

Applied Sport Science (in Human Performance) – Study Abroad

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APK 4905c | Class # 14030 | Section EX02 | 3 Credits | SU A 25

Course Info

INSTRUCTOR

Diba Mani, Ph.D. (Course Instructor, Faculty)

Instructional Associate Professor

Email: dmani@ufl.edu

Method of Contact: Canvas Messaging for presently enrolled students re: grading, assignment, and lecture content inquiries

Pronouns: she/her

Michael Fitzgerald (Academic Director, College Coordinator for Global Engagement)

Method of Contact: UFL email re: program enrollment, course registration, and other UF-specific academic inquiries

Email: mfitzgerald@ufl.edu

Pronouns: he/him

FUA Coordinator ("Florence University of the Arts" Hired Provider)

Via Ricasoli campus: +39 055 2658135

Corso dei Tintori campus: +39 055 244664

Student Life & Development Department: sld-studentservices@florencecampus.org

Emergency number: +39 351 5081385 (health & safety emergencies)

OFFICE HOURS

Available by appointment, virtual (during SU A 2025), and in-person (during study abroad period)

MEETING TIME/LOCATION

This course takes place in-person in Italy during Summer A Term 2025. Access course content through Canvas on UF e-Learning (<https://elearning.ufl.edu/>) and the Canvas mobile app by Instructure, for which access opens about one week before the start of term and 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.

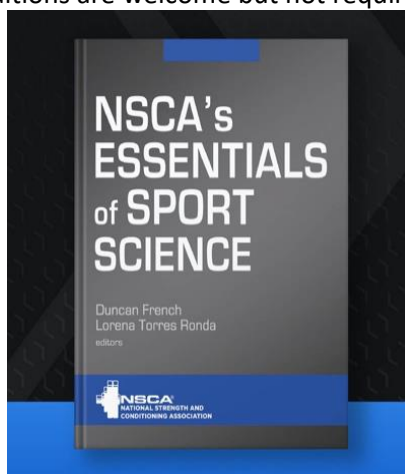
PREREQUISITE KNOWLEDGE AND SKILLS

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 (optional), 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. Newer editions are welcome but not required.



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

CONTENT ATTESTATION

Instructional materials for this course consist of only those materials specifically reviewed, selected, and assigned by the instructor(s). The instructor(s) is only responsible for these instructional materials.

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 provided in the excursion-inclusive tentative course schedule posted in Canvas but may change due to logistical adjustments that are expected with study abroad; everyone's patience is appreciated.

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 – some deviations that are known from before the semester begins are noted in our excursion-inclusive tentative course schedule posted in Canvas. 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 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. UF does not recommend students relying on/regularly using tablet devices, mobile phones, or Chromebook devices as their primary computer, as these may not be compatible with specific platforms used in this course or other UF courses (<https://it.ufl.edu/policies/student-computing-requirements/>). 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 call (352-392-HELP/4357) or email 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 will 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
- Work
- Tickets purchased for special events conflicting with excursions
- [Personal] travel beyond that which is inherent to the program; time zone deviations
- 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 study abroad 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/missing submissions are **not** accepted. Assignments and open-book assessments will be open from the first day of the semester. As such, general requests for due date extensions and make-ups will be denied. It is the student's individual responsibility to know the due dates and to complete the homework assignment in a timely manner (all deadlines are in ET). It is highly recommended that students complete their work early rather than waiting last minute (i.e. the day it is due), as technological issues presented within 24 hours of the deadline will not be accepted. It is strongly recommended that you leave enough time to upload your assignment before the deadline and then double-check your upload has been made successfully.

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 primary program Director). Communicating retroactively (e.g., at the end of the program) 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.ua.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://my-ufl.bluera.com/>.

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 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:** 1317 Turlington 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.

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. There are no re-grades or re-submissions after a deadline has passed. There is no curve for this course and final grades will not be rounded up. The Make-Up Policy described above will be followed. 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. Full group activities are not posted in this calendar, but are available in Canvas. 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	Thursday, April 24	1-2 PM ET via Zoom 2-3 PM ET Optional Student/Office Hour with Dr. Mani in FLG Pre-Departure Meeting, Introductions
	Monday, May 5	Canvas Opens
1	Monday, May 12	First Day of Summer A Term <i>Module 1: Introduction to Applied Sport Science (Ch. 7)</i>
	Tuesday, May 13	<i>Module 1: Introduction to Applied Sport Science (Ch. 8)</i>
	Wednesday, May 14	<i>Module 2: Kinematics & Kinetics (Ch. 11)</i>
	Thursday, May 15	<i>Module 2: Kinematics & Kinetics (Ch. 12)</i>
	Friday, May 16	<i>Module 3: Tracking Systems & Load Monitoring (Ch. 9)</i>
2	Tuesday, May 20	<i>Module 3: Tracking Systems & Load Monitoring (Ch. 10)</i>
	Friday, May 23	Class Excursion/Meet in Florence, Italy <i>Module 4: Strength & Heart rate Monitoring (Ch. 13)</i>
3	Tuesday, May 27	Class Excursion/Meet in Florence, Italy <i>Module 4: Strength & Heart rate Monitoring (Ch. 14)</i>
	Friday, May 30	Project Workday/Individualized Content Catch-Up in Florence, Italy
4	Tuesday, June 3	Class Excursion/Meet in Florence, Italy <i>Module 5: Subjective Monitoring (Ch. 17)</i>

	Wednesday, June 4	Florence → Rome
	Friday, June 6	Class Excursion/Meet in Rome, Italy <i>Module 6: Performance Interventions & Operationalizing Data (Ch. 22)</i>
5	Tuesday, June 10	Class Excursion/Meet in Rome, Italy <i>Module 7: Data Delivery & Reporting (Ch. 21)</i>
	Friday, June 13	Class Excursion/Meet or Project Workday/Individualized Content Catch-Up in Rome, Italy
6	Monday, June 16	“Study Abroad” Official End (Departure)
	Tuesday, June 17	Project Deadline
	Friday, June 20	Last Day of Summer A Term

Recommended course content calendar:

SUN	MON	TUE	WED	THU	FRI	SAT
				May 1	2	3
4	5 Canvas Opens	6	7	8	9	10
11	12 Ch 7	13 Ch 8	14 Ch 11	15 Ch 12	16 Ch 9	17
18	19 Arrive	20 Ch 10	21	22	23 Ch 13 + Meet	24
25	26	27 Ch 14 + Meet	28	29	30 Project	31
SUN	MON	TUE	WED	THU	FRI	SAT
June 1	2	3 Ch 17 + Meet	4	5	6 Ch 22 + Meet	7
8	9	10	11	12	13	14

SUN	MON	TUE	WED	THU	FRI	SAT
		CH. 21 Meet			Meet on Project	
15	16 Depart	17 Project Due	18	19	20 Term Ends	21
22	23	24	25	26	27	28
29	30					

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.