WIDE POLICIES

Academic Honesty: As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes 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.” Students will exhibit behavior consistent with this commitment to the UF academic community. Academic misconduct appears in a variety of forms (including plagiarism) and may be punishable in a variety of ways, from failing the assignment and/or the entire course to academic probation, suspension or expulsion. On all work submitted for credit by students at the university, the following pledge is either required or implied: **"On my honor, I have neither given nor received unauthorized aid in doing this assignment."** Furthermore, as part of your obligation to uphold the Honor Code, you should report any condition that facilitates academic misconduct to appropriate personnel. It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Faculty will not tolerate violations of the Honor Code at the University of Florida and will report incidents to the Dean of Students Office for consideration of disciplinary action. The Honor Code (<http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. If you have questions about what constitutes academic misconduct before handing in an assignment, see your instructor.

Academic Assistance and Student Services: Students who are in need of academic, career, or personal counseling services are encouraged to see the academic assistance website for further information on available services. http://www.ufadvising.ufl.edu/academic_assistance/

ADA Policy: The University of Florida provides accommodations for students with documented disabilities. For more information regarding services and procedures for requesting accommodations visit <http://www.dso.ufl.edu/drc/> or call 352.392.8565. Students requesting classroom accommodation must first register with the Disability Resource Center. The Disability Resource Center will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.

Campus Resources: U Matter, We Care: Your well-being is important to the University of Florida. The U Matter, We Care initiative is committed to creating a culture of care on our campus by encouraging members of our community to look out for one another and to reach out for help if a member of our community is in need. If you or a friend is in distress, please contact umatter@ufl.edu; a nighttime and weekend crisis counselor is available by phone at 352.392.1575. The U Matter, We Care Team can help connect students to the many other helping resources available including, but not limited to, Victim Advocates, Housing staff, and the Counseling and Wellness Center. Please remember that asking for help is a sign of strength. In case of emergency, call 9-1-1.

University Police Department: 392.1111 or 9-1-1 for emergencies
<http://www.police.ufl.edu/>

Counseling and Wellness Center: <http://www.counseling.ufl.edu/cwc/Default.aspx>, 352.392.1575; *Sexual Assault Recovery Services (SARS)* Student Health Care Center, 352.392.1161.

Career Resource Center: Reitz Union, 352.392.1601, <http://www.crc.ufl.edu/>

Cell Phone/Text Messaging Policy: Students will not engage in text messaging or access their cellular telephones during class time. Faculty will award special considerations at his/her discretion.

Confidentiality: The University ensures the confidentiality of student educational records in accordance with State University System rules, state statutes and [FERPA](#), the Family Educational Rights and Privacy Act of 1974, as amended, also known as the Buckley Amendment. <http://www.registrar.ufl.edu/catalog/policies/regulationconfidentiality.html>

Course Grading Policy: Students will earn their course grade based on completion of coursework as outlined in the Grading Criteria listed above. Percentage calculations are rounded up at “.6 or above” and rounded down at “.5 or below”. For more information regarding Grade Point Averages, Grade Values, etc. please visit the University registrar website listed below. <https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

Course Evaluations: Students should provide feedback on the quality of instruction in this course by completing online evaluations <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. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results>.

Covid-Related: For face to face courses a statement informing students of COVID related practices such as:

- We will have face-to-face instructional sessions to accomplish the student learning objectives of this course. In response to COVID-19, the following policies and requirements are in place to maintain your learning environment and to enhance the safety of our in-classroom interactions.
- You are required to wear approved face coverings at all times during class and within buildings. Following and enforcing these policies and requirements are all of our responsibility. Failure to do so will lead to a report to the Office of Student Conduct and Conflict Resolution.
- This course has been assigned a physical classroom with enough capacity to maintain physical distancing (6 feet between individuals) requirements. Please utilize designated seats and maintain appropriate spacing between students. Please do not move desks or stations.
- Sanitizing supplies are available in the classroom if you wish to wipe down your desks prior to sitting down and at the end of the class.

