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**ADVANCED PRINCIPLES OF APPLIED KINESIOLOGY  
EDKP 450-001**

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COURSE OUTLINE, Winter 2022

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<b>Instructor:</b>	Dr. Celena Scheede-Bergdahl Email: celena.scheede@mcgill.ca
<b>Class Schedule:</b>	Tuesdays and Thursdays 10:05-11:25
<b>Locale:</b>	Currie Gym 408
<b>Office hours:</b>	By appointment

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**COURSE DESCRIPTION:**

This course aims to provide students with a basic introduction to training and periodization, in the context of working with athletes in various stages of their seasons. Emphasis will be placed on effective analysis of an athlete's/team's needs, ability to design targeted training programs and how to understand how to best contribute to an athlete's/team's healthy improvements throughout a season.

**COURSE OBJECTIVES:**

Upon completion of this course, the student should be able to:

- Appreciate the specific needs of an athlete/team according to their sport
- Understand the fundamental elements of a planned periodization programme and why they exist
- Utilize the fundamental concepts of a planned periodization programme
- Apply theoretical knowledge into a practical application and design of a year-long program

**REQUIRED COURSE TEXT:**

- Periodization: Theory and Methodology of Training, 6e edition, Human Kinetics publisher
  - You may buy a used copy or e-text but make sure that the same topics are covered. The authors changed between 4e, 5e and 6e. Please understand that this is a **required text** so I am expecting it to be read and used for the purposes of this class.

**SUGGESTED COURSE TEXT:**

- Strength Training Anatomy, Human Kinetics publisher  
<http://www.humankinetics.com/products/all-products/strength-training-anatomy-3rd-edition>
  - This is a really useful book but you are not obliged to buy it.

**COURSE EVALUATION METHODS:**

Periodization project (group project).....	45%
Oral presentation .....	20%
Assignments (4, individual) .....	30%
Participation .....	5%

**What is the periodization project?**

The periodization project involves using the theory that you will be learning in this course and applying it to a practical context. Basically, periodization is the organization of an athlete’s or team’s annual training plan in relation to where peaking needs to occur. I will relate theory to your project in order for you to understand how it is used. You will be working in **groups** of 3 (you may choose who you work with unless all groups are already established). This is worth 45% of your grade and Zoom meetings (or equivalent) outside of class time are expected. I will give some class time to either work with group members or to ask questions. This project is about quality and not quantity. More details will follow.

**What are the oral presentations?**

With your periodization **group**, you will put together a 10-minute presentation that will be held during class time and include feedback/questions from your peers. It will consist of 5 slides (not including your title slide) to give a brief overview about what you are doing with your project. You are encouraged to view this opportunity as a chance to improve your project. More details will follow.

**What are the assignments?**

Over the course, you will be responsible for completing 4 **individual** assignments that involve concepts from your text.

Assignment 1 will cover game analysis, assignment 2 will cover strength and power development, assignment 3 will cover endurance training and assignment 4 will cover speed and agility training. These concepts will be important for your project. More details will follow.

**How do I grade participation?**

See above.

**Use of rubrics?**

You will be provided with a rubric for all work in this class. I want you to know what I am expecting and for us to be on the same page. Although you have a rubric, I do expect that effort will be made to fully accomplish each of the tasks outlined.

