

McGill University
Department of Kinesiology and Physical Education

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

COURSE OUTLINE, Fall 2022

Instructor: Dr. Celena Scheede

COURSE EVALUATION METHODS:

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

(5% for attendance during oral presentations, everyone must ask 1 question and contribution to group work and oral presentation)

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

LECTURE SCHEDULE (**subject to change)		
Week	Date	Description
1	8/31	Course introduction: overview of outline, schedule and evaluation procedure. What is periodization? Why is this important?
2	9/5, 7	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)</u> , <u>Introduction of oral presentation</u>
3	9/12, 14	Principles of Training continue Assignment 1 (game analysis) start September 12, due September 21
4	9/19, 21	Preparation for training (chapter 3) (class time for project)
5	9/26, 28	Variables of training (chapter 4) Assignment 2 (chapter 10) start September 26, due October 5
6	10/3, 5	Periodization of biomotor abilities (chapter 5) (class time for project)
7	10/14	<i>Mid-term break on Monday (Thanksgiving), Tuesday and Wednesday. NO FORMAL CLASS ON THURSDAY (MONDAY SCHEDULE), USE TIME TO WORK ON PROJECTS</i>
8	10/17, 19	Planning the QMC /Artifact BMC 41.4 re8.92 4 426 retrm0.45 544.75u

IMPORTANT DATES AT MCGILL:

Fall Term

Classes begin: Wednesday, August 31

Fall Reading Break: Tuesday, October 11 and Wednesday, October 12

Makeup Days: Thursday, October 13 and Friday, October 14

Classes end: Monday, December 5

Study Day: Tuesday, December 6

Exams begin: Wednesday, December 7

Exams end: Wednesday, December 21

