Applied Sports Science – Study Abroad

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APK 4905c| Class # 15856 | Section SA02 | 3 Credits | SU A 24

Course Info

INSTRUCTOR	**Diba Mani, Ph.D. (Course Instructor, Faculty)** Email: dmani@ufl.edu Method of Contact: Canvas Messaging for presently enrolled students Pronouns: she/her **Michael Fitzgerald (Director, College Coordinator for Global Engagement)** Email: mfitzgerald@ufl.edu Pronouns: he/him
OFFICE HOURS	Available by appointment, virtual (during SU 2024) and in-person (during study abroad period)
MEETING TIME/LOCATION	Access course during the semester enrolled through Canvas on UF e-Learning (https://elearning.ufl.edu/) and the Canvas mobile app by Instructure. This course takes place virtually from the start through the end of Summer A 2024, and in-person for four weeks in Spain. Access course content through Canvas on UF e-Learning (https://elearning.ufl.edu/) and the Canvas mobile app by Instructure, for which access ends about one week after the close of the term.

COURSE DESCRIPTION

Examines fundamental concepts related to the acquisition, analysis, and interpretation of data relevant to the outcome of human performance across myriad physical and cognitive domains including sport, exercise, tactical operations, and medical professions. Addresses the use of statistics and broader fields of data science, artificial intelligence, analytics, and technology management necessary to evaluate performance and strategically adjust training methods to enhance human performance, health, and well-being. Students will also learn about Spanish culture in the context of European culture.

PREREQUISITE KNOWLEDGE AND SKILLS

Students enrolling in this course must have at least the following minimum technical skills to succeed:

- Using the learning management system, Canvas
- Using e-mail with attachments
- Operating Microsoft Office (e.g., Word, PowerPoint, Excel)
- Using Zoom video conferencing
- Downloading and installing software such as web browsers, lockdown browsers, and proctoring services
- Incorporating applications related to research software (which includes statistical packages)
- Critical thinking in using web resources

REQUIRED AND RECOMMENDED MATERIALS

Our recommended textbook (not required), which is available for short-term use through the UF Libraries, and in digital format is: Textbook: French, D. and Ronda, L.T. (Eds). NSCA's Essentials of Sport Science. Human Kinetics. 2022. ISBN: 9781492593355
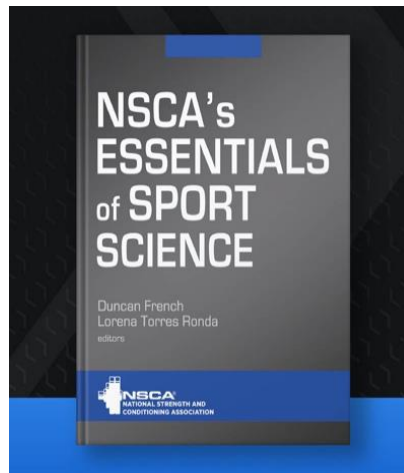
Lecture notes and articles will be provided throughout the term via Canvas. Additional content will be accessible through online resources, which are provided at no cost to you if you sign in with the UF VPN. Access to the internet, a computer with functioning webcam, microphone, and speaker (or headphones/earbuds) are required. Please refer to "UF Computing Requirements" below for additional information on this.

COURSE FORMAT

This is an experiential learning opportunity, given the lectures and excursions that will take place abroad. Asynchronous online lectures will be available on Canvas. Students are responsible for checking Canvas for announcements from the start of Summer A term through its end. Announcements may include updates to the course schedule, so please set your Canvas notifications to receive e-mails of the announcements and discussion posts, at the very least. The general format of the course includes lecture content based on the textbook material with interspersed course activities. The lectures will take place online and in-person, in a classroom setting and "on the town" as excursions. You will be required to enable audio and visual recording capabilities for some activities.

Although additional content will be included in our Canvas shell, there will be 5-6 required modules, spanning the six weeks of the Summer A semester. These modules will be accessible from the first day of the semester.

COURSE LEARNING OBJECTIVES

Upon completion of this course, students will be able to:

1. Identify the aspects of sports improved with technological implementation
2. Describe principles of good data hygiene
3. Explain the characteristics of tracking and load monitoring systems
4. Describe the protocols used to collect data with relevant sport science technology
5. Analyze data collected with relevant sport science technology
6. Interpret the results of data analyzed from relevant sport science technology
7. Recommend strategies to improve athlete health, well-being, or performance based on the interpretation of data analyses
8. Develop material to disseminate data analyses and subsequent recommendation