<b>LECTURE SCHEDULE (**subject to change)</b>		
<b>Week</b>	<b>Date</b>	<b>Description</b>
1	January 6 <b>ONLINE</b>	Course introduction: overview of outline, schedule and evaluation procedure. What is periodization? Why is this important?
2	Jan 11, 13 <b>ONLINE</b>	Review of Basis of Training (chapter 1), Principles of Training (chapter 2), Introduction of group periodization project and rubric, <u>sign up (3 per group), Introduction of oral presentation</u>
3	Jan 18, 20 <b>ONLINE</b>	Principles of Training continue <b>Assignment 1 (game analysis) start January 18, due February 1</b>
4	Jan 25, 27	Preparation for training (chapter 3)
5	Feb 1, 3	Variables of training (chapter 4) <b>Assignment 2 (chapter 10) start February 3, due February 15</b>
6	Feb 8, 10	Periodization of biomotor abilities (chapter 5)
7	Feb 15, 17	Planning the training session (chapter 6) <b>Assignment 3 (chapter 11) start February 17, due March 8</b>
8	Feb 22, 24	Planning the training cycles (chapter 7)
9	March 1, 3	<b>Reading week</b>
10	March 8, 10	Periodization of annual plan (chapter 8) <b>Assignment 4 (chapter 12) start March 10, due March 22</b>
11	March 15, 17	March 15: Peaking for competition (chapter 9) March 17: finish chapter 9, class time for oral presentation preparation
12	March 22, 24	<b>March 22: Oral presentations</b> <b>March 24: Oral presentations</b>
13	March 29, 31	<b>November 24: Oral presentations</b> November 26: Oral presentation feedback
14	April 5, 7	April 5: TBA April 7: open class for project preparation
15	April 12	<b>Projects due April 12 at 10:05am (start of class)</b>

\*Students are advised to keep a copy of the course syllabus for future reference.

**\*Schedule is subject to change**

\*\*If time is available due to completion of a chapter/section, class time may be allotted for group work.

## IMPORTANT DATES AT MCGILL:

### *Winter Term*

- **Classes begin:** Wednesday, January 5
- **Winter Reading Break:** from February 28 to March 4
- **Classes end:** Tuesday, April 12
- **Study Days:** Saturday, April 9 to Sunday, April 10; Friday, April 15 to Monday, April 18
- **Exams begin:** Wednesday, April 13
- **Exams end:** Friday, April 29 (11 days, including evening exams)

Other important dates built around the Key Academic Dates include:

- **Deadline to cancel registration:** Friday, December 31, 2021
- **Deadline to register without penalty** (new students only): Wednesday, January 5
- **Add/Drop deadline:** Tuesday, January 18
- **Course or University Withdrawal with refund deadline:** Tuesday, January 25
- **Course or University Withdrawal WITHOUT REFUND deadline:** Tuesday, March 8

### ACADEMIC STATEMENTS:

In accord with McGill University's Charter of Students' Rights, students in this course have the right to submit written work in **English** or in **French**. This right applies to all written work that is to be graded, from one-word answers to dissertations. Instructor addition: French/English dictionaries will be permitted during exams (however, supplemental notes marked within the dictionary will not be tolerated, *see following statement of academic integrity*).

McGill University values **academic integrity**. Therefore all students must understand the meaning and consequences of cheating, plagiarism and other academic offences under the Code of Student Conduct and Disciplinary Procedures

(see: [www.mcgill.ca/students/srr/honest/](http://www.mcgill.ca/students/srr/honest/) for more information).

L'université McGill attache une haute importance à l'honnêteté académique. Il incombe par conséquent à tous les étudiants de comprendre ce que l'on entend par tricherie, plagiat et autres infractions académiques, ainsi que les conséquences que peuvent avoir de telles actions, selon le Code de conduite de l'étudiant et des procédures disciplinaires (pour de plus amples renseignements, veuillez consulter: [www.mcgill.ca/students/srr/honest/](http://www.mcgill.ca/students/srr/honest/)).

### HEALTH AND SAFETY GUIDELINES:

Please note that this format for the delivery of this course is unusual and must respect the guidelines of health and safety ([General health guidelines | Coronavirus information - McGill University](#)). It is explained by our current extraordinary circumstances, and aims to allow you, as students, to complete this term with the requisite knowledge for this course, and to succeed in your assessments. I ask for everyone's collaboration and cooperation in ensuring that these guidelines are respected. On August 6, the Government of Quebec announced the government directives for the start of the Fall term, including no distancing in classrooms. Based on this announcement and our previous planning, McGill developed directives, which are detailed on the University's Coronavirus website. Please note that these condition may change at anytime following new directives from the government or the University.