- Follow your instructor's guidance on how to enter and exit the classroom. Practice physical distancing to the extent possible when entering and exiting the classroom.
- If you are experiencing COVID-19 symptoms ([Click here for guidance from the CDC on symptoms of coronavirus](#)), please use the UF Health screening system and follow the instructions on whether you are able to attend class. [Click here for UF Health guidance on what to do if you have been exposed to or are experiencing Covid-19 symptoms](#).
- Course materials will be provided to you with an excused absence, and you will be given a reasonable amount of time to make up work. [Find more information in the university attendance policies](#).

Inclusion, diversity, equity, and accessibility Resources:

For suggestions or concerns related to IDEA, please reach out to any of the following:

- Dr. Leo Ferreira, APK IDEA Liaison, ferreira@hhp.ufl.edu
- Dr. Rachael Seidler, APK Graduate Coordinator, rachaelseidler@ufl.edu
- Dr. Joslyn Ahlgren, APK Undergraduate Coordinator, jahlgren@ufl.edu

Privacy: For online course with recorded materials a statement informing students of privacy related issues such as:

Our class sessions may be audio visually recorded for students in the class to refer back and for enrolled students who are unable to attend live. Students who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. If you are unwilling to consent to have your profile or video image recorded, be sure to keep your camera off and do not use a profile image. Likewise, students who un-mute during class and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded during class, you will need to keep your mute button activated and communicate exclusively using the "chat" feature, which allows students to type questions and comments live. The chat will not be recorded or shared. As in all courses, unauthorized recording and unauthorized sharing of recorded materials is prohibited.

Email and E-Learning Policy: Students are required to check their University of Florida email and E-Learning Course account daily. Dissemination of reminders and course material may occur via email or through announcements in E-Learning; it is the student's responsibility to read and respond (if appropriate). *E-learning Help Desk:* <https://lss.at.ufl.edu/help.shtml> *Technical support:* 352.392.4357 (select option 2) or e-mail to Learning-support@ufl.edu

E-Learning Identity and Preferences: It is important to the learning environment that you feel welcome and safe in this class; and that you are comfortable participating in class discussions and communicating with me on any issues related to the class. If your preferred name is not the name listed on the official University of Florida roster, please let me know as soon as possible. I would like to acknowledge your preferred name, and pronouns that reflect your identity. Please let me know how you would like to be addressed in class, if your name and pronouns are not reflected by your University of Florida official roster name. I welcome you to the class and look forward to a rewarding learning adventure together.

You may also change your “Display Name” in Canvas. Canvas uses the "Display Name" as set in myUFL. The Display Name is what you want people to see in the University of Florida Directory, such as "Ally" instead of "Allison." To update your display name, go to one.ufl.edu, click on the dropdown at the top right, and select "Directory Profile." Click "Edit" on the right of the name panel, uncheck "Use my legal name" under "Display Name," update how you wish your name to be displayed, and click "Submit" at the bottom. This change may take up to 24 hours to appear in Canvas. This does not change your legal name for official University of Florida records.

Last Day to Withdraw: In order to withdraw from a course it is not sufficient simply to stop attending class or to inform the instructor of your intention to withdraw. In accordance with college policy, contact your adviser to begin the withdrawal process. To view the **last day for withdrawal** please visit <http://www.registrar.ufl.edu/catalog/adhub.html>

Library Resources Support: <http://cms.uflib.ufl.edu/ask>

Student Responsibility for Course Prerequisites: Students are responsible to have satisfied all published prerequisites for this class. Please review the prerequisites and discuss any questions with your instructor and/or your academic advisor.

Student Complaints Process: https://www.dso.ufl.edu/documents/UF_Complaints_policy.pdf

Teaching Center: General study skills and tutoring <http://teachingcenter.ufl.edu/> Broward Hall, 352.392.2010 or 352.392.6420.

Writing Studio: Formatting and writing papers assistance <http://writing.ufl.edu/writing-studio/>