

McGill University
Department of Kinesiology and Physical Education

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

COURSE OUTLINE, Winter 2019

Instructor:	Dr. Celena Scheede-Bergdahl Email: celena.scheede@mcgill.ca
Athletics contact:	Laura Strenger, BSc. Email: laura.strenger@mcgill.ca
Office Hours:	Please contact instructor by email to arrange for office hours.
Class Schedule:	Wednesdays 12:35-2:25
Locale:	Currie Gymnasium 304

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, 5e edition, Human Kinetics publisher
<http://www.humankinetics.com/products/all-products/periodization-5th-edition:-theory-and-methodology-of-training>

SUGGESTED COURSE TEXT:

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

COURSE EVALUATION:

Observational hours (15 total) and reflections	35%
Periodization project	45%
Oral presentation	10%
Assignments (1)	5%
Participation	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)		
Week	Date	Description
1	January 9	Course introduction: overview of outline, schedule and evaluation procedure.
2	January 16	Principles of training (chapter 2); <u>project groups (3 per group); hand out project description</u>
3	January 23	Preparation for training (chapter 3); Rest and recovery (chapter 5); assignment 1 (due February 13)
4	January 30	Annual training plan (chapter 6);
5	February 6	Peaking for competition (chapter 7); Training cycles (chapter 8)
6	February 13	Workout planning (chapter 9)
7	February 20	Strength and power development (chapter 10)
8	February 27	High intensity interval training, low intensity exercise endurance; <i>Review endurance training (chapter 11)</i>
9	Week of March 4	READING WEEK
10	March 13	Speed and agility training
11	March 20	TBD
12	March 27	Periodization project workshop
13	April 3	Oral presentations (2)
14	April 10	Oral presentations (1); hours and projects due

*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 7
- Study break: from March 4-8
- Classes end: Friday, April 12
- Study Days: Weekend, April 13-14
- Exams begin: Monday, April 15
- Exams end: Tuesday, April 30 (10 days, including evening exams)

Related Important Dates are built around the Key Academic Dates and are major events that occur each academic term. These include:

- Deadline to cancel registration: Monday, December 31
- Deadline to register without penalty (new students only): Monday, January 7
- Add/Drop deadline: Tuesday, January 22
- Course or University Withdrawal with refund deadline: Tuesday, January 29
- Course or University Withdrawal with NO REFUND deadline: Tuesday, March 12

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 instructor, 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.

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.