Course & University Policies

ATTENDANCE POLICY

Per the overall program expectations, consistent across all courses in this program, students are required to attend all excursions. If a student misses a mandatory activity/excursion (which includes individual class and the large group excursions), they will lose 10% of their overall grade from the individual class they are enrolled in for a missed individual class activity/excursion or each of the two classes they are enrolled in for a missed large group activity/excursion. The individual class activities/excursions will be shared via Canvas and/or GroupMe. The large group activities/excursions are:

1. Orientation in Madrid
2. Hop On/Hop Off Tour in Madrid
3. Hotel Visit in Central Madrid
4. Madrid Cooking Class
5. Lecture on Healthcare in Spain and Madrid
6. Visit to Local Market in Madrid
7. Academic Visit to *Kinesiologia Holistica*
8. Orientation in Barcelona
9. Walking Tour of Historic Barcelona
10. Visit to Local Market in Barcelona
11. *Camp Nou* Stadium Tour
12. *Sagrada Familia* Tour in Barcelona
13. Farewell Dinner with Flamenco Show in Barcelona

Students are expected to arrive to the class meeting point by the start time (e.g., 10 AM local time). Class activities (lectures and excursions) may occur from 9 AM local time to 6 PM local time but may deviate a little. Students are advised not to make any travel arrangements during the week until after 7:00 PM (e.g., catching a train to a different city on a Friday after class).

Excursions formats are variable in that you may be asked to complete the required "excursion" independently (e.g., by yourself, in a pair, or in a small group) over a few days, attend at a certain time during a class day with just the others in this class, or as a whole group (all College of Health & Human Performance (HHP) students across all courses).

PERSONAL CONDUCT POLICY

Students are expected to exhibit behaviors that reflect highly upon themselves and our University:
*   Read and refer to the syllabus.
*   Read and abide by all rules and regulations outlined by UF International Center Study Abroad.
*   Please review all announcements for updates – you are required to receive Canvas announcements and respond to Canvas messages and UFL e-mails promptly.

- Arrive to live sessions (e.g., classes, excursions, meetings) on time and ready to appropriately engage.
- Follow the guidelines for appropriate behavior in all environments.
- Adequately prepare for your contributions on the program.
- Show respect for everyone in all engagements.
- UF students are bound by The Honor Pledge which states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The Honor Code (http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/) specifies several behaviors that are in violation of this code and the possible sanctions.
- You are obliged to report any condition that facilitates academic or Honor Code misconduct to appropriate personnel. If you have any questions or concerns, please consult the instructor in this class.
- The use of software to promote academic integrity through plagiarism detection is advocated for. Although not required, Turnitin is an excellent resource for this and reference/citation assistance.

STUDENT COMPUTING POLICY

Access to a fast, secure internet network will be necessary for this course. If a student is in an area with limited internet access, UF students can access eduroam for free with their GatorLink log-in credentials. If you have any problems connecting to eduroam, you can contact the UF Computing Help Desk.

MAKE-UP POLICY

Assignments must be submitted by deadlines. Unexcused missed excursions and assignments will result in a grade deduction (e.g., a zero on that excursion and/or assignment). Per the overall program expectations, consistent across all courses in this program: students are required to attend all class sessions/excursions. If you miss a class (which includes an individual class and whole group excursions), you may lose 10% of their overall grade for that class (if individual class excursion) or both classes (if whole group excursion).

To reiterate, please do not ask for an accommodation for inappropriate excuses, which include:
• Procrastinated preparation
• Negligence
• Sleeping in
• Missing a meeting time (e.g., flight, train, bus)
• Technological issue due to procrastinated completion (e.g., uploaded wrong, inaccessible, or late file)

Make-up assessments and assignments will be given at the discretion of the instructor. To request and possibly attain an excused absence or to schedule a make-up, please fill out the "Make-Up or Accommodation Request Form" posted in Canvas > Orientation and send it to your course instructor via Canvas messaging as soon as possible. Documentation is required. Unexcused missed assessments and assignments will result in a zero on that item (this includes contacting the instructor after the exam if you are ill), and possibly a 10% deduction of your final overall grade in one or both courses you are enrolled in for this program.

Ultimately, we ask for your respect and consideration in understanding the courses and program must be implemented in a fair and equitable way. Asking for inappropriate accommodations can be considered expecting "special exceptions", which not appropriate, and can be considered against the Honor Code.

If you have a serious emergency or life event, you may contact the Dean of Students Office (DSO, www.dso.ufl.edu) and they will contact your instructor so that you do not have to provide documentation to individual instructors for a make-up. The requirements for make-ups in this course are consistent with university

policies that can be found in the online catalog at: https://catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/.

LATE SUBMISSION OR MISSED ACTIVITY POLICY

Late submissions are **not** accepted, although some adjustments (e.g., 50% deduction, at best) may be implemented to accommodate for first-time mistakes (such as technological issues like missing a deadline or uploading an unreadable or incorrect file).

