

COURSE SYLLABUS**I. COURSE NUMBER AND TITLE**

PET 5391

Advanced Methods of Strength and Conditioning

II. PROFESSOR

Patrick Jacobs; PhD, CSCS-D, FACSM

Office: TBA, Boca Raton Campus

Office hours: Mondays & Wednesdays : 2:00 – 5:00 PM

Telephone: TBA

Email: pjacobs4@fau.edu**III. CLASS INFORMATION**

Days Mondays

Times 6:30 – 9:40 PM

Location FL Building 404, Boca Raton Campus

III. REQUIRED MATERIALS

The required textbook for this course is:

Fleck, S. and Kraemer W. *Designing Resistance Training Programs*; 3rd Edition;
Human Kinetics. ISBN 9780736042574**IV. COURSE DESCRIPTION**

Course teaches students how to design strength and conditioning programs for heterogeneous populations. Development of these programs is through the advanced periodized manipulation of acute training variables. The course covers high-level sport-specific exercise prescription that aids injury prevention and performance enhancement.

V. COURSE OBJECTIVES

1. Design training programs that maximize performance by prescribing various training methods and modes based upon an athlete's health status, strength and conditioning levels and training goals.
2. Design training programs that maximize performance by utilizing the principles of periodization.
3. Design training programs that maximize performance and/or decrease injury susceptibility by prescribing exercises to develop and/or maintain muscular balance between antagonistic muscles, muscle groups, and/or body parts.

VI. CALENDER OF READING AND WRITING ASSIGNMENTS

The student shall be expected to contribute to class discussions. Therefore, it is necessary that reading assignments be completed prior to the class sessions in which those readings are addressed. For the initial schedule of lecture topics per class session, see Section X: Class Sessions and Meeting Times.

VII. COURSE REQUIREMENTS

There will be nine examinations and one final examination administered during this course covering the assigned readings outlined in Section X: Class Sessions and Meeting Times. Each student will be required to make *an oral presentation to the class on a rehabilitation or training movement*. Topics will be assigned by the Professor.

VIII. CLASS POLICIES

While class attendance will not be directly included as a grading criteria, regular class participation is expected and required for all exams, labs, and student presentations. Unexcused absence during scheduled examinations and/or labs will not be rescheduled and will result in a grade of zero for that exam.

IX. STUDENTS WITH DISABILITIES

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 Boca Raton – SU 133 (561-297-3880), in Davie – MOD I (954-236-1222), in Jupiter – SR 117 (561-799-8585), or at the Treasure Coast – CO 128 (772-873-3305), and follow all OSD procedures.

X. FAU HONOR CODE

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, see http://www.fau.edu/regulations/chapter4/4.001_Honor_Code.pdf.

XI. GRADING POLICIES

1.	Eight Examinations	400 points	54%
2.	Final Examination	100 points	13%
3.	Three Projects	150 points	20%
5.	Research Paper	100 points	13%
	TOTAL GRADE	750 points	100%

GRADING SCALE

94.0 – 100% = A	70.0 – 73.9% = C-
90.0 – 93.9% = A-	68.0 – 69.9% = D+
88.0 – 89.9% = B+	64.0 – 67.9% = D
84.0 – 87.9% = B	60.0 – 63.9% = D-
80.0 – 83.9% = B-	< 59.9% = F
78.0 – 79.9% = C+	
74.0 – 77.9% = C	

Exams: The exams will consist of short answer, multiple choice, and essay questions. These examinations will cover all assigned readings, class lectures and discussions, student presentations, and laboratory experiences.

Research Article Reports: Students will be asked to read ten different exercise physiology research articles and prepare a one to two page synopsis for each. Students will be prepared to lead a discussion in class on their selected article and synopsis. Specific topics will be assigned by the Professor with approximately two weeks prior notice.

Labs: There will be approximately four or five lab exercises assigned during the class. The lab exercises will be performed in a group process, but each student is responsible for writing and submitting their own individual lab report. The specifics of the lab report format will be covered in class, but in general the report shall be typed in double space, 12 pt font.

Paper: Students will be required to write an 8-10 page research paper. The paper should be written using the same format utilized in *Medicine and Science in Sport and Exercise* journal for all references and citations within the text of the paper. The paper should be typed in double space using 12-pt font with margins no larger than one inch. At least ten peer-reviewed journal articles, within five years of publication, should be referenced in the paper. These research papers should be turned in to the Professor by April 16, 2007. A hard-copy format must be physically presented to the Professor, as well as submitted via Blackboard and Turnitin. Turnitin will check your paper for plagiarism.

XII. CLASS SESSIONS, LOCATION, AND MEETING TIMES:

This course will meet Mondays from 6:30 to 9:40 PM, in FL 404. The first class will be held on May 16, 2009 and the Final Examination will be administered August 3, 2009..

The following is a tentative schedule of class lecture topics and related readings from the Fleck and Kraemer text. Generally, more than one topic will be covered per class session. This general structure will be flexible based on class discussions and lab progress. Any schedule revisions will be distributed in class and posted on the class Blackboard webpage.

Orientation

Basic Principles of Resistance Training and Exercise Prescription

Types of Strength Training

Neuromuscular Physiology and Adaptations to Resistance Training
Integrating other Fitness Components

Developing the Individualized Resistance Training Workout

Resistance Training Systems and Techniques

Advanced Training Strategies

Advanced Training Strategies

Testing

Speed, Agility, and Quickness

Women, Children, and Seniors

Vibration Training