### *DISTANCING (CONFIRMATION TBA)*

The status of physical distancing is now:

- No distancing in classrooms,
- One metre in common areas, including shared research spaces, laboratories, offices, and other workplaces.
- Two metres required when eating or drinking, working out in fitness centres.

### *MASKS*

Procedural masks **are required in all indoor spaces at McGill**, including classrooms.

However, Professor or presenters do not need to wear a mask if you are teaching and remain at least two metres away from others. When students are in class on campus, i.e., in person, they are required to wear masks.

### *DAILY HEALTH CHECK FORM*

The daily health check form is still a requirement for all McGill staff before you come to campus. Students are strongly encouraged to assess their health using the self-assessment found in [General health guidelines | Coronavirus information - McGill University](#)

### *CLASSROOM VENTILATION*

All centrally booked classrooms that are being used in the Winter 2022 term have been assessed to ensure ventilation follows the Government's COVID-19 guidelines.

### *VACCINATION*

Proof of vaccination is not required for students and instructors to engage in teaching activities on our campuses.

McGill have been promoting vaccination to the members of our community, including through regular emails and a social media campaign, and will host a walk-in vaccination clinic on the downtown campus at the start of term.

Information on vaccinations (booking appointments, registering vaccines received outside of Quebec, resources) can be found on the Get Vaccinated webpage.

### **COPYRIGHT:**

PLEASE NOTE THAT Instructor-generated course materials (e.g., handouts, notes, summaries, exam questions, etc.) are protected by law and may not be copied or distributed in any form or in any medium without explicit permission of the instructor. Note that infringements of copyright can be subject to follow up by the University under the Code of Student Conduct and Disciplinary Procedures.

### **EQUITY, DIVERSITY AND INCLUSION:**

Professor statement: I absolutely support equity, diversity and inclusion in the academic setting (well, actually, all settings but academic pertains here). Having said that, there is no way that I can know all of your individual experiences and backgrounds but I will try my best. If I have unintentionally offended you, please come and talk to me about it. Education is the best way to solve situations and to ensure that everyone has an opportunity for a safe space during your time at McGill and, specifically, in my classes. Open discussion is how we will improve our understanding of each other... and isn't this what university should be about? Please do not be hesitant to approach me on this topic as I feel very strongly about this. Thank you in advance for your co-operation.

### **Academic expectations of this class:**

- 1) Please read the textbook prior to the Zoom session/class. It will add to the framework of the class slides and provide you with concepts that will be expanded upon or reviewed in class.
- 2) I encourage questions in class (if you don't want to speak up, the chat option is great).
- 3) If you have any questions or concerns, please be proactive and speak to your instructor(s).
- 4) Requests for supplemental assignments to raise grades will NOT be accepted.
- 5) For more information, please look to resources such as:  
<https://mcgill.ca/tls/students/remote-learning-resources>
- 6) **Respectful and courteous interactions are expected at all times during this class.**
- 7) **Active contribution to all group work and effective communication.**

**Please be aware that text-matching software may be used in this course.** Item 2 of the text-matching policy states, in part:

Students shall also be informed in writing before the end of the drop/add period (consider this statement as notification) that they are free, without penalty of grade, to choose an alternative way of attesting to the authenticity of their work, if necessary. These include the following:

- a) submitting copies of multiple drafts;
- b) submitting an annotated bibliography;
- c) submitting photocopies of sources;
- d) taking an oral examination directed at issues of originality;
- e) responding in writing to a quiz or questions directed at issues of originality;
- f) providing a written report regarding the process of completing the work; other alternatives devised by the instruction, provided that they are not unduly onerous, that they are meant to attest for authenticity of the written work, and that they meet the approval of the Dean or Disciplinary Officer in the faculty in which the course is offered.

As the instructor of this course I endeavor to provide an **inclusive learning environment**. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me and the Office for Students with Disabilities at 514-398-6009.