

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 541

ADVANCED SPEED AND AGILITY

COURSE DESCRIPTION

This course focuses on the principles of speed and agility development as presented through the M.O.R.R. training system.

RATIONALE

The course will give the students an opportunity to learn and develop practical speed and agility technique and programs 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. 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 M.O.R.R. training system related to speed and agility development.
- B. Discuss various methods for the assessment of speed and agility.
- C. Design an appropriate speed and agility training program for a sport-specific population.
- D. Explain the various anatomical and physiological principles associated with speed and agility development.
- E. Explain the M.O.R.R. training system's principles on conditioning and recovery from a Christian worldview perspective, when applicable.

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 prior approval from the instructor). 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 a total of 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 prior approval from the instructor).
- D. Guided Article Critique (3)
The student must write 3 separate critiques on a provided article and conduct research that further relates the article and accompanying questions on the topic of speed and agility. Each critique must be 3–5 pages and include at least 3 scholarly articles in current APA format in addition to the article provided for the critique.
- E. Program Design
1. Reference Page
The student must submit a reference page of at least 4 scholarly references, including the course textbook, that provide support to his/her research-based prescription and are cited in current APA format
 2. Plan
The student must develop a 6-week plyometric program for a provided case study athlete and include a 3-page detailed rationale for the expected results of the training program, as well as an updated reference page in current APA format.
- F. Exams (2)
Each exam will cover the Reading & Study material for the previous and assigned modules/weeks. Each exam will be open-book/open-notes; contain multiple-choice, true/false, short answer, and essay questions; and have a 1-hour and 30-minute time limit.

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

Course Requirements Checklist		10
Discussion Board Forums (2 at 100 pts ea)		200
Guided Article Critiques (3 at 100 pts ea)		300
Program Design		
Reference Page		25
Plan		175
Exam 1	(Module/Week 4)	150
Exam 2	(Module/Week 8)	150
	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 Academic Support (ODAS) at LUOODAS@liberty.edu to make arrangements for academic accommodations. Further information can be found at www.liberty.edu/disabilitysupport.

COURSE SCHEDULE

EXSC 541

Textbooks: Chandler & Brown, *Conditioning for Strength and Human Performance* (2013).
Smith et al., *MORR Performance Training Manual* (2015).

MODULE/ WEEK	READING & STUDY	ASSIGNMENTS	POINTS
1	Chandler & Brown: chs. 3, 6 Smith et al.: ch. 12 3 presentations 2 websites	Course Requirements Checklist Class Introductions Guided Article Critique 1	10 0 100
2	Chandler & Brown: ch. 17 Smith et al.: ch. 14 2 presentations 1 website	Guided Article Critique 2	100
3	Chandler & Brown: ch. 17 Smith et al.: ch. 7 4 presentations	DB Forum 1 Program Design Plan Reference Page	100 25
4	Chandler & Brown: ch. 17 Smith et al.: ch. 9 2 presentations	Exam 1	150
5	Chandler & Brown: ch. 17 Smith et al.: ch. 10 1 presentation 1 website	Guided Article Critique 3	100
6	Chandler & Brown: ch. 17 Smith et al.: ch. 11 2 presentations	DB Forum 2	100
7	Chandler & Brown: ch. 17 Smith et al.: chs. 7, 9 2 presentations	Program Design Plan	175
8	Chandler & Brown: ch. 17 Smith et al.: chs. 10–11 2 presentations	Exam 2	150
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 **Fri**