

# Cover Sheet: Request 12214

## ATR7318c Sport Performance and Intervention

### Info

Process	Course New Ugrad/Pro
Status	Pending at PV - University Curriculum Committee (UCC)
Submitter	Sarah Eberhart seberhart@hhp.ufl.edu
Created	1/9/2018 10:37:21 AM
Updated	1/17/2018 6:00:04 PM
Description of request	Furtheres the Athletic Trainers' therapeutic and functional performance knowledge and advances clinical skills in the design and implementation of exercise and nutrition programs for the prevention, management and enhancement of activity/performance.

### Actions

Step	Status	Group	User	Comment	Updated
Department	Approved	HHP - Applied Physiology and Kinesiology 012603000	Sarah Eberhart		1/17/2018
No document changes					
College	Approved	HHP - College of Health and Human Performance	Sarah Eberhart		1/17/2018
No document changes					
University Curriculum Committee	Pending	PV - University Curriculum Committee (UCC)			1/17/2018
No document changes					
Statewide Course Numbering System					
No document changes					
Office of the Registrar					
No document changes					
Student Academic Support System					
No document changes					
Catalog					
No document changes					
College Notified					
No document changes					

## Course|New for request 12214

### Info

**Request:** ATR7318c Sport Performance and Intervention

**Description of request:** Furthers the Athletic Trainers' therapeutic and functional performance knowledge and advances clinical skills in the design and implementation of exercise and nutrition programs for the prevention, management and enhancement of activity/performance.

**Submitter:** Sarah Eberhart seberhart@hhp.ufl.edu

**Created:** 1/9/2018 10:32:51 AM

**Form version:** 1

### Responses

**Recommended Prefix**ATR

**Course Level** 7

**Number** 318

**Category of Instruction** Advanced

**Lab Code** C

**Course Title**Sport Performance and Intervention

**Transcript Title**Sport Perform & Inter

**Degree Type**Other

**If other degree type, specify** Doctor of Athletic Training (post-professional)

**Delivery Method(s)**4637On-Campus

**Co-Listing**No

**Co-Listing Explanation**n/a

**Effective Term** Earliest Available

**Effective Year**Earliest Available

**Rotating Topic?**No

**Repeatable Credit?**No

**Amount of Credit**3

**S/U Only?**No

**Contact Type** Regularly Scheduled

**Weekly Contact Hours** 3

**Course Description** Furthers the Athletic Trainers' therapeutic and functional performance knowledge and advances

clinical skills in the design and implementation of exercise and nutrition programs for the prevention, management and enhancement of activity/performance.

**Prerequisites** ATR7309c Evidence-Based Therapeutic Intervention

**Co-requisites** n/a

**Rationale and Placement in Curriculum** Offered after the therapeutic intervention course (as this serves as a more advanced exercise programming course) and before the functional movement assessment course, which uses the functional conditioning knowledge.

**Course Objectives** 1.Design, implement and modify training programs to meet patient/athlete goals using appropriate

exercise physiology, muscle physiology, biomechanics and health/wellness principles.

2.Construct programming at various time intervals related to training (e.g., pre-event, recovery, etc.), which utilizes the principles of energy balance (e.g., nutrition), hydration, macro and micronutrients for the physically active population.

3.Identify proper technique and instruct the athlete/patient regarding appropriate posture, muscle activation and form during performance of functional activities.

4.Execute conditioning sessions or program designs with appropriate safety and regulatory standards.

5.Design and implement training programs using baseline measures, pre-screening tools and scholarly evidence (i.e., normative data).

6.Distinguish challenges to psychosocial well-being of the athlete/patient, including signs of

over-training, body image conditions, steroid or other performance enhancing substance abuse.  
7. Use research to determine the efficacy of common ergogenic aids to performance.

**Course Textbook(s) and/or Other Assigned Reading** Exercise Technique Manual for Resistance Training Author: National Strength and Conditioning

Association Publisher: Human Kinetics Year: 2016 Edition: 3rd

Essentials of Strength and Conditioning, Author: National Strength and Conditioning Association

Publisher: Human Kinetics Year: 2015 Edition: 4th

Sports and Exercise Nutrition Author: McArdle, Katch and Katch

Publisher: Lippincott Williams & Wilkins Year: 2012 Edition: 4th

All other reading materials will be available on the class web page (E-Learning) or the instructor will provide soft or hard copies in person. Journal articles will be used frequently. Most articles will be available on-line, but some will need to be retrieved from various libraries on campus.

