

Note:

Course content may be changed, term to term, without notice. The information below is provided as a guide for course selection and is not binding in any form, and should not be used to purchase course materials.

COURSE SYLLABUS

EXSC 540

ADVANCED STRENGTH DEVELOPMENT

COURSE DESCRIPTION

This course focuses on the principles of strength development as presented through the MORR training system.

RATIONALE

The course will give the students an opportunity to learn practical strength development techniques that have been implemented with elite athletes.

I. PREREQUISITE

For information regarding prerequisites for this course, please refer to the [Academic Course Catalog](#).

II. REQUIRED RESOURCE PURCHASE

Click on the following link to view the required resource(s) for the term in which you are registered: <http://bookstore.mbsdirect.net/liberty.htm>

III. ADDITIONAL MATERIALS FOR LEARNING

- A. Computer with basic audio/video output equipment
- B. Internet access (broadband recommended)
- C. Blackboard [recommended browsers](#)
- D. Microsoft Office

IV. MEASURABLE LEARNING OUTCOMES

Upon successful completion of this course, the student will be able to:

- A. Describe the concepts and applications of the MORR training system related to strength development.
- B. Explain various methods for the assessment of strength.
- C. Design an appropriate strength training program for a sport-specific population.
- D. Explain the various anatomical and physiological principles associated with strength development.
- E. Integrate a biblical worldview, as applicable, when discussing strength development through the MORR training system.

V. COURSE REQUIREMENTS AND ASSIGNMENTS

A. Textbook readings and lecture presentations/notes

B. Course Requirements Checklist

After reading the Course Syllabus and [Student Expectations](#), the student will complete the related checklist found in Module/Week 1.

C. Discussion Board Forums (2)

Discussion boards are collaborative learning experiences. Therefore, the student is required to provide a thread in response to the provided prompt for each forum. Each thread must be at least 500 words, demonstrate course-related knowledge, and provide a total of 2 citations from any of the following sources: peer-reviewed journal articles, published textbooks, or publications directly associated with the content being discussed (requires instructor prior-approval). In addition to the thread, the student is required to reply to 2 other classmates' threads. Each reply must be at least 250 words and include 1 citation from any of the following sources: peer-reviewed journal articles, published textbooks, or published books directly associated with the content being discussed (requires instructor prior-approval).

D. Athletic Strength Assessment and Improvement Plan:

Phase 1:

The student will write a 1-page description of a sport-specific athlete, including the sport, the position the athlete plays, and the main characteristics the athlete needs to be successful.

Phase 2:

The student will write a 6-week strength development program that is sport specific based on the information conducted in Phase 1. The study must include major movements and physical characteristics, daily and weekly grids, all major muscle groups, and progression of the athlete.

E. Exams (5)

Each exam will cover the Reading & Study material for the assigned modules/weeks. Each exam will be open-book/open-notes, contain 23 multiple-choice and true/false questions and 2 short answer questions, and have a 1-hour and 30-minute time limit.

F. Video presentation using the MORR Training Equipment

This video presentation will require students to use the MORR training equipment to demonstrate and explain one upper- and lower-body exercise.

VI. COURSE GRADING AND POLICIES**A. Points**

Course Requirements Checklist	10
Discussion Board Forums (2 at 100 pts ea)	200
Athletic Strength Assessment and Improvement Plan	
Phase 1	50
Phase 2	150
Exams (5 at 100 pts ea)	500
Video Presentation using MORR Training Equipment	100
Total	1010

B. Scale

A = 940–1010 A- = 920–939 B+ = 900–919 B = 860–899 B- = 840–859
 C+ = 820–839 C = 780–819 C- = 760–779 D+ = 740–759 D = 700–739
 D- = 680–699 F = 0–679

C. Disability Assistance

Students with a documented disability may contact Liberty University Online's Office of Disability Accommodation Support (ODAS) at LUOODAS@liberty.edu to make arrangements for academic accommodations. Further information can be found at www.liberty.edu/disabilitysupport.

If you have a complaint related to disability discrimination or an accommodation that was not provided, you may contact ODAS or the Office of Equity and Compliance by phone at (434) 592-4999 or by email at equityandcompliance@liberty.edu. Click to see a full copy of Liberty's [Discrimination, Harassment, and Sexual Misconduct Policy](#) or the [Student Disability Grievance Policy and Procedures](#).

COURSE SCHEDULE

EXSC 540

Textbooks: Smith, *MORR Performance Training: Strength Development* (2015).
Chandler & Brown, *Conditioning for Strength and Human Performance* (2018).

MODULE/ WEEK	READING & STUDY	ASSIGNMENTS	POINTS
1	Smith: ch. 4 1 presentation	Course Requirements Checklist Class Introductions Exam 1	10 0 100
2	Chandler & Brown: ch. 11 Smith: chs. 5, 6, and 8 1 presentation	Exam 2	100
3	Smith: chs. 8, 12 1 presentation	Exam 3	100
4	Chandler & Brown: ch. 15 Smith: ch. 3 1 presentation 1 website	DB Forum 1 Thread Exam 4	100 100
5	Chandler & Brown: ch. 16 1 presentation	DB Forum 1 Replies Athletic Strength Assessment and Improvement Plan: Phase 1	- 50
6	Chandler & Brown: ch. 1 Smith: ch. 2 1 presentation 1 website	DB Forum 2 Thread Athletic Strength Assessment and Improvement Plan: Phase 2	100 150
7	Chandler & Brown: ch. 3 and assigned readings since last exam 1 presentation	Exam 5 DB Forum 2 Replies	100 -
8	Chandler & Brown: ch. 6 1 presentation	Video presentation using MORR Training Equipment	100
TOTAL			1010

DB = Discussion Board

NOTE: Each course module/week begins on Monday morning at 12:00 a.m. (ET) and ends on Sunday night at 11:59 p.m. (ET). The final module/week ends at 11:59 p.m. (ET) on **Friday**.