

McGill University
Department of Kinesiology and Physical Education

**PRACTICUM II (ADVANCED PRINCIPLES OF APPLIED KINESIOLOGY)
EDKP 450-001**

COURSE OUTLINE, Winter 2020 UPDATE COVID-19

Instructor:	Dr. Celena Scheede-Bergdahl Email: celena.scheede@mcgill.ca
Athletics contact:	Laura Strenger Email: laura.strenger@mcgill.ca
Office Hours:	Please contact instructor by email to arrange for office hours.
Class Schedule:	Tuesdays (theory) and Thursday (workshop) 11:35 – 12:55
Locale:	Currie Gymnasium 408

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. Students will be exposed to a variety of "real life" training scenarios and have the opportunity to observe the role of a trainer in an athletic context.

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 mechanisms of a planned periodization programme
- Utilize the fundamental concepts of a planned periodization programme
- Apply theoretical knowledge into a practical application and design of a year-long program
- Gain insight into various exercise training methodologies and approaches

REQUIRED COURSE TEXT:

- Periodization: Theory and Methodology of Training, 6e edition, Human Kinetics publisher

SUGGESTED COURSE TEXT:

- Strength Training Anatomy, Human Kinetics publisher
<http://www.humankinetics.com/products/all-products/strength-training-anatomy-3rd-edition>

COURSE EVALUATION:

<i>Observational hours (hours accumulated to March 13) and reflections</i>	35%
<i>Periodization project</i>	45%
<i>Oral presentation</i>	10%
<i>Assignments (1)</i>	5% 15%
<i>Participation</i>	5%

***It is your responsibility to contact the course instructor ASAP if you are not able to complete the required hours. Students are expected to be ON TIME, properly dressed, and prepared for each team session.**

LECTURE SCHEDULE (**subject to change)		
Please note that Tuesdays are always theory, Thursdays are always workshops or theory that needs to be finished from Tuesday class.		
Week	Date	Description
1	Jan 7/9	Course introduction: overview of outline, schedule and evaluation procedure.
2	Jan 14/16	Principles of training (chapter 2); <u>project groups (5 per group)</u>
3	Jan 21/23	Preparation for training (chapter 3); <u>review project description</u>
4	Jan 28/30	Rest and recovery (chapter 5); assignment 1 (due Feb 11)
5	Feb 4/6	Annual training plan (chapter 6)
6	Feb 11/13	Peaking for competition (chapter 7)
7	Feb 18/20	Peaking for competition (chapter 7)
8	Feb 25/27	Training cycles (chapter 8)
9	March 3/5	Reading week
10	March 10/12	Workout planning (chapter 9): read slides on own time
11	March 17/19	Cancelled due to COVID-19
12	March 24/26	Cancelled due to COVID-19
13	March 31/April 2	March 31: Zoom meeting at 11:35 to answer questions and to provide info re: Zoom April 2 (during class time): all students are expected to meet with their groups via Zoom. One person per group is responsible for taking attendance at meeting and sending it to me via email.
14	April 7/9	March 31: all students are expected to meet with their groups via Zoom. One person per group is responsible for taking attendance at meeting and sending it to me via email. April 9: All periodization projects and observation hours (plus reflections) due. Submission process will be specified shortly.

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

*All changes in present schedule will be announced prior to date.

IMPORTANT DATES AT MCGILL:

Winter Term

Classes begin: Monday, January 6.

Study break: from March 2-6 (some exceptions apply)

Classes end: Tuesday, April 14

Study Days: Wednesday, April 15 & Thursday, April 16.

Exams begin: Friday, April 17.

Exams end: Thursday, April 30 (10 days, including evening exams)

Deadline to cancel registration: Thursday, December 31

Deadline to register without penalty (new students only): Monday, January 6

Add/Drop deadline: Tuesday, January 21

Course or University Withdrawal with refund deadline: Tuesday, January 28

Course or University Withdrawal with NO REFUND deadline: Tuesday, March 10

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.

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/ 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/).

Please be aware that text-matching software is 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.

ACADEMIC EXPECTATIONS:

- Prepare for each class ahead of time.
- Come dressed appropriately and ready to participate.
- Assume responsibility for own professional training.
- If you do not understand something, please ask!
- Be proactive and discuss all concerns with course instructor(s) as they arise.
- Be an active and contributing member of all group assignments.
- Professionalism and respect

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](#), 514-398-6009.

Note to students:

I will be available by email or, if needed, I can set up a Zoom meeting outside of class time if you have any questions that require a visual element or if you want to show me something.

Please see Zoom (<https://zoom.us/>). You can sign up for free service (basic). If you prefer to use another method of communication (ie: Facetime or Whatsapp), feel free to do so. One person should be named responsible for setting up the meetings. Another group member is responsible for taking attendance at each meeting and sending it to me by email within 5 hours.

Given the remote nature of your communications, I will be lenient with the cohesive portion of your project grade.

I will base your participation grade on 1) your attendance at group Zoom meetings, 2) your feedback from S&C coaches (via Laura) and 3) feedback from your group in regards to project.