

# FLORIDA ATLANTIC UNIVERSITY

## Exercise Science & Health Promotion

**Semester:** Fall 2018  
**Course:** Applications of Training Physiology 1 (PEP 3192)  
**Location:** College of Education Bldg. – Rm. 125 or GY 202  
**Time:** TR 8:00 – 9:20AM

**Instructor:** Laura Canteri  
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**Phone:** (561) 297-4445  
**Office:** Field House 11A, Rm. 128A  
 T/R 11:00AM – 12:00PM  
 W 12:00PM – 4:00PM

**GA:** Tori McKenzie  
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### Course Description:

Bridging the gap between science and practical application to get a better understanding of how the body works most efficiently. This includes understanding functional anatomy, movement screens/assessments, corrective exercises, program design, and leadership roles for various types of exercise styles/programs.

### Recommended Text:

Haff, G. and Triplett, N. (2016). *Essentials of Strength Training and Conditioning, 4<sup>th</sup> Edition*. Champaign, IL: Human Kinetics.

### Prerequisites:

HSC 2100, PSY 1012 with grades of "C" or better or equivalent

### Prerequisites / Corequisites:

APK 4110 and APK 4110L

### Course Objectives:

1. Demonstrate an understanding of muscle physiology, anatomy, and biomechanics.
2. Demonstrate an understanding of various core, upper body, and lower body assessments.
3. Demonstrate the ability to apply findings from assessments to write an exercise program.
4. Demonstrate an ability to instruct/coach diverse populations in both group and individual settings.
5. Demonstrate an ability to organize and deliver both group and individual exercise programming.
6. Demonstrate and lead various types of movement screens and assessments.

### Dress:

We will be exercising/moving every day, so please wear comfortable clothing and shoes. Inappropriate dress or behavior will result in a deduction of participation points and a written assignment will be given instead. Further details will be given in class.

**Attendance and Participation:**

Students are expected to attend all scheduled University classes and to satisfy all academic objectives as outlined by the instructor. The effect of absences upon grades is determined by the instructor, and the University reserves the right to deal at any time with individual cases of nonattendance. Attendance includes active involvement in all class sessions, class discussions, and class activities, as well as professional conduct in class.

Students are responsible for arranging to make up work missed because of legitimate class absence, such as: illness, family emergencies, military obligation, court-imposed legal obligations, or participation in University-sponsored activities (i.e. varsity athletics). Instructors must allow each student who is absent for a University-approved reason the opportunity to make up work missed without any reduction in the student's final course grade as a direct result of such absence. It is the student's responsibility to give the instructor notice prior to any anticipated absence. Furthermore, documentation must be submitted by the next class date you attend to get the absence excused. If you miss a class at the end of the semester, proper documentation must be submitted one week prior to the last day of class to be accepted. In the rare event of excessive excused absences, you will be given an incomplete and required to make up the missed classes the following semester to earn your full grade. In-person participation is a mandatory part of the course and cannot be made up with anything but participation in future classes.

Point Deductions	
Absence	3 points
Late / Early Dismissal (5 min)	1 point
Excessive Lateness / Early Dismissal (10+ min)	2 points
Inappropriate Dress (activity days)	3 points

**Written Exams:**

There are three written exams in which the student is responsible for all information contained in readings, lecture notes, labs, and anything else verbally communicated by the instructor. These exams are to be completed online via Canvas; therefore, the student is responsible for using a computer with a reliable and fast internet connection. If you don't have access to the necessary equipment for an online exam, you can utilize any of the on-campus computer labs that are available to FAU students.

**Practical Exams:**

There are three practical exams in which the student is expected to thoroughly explain and demonstrate exercise techniques discussed in class. Grading will be based on accuracy of information and effectiveness of instructing the material. These exams are to be completed in person and students will be assigned a time slot during class time to complete their practical. If you are late or trade your time slot with another classmate, then you will receive a zero and will not be permitted to make up the exam.

**Quizzes:**

There are eight quizzes in which the student is responsible for all information contained in readings, lecture notes, and/or labs. These quizzes are to be completed online via Canvas; therefore, the student is responsible for using a computer with a reliable and fast internet connection. If you don't have access to the necessary equipment (i.e. internet, computer, Microsoft Word, etc.), you can utilize any of the on-campus computer labs that are available to FAU students.

**Reading/Lab Assignments:**

There will be eight reading and/or lab assignments throughout the semester to compliment the material covered in class. These assignments are to be completed online via Canvas; therefore, the student is responsible for using a computer with a reliable and fast internet connection. If you don't have access to the

necessary equipment (i.e. internet, computer, Microsoft Word, etc.), you can utilize any of the on-campus computer labs that are available to FAU students.