**Weekly Schedule of Topics** 1 Exercise Testing and Administration

2 Warm-up and Flexibility

3 Resistance Training Program Design

4 Resistance Training Program Design

5 Resistance Training Program Design: Olympic Lifting

6 Plyometrics, Speed, and Agility

7 Aerobics and Periodization

8 Facility Design, Policies and Procedures, Safety

9 Macro/Micronutrients

10 Metabolism

11 Nutrition and Hydration for Activity

12 Nutrition and Hydration for Activity

13 Energy Balance

14 Disordered Eating

15 Performance Enhancing Substances

16 Certification Exam Review and Preparation

**Links and Policies** Requirements for class attendance and make-up exams, assignments, and other work are

consistent with university policies found in the online catalog

<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

Faculty will not tolerate violations of the Honor Code at the University of Florida and will report incidents to the Dean of Students Office for consideration of disciplinary action. The Honor Code (<http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. If you have questions about what constitutes academic misconduct before handing in an assignment, see your instructor.

Academic Assistance and Student Services: Students who are in need of academic, career, or personal counseling services are encouraged to see the academic assistance website for further information on available services. [http://www.ufadvising.ufl.edu/academic\\_assistance/](http://www.ufadvising.ufl.edu/academic_assistance/)

ADA Policy: The University of Florida provides accommodations for students with documented disabilities. For more information regarding services and procedures for requesting accommodations visit <http://www.dso.ufl.edu/drc/> or call 352.392.8565.

If you or a friend is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu); a nighttime and weekend crisis counselor is available by phone at 352.392.1575. The U Matter, We Care Team can help connect students to the many other helping resources available including, but not limited to, Victim Advocates, Housing staff, and the Counseling and Wellness Center. Please remember that asking for help is a sign of strength. In case of emergency, call 9-1-1.

University Police Department: 392.1111 or 9-1-1 for emergencies <http://www.police.ufl.edu/>

Counseling and Wellness Center: <http://www.counseling.ufl.edu/cwc/Default.aspx>, 352.392.1575;

Sexual Assault Recovery Services (SARS) Student Health Care Center, 352.392.1161.

Career Resource Center: Reitz Union, 352.392.1601, <http://www.crc.ufl.edu/>

Confidentiality: The University ensures the confidentiality of student educational records in accordance with State University System rules, state statutes and FERPA, the Family Educational Rights and Privacy Act of 1974, as amended, also known as the Buckley Amendment.

<http://www.registrar.ufl.edu/catalog/policies/regulationconfidentiality.html>

Course Grading Policy: Students will earn their course grade based on completion of coursework as outlined in the Grading Criteria listed above. Percentage calculations are rounded up at “.6 or above” and rounded down at “.5 or below”. For more information regarding Grade Point Averages, Grade Values, etc. please visit the University registrar website listed below.

<https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

Course Evaluations: Students should provide feedback on the quality of instruction in this course

by completing online evaluations <https://evaluations.ufl.edu>. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results>.

Email and E-Learning Policy: Students are required to check their University of Florida email and E-Learning Course account daily. Dissemination of reminders and course material may occur via email or through announcements in E-Learning; it is the student's responsibility to read and respond (if appropriate). E-learning Help Desk: <https://lss.at.ufl.edu/help.shtml> Technical support: 352.392.4357 (select option 2) or e-mail to [Learning-support@ufl.edu](mailto:Learning-support@ufl.edu)

Last Day to Withdraw: In order to withdraw from a course it is not sufficient simply to stop attending class or to inform the instructor of your intention to withdraw. In accordance with college policy, contact your adviser to begin the withdrawal process. To view the last day for withdrawal please visit <http://www.registrar.ufl.edu/catalog/adhub.html>

Library Resources Support: <http://cms.uflib.ufl.edu/ask>

Student Complaints Process: [https://www.dso.ufl.edu/documents/UF\\_Complaints\\_policy.pdf](https://www.dso.ufl.edu/documents/UF_Complaints_policy.pdf)

Teaching Center: General study skills and tutoring <http://teachingcenter.ufl.edu/> Broward Hall, 352.392.2010 or 352.392.6420.

Writing Studio: Formatting and writing papers assistance <http://writing.ufl.edu/writing-studio/>

**Grading Scheme** E-Learning Exams: 50%

Final Program: 20%

Quizzes, Assignments, Labs, Participation, Attendance: 30%

Total: 100%

**Instructor(s)** Dr. Christopher Brown, LAT, ATC

Clinical Assistant Professor

Clinical Education Coordinator, Doctorate of Athletic Training Program

Office Location: 122FLG

Office Phone: 352-294-1070

Email: [cdbrown7@ufl.edu](mailto:cdbrown7@ufl.edu)