

McGill University  
Department of Kinesiology and Physical Education

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

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COURSE OUTLINE, Fall 2022

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**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 <b>Assignment 1 (game analysis) start September 12, due September 21</b>
4	9/19, 21	Preparation for training (chapter 3) (class time for project)
5	9/26, 28	Variables of training (chapter 4) <b>Assignment 2 (chapter 10) start September 26, due October 5</b>
6	10/3, 5	Periodization of biomotor abilities (chapter 5) (class time for project)
7	10/14	<b><i>Mid-term break on Monday (Thanksgiving), Tuesday and Wednesday. NO FORMAL CLASS ON THURSDAY (MONDAY SCHEDULE), USE TIME TO WORK ON PROJECTS</i></b>
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