#### Grading Scale:

A	=	94 – 100%	C	=	74 – 76.99%
A-	=	90 – 93.99%	C-	=	70 – 73.99%
B+	=	87 – 89.99%	D+	=	67 – 69.99%
B	=	84 – 86.99%	D	=	64 – 66.99%
B-	=	80 – 83.99%	D-	=	60 – 63.99%
C+	=	77 – 79.99%	F	=	≤59.99%

#### Course Evaluation:

Attendance / Participation	30 points
Lab / Reading Assignments	80 points (8 @ 10 pts. each)
Quizzes	40 points (8 @ 5 pts. each)
Practical Exams	75 points (3 @ 25 pts. each)
Written Exams	75 points (3 @ 25 pts. each)
<b>Total</b>	<b>300 points</b>

#### Students with Disabilities:

In compliance with Americans with Disabilities Act Amendments Act (ADAAA), students who require reasonable accommodations due to a disability to properly execute coursework must register with Student Accessibility Services (SAS) and follow all SAS procedures. SAS has offices across three of FAU's campuses – Boca Raton, Davie and Jupiter – however disability services are available for students on all campuses. For more information, visit the SAS website: [www.fau.edu/sas/](http://www.fau.edu/sas/)

#### Counseling and Psychological Services (CAPS) Center:

Life as a university student can be challenging physically, mentally and emotionally. Students who find stress negatively affecting their ability to achieve academic or personal goals may wish to consider utilizing FAU's Counseling and Psychological Services (CAPS) Center. CAPS provides FAU students a range of services – individual counselling, support meetings, and psychiatric services, to name a few – offered to help improve and maintain emotional well-being. For more information, visit the CAPS website: [www.fau.edu/counseling/](http://www.fau.edu/counseling/)

#### Student Code of Conduct (4.007):

“The university's Student Code of conduct is an integral part of the educational mission of the University, emphasizing the development of each individual's acceptance of his or her own personal and social responsibilities and to ensure fairness and due process for all students. Since behavior which is not in keeping with standards acceptable of the University community is often symptomatic of attitudes, misconceptions, and emotional crises; reeducation and rehabilitative activities are essential elements of the disciplinary process. A humanistic approach is employed. The University's Student Code of Conduct is designed to provide and help maintain an atmosphere within the University community that is conducive to academic pursuits. Serious action against a student, such as separation, is considered and invoked only when other remedies fail to meet the needs of the University's mission.”

#### Code of Academic Integrity:

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, visit University Regulation 4.001: [https://www.fau.edu/ctl/4.001\\_Code\\_of\\_Academic\\_Integrity.pdf](https://www.fau.edu/ctl/4.001_Code_of_Academic_Integrity.pdf)

### General Guidelines:

You are expected to read and follow the syllabus. You are responsible for all information contained in readings, the lecture notes, labs, and anything else verbally communicated by the instructor. Every effort will be made to follow the course schedule verbatim; however, the schedule is tentative and subject to change. Whenever possible, changes will be communicated in advance during class or via e-mail. Make-up examinations are not allowed without proper documentation. **Cheating or plagiarism will result in a failing grade on the assignment, exam, or possibly the course. Should you be caught cheating, the Department of Exercise Science and Health Promotion will place a letter in your electronic file. The department reserves the right to dismiss you from the department.**

### Course Schedule (subject to change):

T	21-Aug	Introduction & Forms / Hypermobility & Instability
R	23-Aug	Functional Stability
T	28-Aug	Postural Restoration Institute (PRI)
R	30-Aug	McGill Big 3 and Anterior Core Exercises
T	4-Sep	Anterior Core Exercises
R	6-Sep	Posterior Core Exercises
T	11-Sep	Lateral & Rotary Core
R	13-Sep	How to Design a Warm-Up / Program Design Considerations for Core Exercises
T	18-Sep	Core Exercises – Review
R	20-Sep	<b>Practical Exam 1</b> (student times TBD) / <b>Written Exam 1</b> (released on Canvas)
T	25-Sep	General Lower Body & Squat Specific Assessments
R	27-Sep	Dynamic Systems Theory – Sue Falsone
T	2-Oct	Lower Body Exercises (squat variations)
R	4-Oct	Lower Body Exercises (single leg variations)
T	9-Oct	Assessing the Foot & Ankle – Dr. James Spencer
R	11-Oct	Lower Body Exercises (hip hinge variations)
T	16-Oct	MB / Plyometric Exercises
R	18-Oct	Program Design Consideration for Lower Body Exercises
T	23-Oct	Lower Body Exercises – Review
R	25-Oct	<b>Practical Exam 2</b> (student times TBD) / <b>Written Exam 2</b> (released on Canvas)
T	30-Oct	Upper Body and Posture – Mike Reinold & Eric Cressey
R	1-Nov	Upper Body Assessments (thoracic, scapula, shoulder)
T	6-Nov	Upper Body Assessments (thoracic, scapula, shoulder)
R	8-Nov	Upper Body Exercises (scapular variations)
T	13-Nov	Upper Body Exercises (pull variations)
R	15-Nov	Upper Body Exercises (push variations)
T	20-Nov	Program Design Considerations for Upper Body Exercises

R	22-Nov	NO CLASS - Thanksgiving Break
T	27-Nov	Program Design
R	29-Nov	Program Design
T	4-Dec	Upper Body Exercises – Review
R	6-Dec	<b>Practical Exam 3</b> (student times TBD) •930AM Class Final @8-10:15 •1230 Class Final @10:30-1:00 <b>Written Exam 3</b> (all sections - released on Canvas)
T	11-Dec	<b>Practical Exam 3</b> (student times TBD) •8AM Class Final @8-10:15