ACCOMMODATING STUDENTS WITH DISABILITIES

Please communicate any concerns about accommodation for disabilities with the program director and faculty member prior to enrollment. Students requesting accommodation for disabilities should register with the Dean of Students Office (http://www.dso.ufl.edu/drc/). The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. Students registered with the Disability Resource Center (DRC): it is strongly recommended that you submit your accommodation requests through the DRC in the first week of classes to ensure that they are approved in time.

TRANSPARENCY POLICY

Reach out to Dr. Mani proactively. If something comes up, be it related to the course, accommodations, safety, peers, your health and wellbeing, or even your life outside this course, communicate transparently. Solutions can't be found if we don't know something is up, and your overall wellbeing is important to me. If I don't know the answer or can't resolve something for you myself, I will refer you to the appropriate source that can (e.g., our program Director). Communicating retroactively (e.g, at the program end) is not a solution that is fair to anybody.

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 e-mail they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via https://ufl.bluera.com/ufl/.

Getting Help

STUDY ABROAD

- UF International Center Study Abroad: 352-273-1539
- Cultural Insurance Services International (CISI): 24/7 emergency assistance via AXA Assistance at 855-327-1411 (within United States and 312-935-1703 (toll collect from outside United States)

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 on 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/

CIVILITY, ACCESSIBILITY, and COMMUNITY RESOURCES

All individuals, irrespective of their gender, gender identity, gender expression, sexual identity, sexual orientation, race, ethnicity, religious affiliation, physical or mental ability, political affiliation, or any other perceived generalized differentiator, are welcome in this course. It is expected that we treat each other with respect and as equals. Treat one another as you want to be treated so that we can have valuable discussions in this course. Intolerant, inflammatory, or insulting behavior or speech is not acceptable and may lead to dismissal from the course. Please do reach out for assistance regarding accommodations – I do not want inaccessibility to keep anyone from the opportunity to learn and grow.

PREFERRED NAME

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. 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 if your name and pronouns are not reflected by your name on the class roster. Please kindly correct me if I forget or make a mistake.

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 UF 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 UF records. Please keep your preferred name (first and last, if possible) visible when engaging in course activities online (e.g., virtual office hours).

NameCoach is an online tool that provides students, faculty, and staff the ability to record the pronunciation of their names. You are encouraged to record this information in our Canvas course; instructions may be found on https://it.ufl.edu/resources/namecoach/.

COPYRIGHT STATEMENT

The materials used in this course are copyrighted. Course content is the intellectual property of the instructor and the University of Florida. Course content may not be duplicated in any format without explicit permission from the College of Health and Human Performance and UF. Course content may not be used for any commercial purposes. Individuals violating this policy may be subject to disciplinary action or legal litigation from the University.

PRIVACY

Aspects of course content may be audio and visually recorded. By enrolling in this course, you will be required to have audio and video enabled for certain activities. If you do not want your image in any recording pertaining to course content, please let me know upon enrolling in the course so that we may seek an accommodation. A waiver and release may be acquired for photos and videos taken during the program. As in all courses, unauthorized recording and unauthorized sharing of recorded materials is prohibited.

GRADING SCALE

The following table outlines the point-accruing components of the course.

Component	Elaboration	Final Grade Allocation
Engagement	Attendance, discussions/reflections	30%
Quizzes	Open-book, multi-attempt module quizzes	30%
Artificial Intelligence & Technologies Project	Project about using AI and technologies in sport science with international connections	40%
Extra Credit	Internationalization surveys	0%

Be careful to avoid uploading your file to another week's Canvas Assignment or a blank document – these will result in a "0" grade if not adjusted by the assignment deadline. There are no exceptions to uploading a blank file, the wrong file, no file, or to the wrong location.

GRADING SCALE

Any discrepancies with points displayed in the gradebook must be brought to the attention of the instructor as soon as possible, or before the last day of class. Assignments will not be reviewed prior to submission for grading (you should not expect the instructor to go over the assignment you message her in advance of uploading for official grading). There are no re-grades or re-submissions in this course. If there is something that you believe is incorrect, a re-evaluation of the score may be made. Please recognize that doing so will result in a stricter evaluation of your submission, which may result in additional deductions.

There is **no** curve for this course and final grades will **not** be rounded up. Any requests for additional extra credit or special exceptions to these grading policies will be interpreted as an Honor Code violation (e.g., asking for preferential treatment) and will be handled accordingly. More detailed information regarding current UF grading policies can be found here: https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/.

