

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

COURSE OUTLINE, Winter 2024

Instructor:	Dr. Celena Scheede-Bergdahl Email: celena.scheede@mcgill.ca
Class Schedule:	Mondays and Wednesdays 10:05-11:25
Locale:	Currie Gym 304 (Tassone Lab)
Office hours:	Please email for appointment

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 understanding the specific needs, ability to design targeted training programs and how to apply theoretical knowledge into a practical application and design of a year-long program.

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:

COURSE EVALUATION METHODS:

LECTURE SCHEDULE (subject to change)**

Week	Date	Description
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IMPORTANT DATES AT MCGILL: WINTER 2024

Classes begin: Thursday, January 4

Winter Reading Break: from March 4 to March 8 inclusive (*some exceptions apply*)

Makeup Day: Thursday, April 11

Classes end: Friday, April 12

Study Days: Saturday, April 13 and Sunday, April 14

Exams begin: Monday, April 15

Exams end: Tuesday, April 30 (12 days, including evening exams)

Add/Drop deadline: Tuesday, January 16

Course or University Withdrawal with refund deadline: Tuesday, January 23

Course or University Withdrawal WITHOUT REFUND deadline: Tuesday, February 27

ACADEMIC STATEMENTS:

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/ for more information).

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McGill and, specifically, in my classes. Open discussion is how we will improve our understanding of each other and 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 cooperation.

Academic expectations of this class:

- 1) Please read the textbook prior to the Zoom session. 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 you to listen to me talk
- 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) **Respectful and courteous interactions are expected at all times during this class.**
- 6) **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 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.

As the instructor of this course, I endeavor to provide an **inclusive learning environment**. (n)-13328.61 TmCID 33/L