

Florida Atlantic University
Department of Exercise Science and Health Promotion
PEP 4136: Advanced Methods of Strength and Conditioning
Summer 2009 – 3 credits

Class: Monday / Wednesday 2:00 – 5:10 pm
June 22nd – August 3rd Fleming Hall, Room: 401

Instructor: Michael J. Hartman, Ph.D., CSCS*D
Office: Field House West, Room TBD
Office hours: Monday and Wednesday, 12:30 - 2:00 pm
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Prerequisite: PEP 3136 Leadership II; PET 4351 Exercise Physiology

Required Text: **Essentials of Strength Training and Conditioning, 3rd Edition**
Baechle and Earle, (Eds.); Human Kinetics (2008)
ISBN: 0736058036

Course Description:

Advanced methods and techniques associated with conditioning of athletes and specific populations. Sport specific conditioning of both aerobic and anaerobic systems and practice of methods to specifically assess performance parameters in athletes is included.

This class is web-assisted. The syllabus, handouts, assignments, and class lectures will appear on Blackboard. To access these materials, sign on to <http://blackboard.fau.edu>. Using Blackboard in this course does not rule out your requirement to attend all lectures and class meetings.

Course Objectives:

Demonstrate an in-depth knowledge of exercise physiology as it relates to training athletes, with emphasis on the neuromuscular and bioenergetic adaptations which take place with intense training.

The student should be able to demonstrate knowledge of exercise specificity and apply this knowledge in planning training regimens that are specific for the development of both aerobic and anaerobic capacity, as well as muscular strength, endurance and power for specific team and individual sports or varying performance levels and specific athletic populations.

Course Requirements:

Mid-Term Exam and Comprehensive Final, 50 points each; (150 points total)

Exams will include multiple choice, true/false, written definitions, and short essay questions.

Testing may be in conjunction with images or video (similar to the CSCS exam), which mainly assesses competencies in exercise techniques, functional anatomy, and testing procedures. If a test is missed, it will be assigned a grade of 0% (unless there are unusual circumstances). Rescheduling of an exam (early or later, regardless of circumstance) will incur a 5-point penalty.

Course Requirements (continued):

Training Program, 50 points

Students will be responsible for the design of a resistance training program for a specific population and performance level. The program will be based on the training principles discussed in class. A detailed “outline” will be required outlining the rationale of the program. Detailed information will be provided at a later date.

Grading Policy:

The final grade for this class will be based upon:

Mid-Term (2) and Final	150 points
Training Program	50 points
<i>Total</i>	<i>200 points</i>

Grading Scale:

94.0- 100%= A	
90.0- 93.9%=A-	70.0- 73.9%=C-
88.0- 89.9%=B+	68.0- 69.9%=D+
84.0- 87.9%=B	64.0- 67.9%=D
80.0- 83.9%=B-	60.0- 63.9%=D-
78.0- 79.9%=C+	< 60.0%=F
74.0- 77.9%=C	

In compliance with the Americans with Disabilities Act (ADA), students who require special accommodations due to a disability to properly execute coursework must register with the Office for Students with Disabilities (OSD) located in Davie - MOD I (954-236-1222, and follow all OSD procedures.

Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty, including cheating and plagiarism, is considered a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive of the University community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonesty. For more information: http://www.fau.edu/regulations/chapter4/4.001_Honor_Code.pdf.

**PEP 4136 Advanced Methods of Strength and Conditioning
Summer 2009; Course Outline (*Subject to Change*)**

<u>Date</u>	<u>Topic</u>	<u>Reading Assignment</u>
June 22	Overview of Course; Prerequisite Review	Chapters 5, 15
June 24	Advanced Exercise Technique	Chapter 14
June 29	Speed and Plyometrics	Chapters 16, 17
July 1	Testing and Evaluation (Combine)	Chapters 11, 12
July 6	Exam I	
July 8	Intro to Program Design	Chapters 15, 19
July 13	Advanced Program Design I	Chapter 19, Supplemental
July 15	Advanced Program Design II	Supplemental
July 20	Exam II	
	Organization and Administration	Chapters 21, 22
July 22	Sports Nutrition and Supplements	Chapters 9, 10
July 27	Coaching and Sport Psychology Training Program Due	Chapter 8
July 29	Special Topics / Student Presentations	
August 3	Comprehensive Final Exam	