

# Sport Performance and Intervention

ATR7318 | 3 Credits | Spring 2023

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## Course Info

### INSTRUCTOR

Christopher Brown, PhD, LAT, ATC, CSCS, PES, OPE-C  
Clinical Associate Professor  
Office: FLG122  
Email: [cdbrown7@ufl.edu](mailto:cdbrown7@ufl.edu)

### OFFICE HOURS

By appointment, please click [HERE](#)

### MEETING

Meeting Time: Wednesdays from 8:30-11:30am

### TIME/LOCATION

Meeting Location: Yon Hall 3

## COURSE DESCRIPTION

Further 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 <sup>rd</sup>	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 <a href="https://one.uf.edu/soc/">https://one.uf.edu/soc/</a>		
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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**

- 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
- All students are expected to wear a mask in the classroom and stay home if they feel unwell
- The instructor reserves the right to ask any student to leave the classroom, if the student violates any the above class procedures

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 (<https://sccr.dso.ufl.edu/students/student-conduct-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.

### **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://ufl.bluera.com/ufl/>. 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 a friend is in distress, please contact [umatter@ufl.edu](mailto: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/>

### INCLUSION, DIVERSITY, EQUITY, AND ACCESSIBILITY RESOURCES

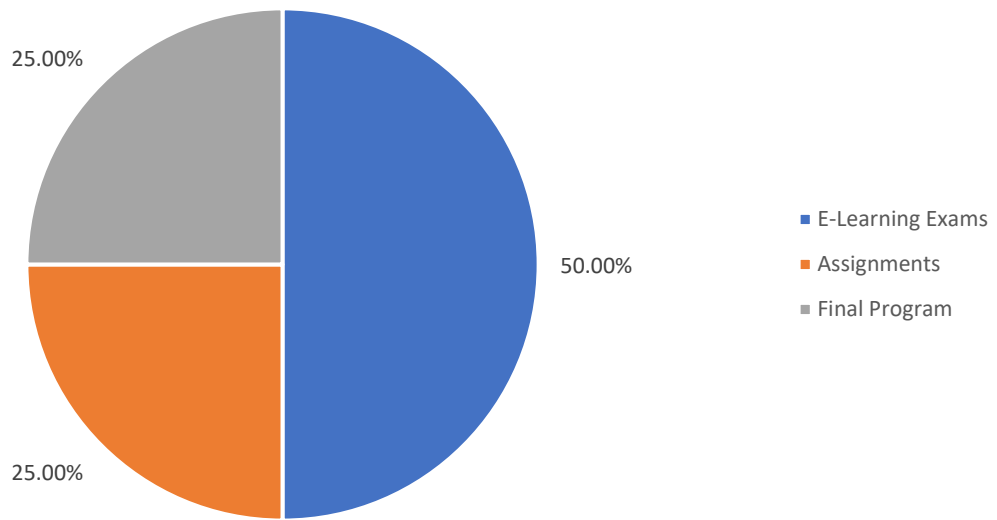
For suggestions or concerns related to IDEA, please reach out to any of the following:

- Dr. Linda Nguyen, APK IDEA Liaison, [linda.nguyen@hhp.ufl.edu](mailto:linda.nguyen@hhp.ufl.edu)
- Dr. Rachael Seidler, APK Graduate Coordinator, [rachaelseidler@ufl.edu](mailto:rachaelseidler@ufl.edu)
- Dr. Joslyn Ahlgren, APK Undergraduate Coordinator, [jahlgren@ufl.edu](mailto: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
<b>A</b>	<i>4.00</i>	92 - 100
<b>A-</b>	<i>3.67</i>	89 - 91
<b>B+</b>	<i>3.33</i>	87 - 88
<b>B</b>	<i>3.00</i>	82 - 86
<b>B-</b>	<i>2.67</i>	79 - 81
<b>C+</b>	<i>2.33</i>	77 - 78
<b>C</b>	<i>2.00</i>	72 - 76
<b>C-</b>	<i>1.67</i>	69 - 71
<b>D+</b>	<i>1.33</i>	67 - 68
<b>D</b>	<i>1.00</i>	62 - 66
<b>D-</b>	<i>0.67</i>	60 - 61
<b>E</b>	<i>0.00</i>	Below 60

## Weekly Course Schedule

Date	Topics	Assignments
11-Jan	Syllabus	Quiz on Science of Resistance Training
	CSCS Information	
	<i>Bioenergetics Review (Recorded lecture)</i>	
18-Jan	Exercise Testing	
<b>23-Jan (Mon)</b>	Warm-up and Flexibility	Measurement and Body Composition Lab Due 1/24
	Spotting	
	Resistance Training Techniques	
1-Feb	Resistance Training Program Design	Exercise Testing Mini-program Due 1/31
8-Feb	Periodization	Warm-up Mini-Program Due 2/7
	Plyometrics Program Design	
15-Feb	Olympic Lifting	Resistance Training Mini-program Due 2/14
22-Feb	Exam #1	Plyometrics/Olympic Mini-program Due 2/21
1-Mar	Training Women (Betsy)	Periodization mini-Program Due 2/28
8-Mar	Recovery	
15-Mar	<b>Spring Break</b>	
22-Mar	Speed, and Agility	
29-Mar	<i>Basic Nutrition Review (Posted lecture)</i>	
	Nutrition Assessment	
5-Apr	Pre/Post Competition Meals	
	Weight Management	
12-Apr	Disordered Eating	Nutrition Mini-program Due 4/11
	Performance Enhancing Substances	
19-Apr	Work on Final Programs	Final Program Due 4/23
26-Apr	Exam #2	