Letter Grade	Percent of Total Points Associated with Each Letter Grade	GPA Impact of Each Letter Grade
A	93.00-100.00%	4.0
A-	90.00-92.99%	3.7
B+	87.00-89.99%	3.3
B	83.00-86.99%	3.0
B-	80.00-82.99%	2.7
C+	77.00-79.99%	2.3
C	73.00-76.99%	2.0
C-	70.00-72.99%	1.7
D+	67.00-69.99%	1.3
D	60.00-66.99%	1.0
E (F)	0-59.99%	0

INTERNATIONAL SCHOLARS PROGRAM (ISP)

Studying abroad fulfills one of the curriculum requirements of the International Scholars Program. Learn more about how you can obtain a graduation medallion and diploma here: https://internationalcenter.ufl.edu/international-scholars-program/about.

WEEKLY SCHEDULE

Schedule specifics, such as content covered within each module, are available on Canvas and will be communicated via GroupMe. Excursions are NOT listed here for safety and modification purposes – please rely on Canvas and direct communication from the faculty for information on these. The class-specific mandatory sessions are highlighted below. Additional assignments beyond those posted below have variable deadlines, although all assignments and assessments are due at 11:59 PM ET on the date marked unless otherwise noted or mentioned in Canvas via announcements (all assignments are *not* included in this summarized table).

Please reach out in advance for accommodations, including special observances, such as holidays – I am happy to assist however I can.

Week	Dates	Content
N/A	April 24, 2024	4:30-5:30 PM ET in Gainesville, FL, USA Pre-Departure Meeting, Introductions
	Monday, May 6	Canvas Opens
	Tuesday, May 7	2-3 PM ET via Zoom APK Pre-Departure Meeting Make-Up & Extra Mingle Opportunity
1	Monday, May 13	First Day of Summer A Term *Module 1: Introduction to Applied Sport Science (Ch. 7 & 8)* *Module 2: Kinematics & Kinetics (Ch. 11 & 12)*
	Friday, May 17	"Study Abroad" Official Start (Arrival)
2	Monday, May 20	*Module 3: Tracking Systems & Load Monitoring (Ch. 9 & 10)*
	Tuesday, May 21	Class Excursion/Meet in Madrid, Spain
	Friday, May 24	Class Excursion/Meet in Madrid, Spain
3	Monday, May 27	*Module 4: Strength & Heartrate Monitoring (Ch. 13 & 14)* *Module 5: Subjective Monitoring (Ch. 17)*
	Tuesday, May 28	Class Excursion/Meet in Madrid, Spain
	Friday, May 31	Class Excursion/Meet in Barcelona, Spain
4	Monday, June 3	*Module 6: Performance Interventions & Operationalizing Data (Ch. 22)*
	Tuesday, June 4	Class Excursion/Meet in Barcelona, Spain

	Friday, June 7	**Class Excursion/Meet in Barcelona, Spain**
5	Monday, June 10	*Module 7: Data Delivery & Reporting (Ch. 21)*
	Tuesday, June 11	"Study Abroad" Official End (Departure)
	Monday, June 17	Project deadline
6	Friday, June 21	Last Day of Summer A Term

SUCCESS AND STUDY TIPS

Recognizing that people learn in different ways and with no judgement on how you study (e.g., highlighting the textbook, using YouTube, drawing figures), here are some tips for success and studying in this course that have proven useful for many:

- The textbook is written in an interesting way but is not required for success in the course. However, if you are having trouble connecting material in the lecture or want more information or elaboration, please review the textbook.
- Engage with your peers, online and in-person! We are one another's greatest resources for learning material. Can you connect what we learn in class to your own movements or activities, to what we see abroad?
- Look up material that inspires you. If we're talking about neurological tests and you really become curious about what those tests comprise – take a moment to look it up and read about it or watch a video clip! Share as a Discussion on Canvas.
- Do prepare your responsibilities well in advance. We engage for a variety of reasons – take the opportunity to present to the class seriously; it'll likely come in handy when you're doing a med school interview or job talk in the future.
- Check Canvas for announcements! Adjustments to the schedule and edits/clarifications to topics discussed in class will be posted here. Additionally, resources will be described online. Set the notifications in Canvas so that you receive e-mails when something is posted.
- We're lucky to have the opportunity to learn this course material in such a unique setting. Respect your each other, your instructor, and those will cross paths with – be respectful of the differences you may hold from others.
- This course is designed with flexibility and an effort to genuinely appreciate our time abroad while learning course content. Please respect this and do not try to take advantage of the accommodating nature of the course through unfair, inequitable requests. If you miss a deadline or do not follow instructions for something, take responsibility for your mistake without seeking an excuse that isn't fair to others.
- Things happen. That's life. Ultimately, I want you to succeed and be safe. Reach out to speak with me, the more proactively, the better.