University of British Columbia
School of Kinesiology
KIN 585 – Performance Planning (3 credits)

Instructor: Dr. Maria Gallo
Email/Office/ Tel: maria.gallo@ubc.ca
Office Hours: By appointment via email
Time and Location 1.5 day residential course at UBC and Online

Course Description:
Using information obtained from sport profile and gap analysis, plan and design high performance program to enable athlete progression related to athlete pathway. Focuses on quadrennial, annual, meso- and microcycle planning to integrate key factors that will impact athlete performance and progression.

Course Objectives:
1. Examine and research approaches and strategies used to periodize athlete training
2. Identify strengths, weaknesses, opportunities and threats to the performance plan
3. Identify logistical decisions that had positive or negative effects on the athlete/team performance and required to implement the Yearly or Multi-year Training Program
4. Outline program structure based on training, competition, and recovery needs and opportunities
5. Design a plan for athlete health care and safety and create a safe environment for training
6. Design and plan training stimulus that is appropriately sequenced for optimal adaptation
7. Design micro/mesocycles that organize and sequence training, competition and recovery activities
8. Develop a tapering and peaking program in preparation for important competitions appropriate to LTAD stage
9. Develop and implement strategies to monitor the training program
10. Design a sport nutrition plan to keep your athletes properly fuelled throughout the different phases of training and competition period
Course Text and Readings:

No textbook required. The course will be based on materials, scientific research papers, review articles, and guest speakers. Selected readings are listed below and can be found on LOCR on Connect.

**Unit 1 - Theoretical approaches to planning**


Suggested:


Resource(s):

Norris SR & Smith DJ (2002). Planning, periodization, and sequencing of training and competition: the rationale for a competently planned, optimally executed training and competition program, supported by a multidisciplinary team. In M.
Kellmann (ed.), enhancing recovery: preventing underperformance in athletes (pp. 121-141). Champaign, IL: Human Kinetics.

ISBN 0-736034005

**Unit 2 & 3 - Assessing Athlete Health Status and Testing the Physiological Basis of the Plan:**


Suggested:


Resources:

Health Status and Performance Handbook by Janet McKeown (CSI) 2001 on Connect.


**Unit 4 - SWOT analysis of training plan:**


**Unit 5 & 6 - Planning for health safety and doping control:**


PEDs Pose Significant Health Risk for Athletes, Children and Youth
FINAL REPORT of the Task Force on the Use of Performance Enhancing Drugs in Football June 28, 2011.


Resources:


The Athlete Biological Passport. Lausanne 2013: pg 1-32.

**Unit 7 - Logistics and sport structure – competition structure and its’ impact:**

http://canadiansportforlife.ca/resources/competition-a-good-servant-poor-master


Resources:


Managing Elite Sport Systems: Research and Practice by Svein S. Andersen, Barrie Houlihan, Lars Tore Ronglan 2015.

**Unit 8 - Periodization and Yearly Training planning (integration):**


242-250.


Resources:

Designing an annual training and competition plan by Istvan Balyi, 1998, pgs 1-22 pdf on Connect.

**Unit 9 – Fueling the Athlete:**


Suggested:


Stellingwerff T, Maughan RJ & Burke LM (2011). Nutrition for power sports: Middle-

Resources:


**Unit 10 - Monitoring athletes:**


Suggested:


Resource(s):


Unit 11 - Tapering for peak performance:


Course Format:

The course will begin with 10 hours of on-site contact/class time (over a 2-day period at the UBC Vancouver campus) in June 2017 (June 16th & 17th), focusing on Units 1-3. This residential component will involve both a field-based component and a classroom component. The remaining 30 hours of class time will comprise (a) synchronous on-line classes whereby students will participate at the same time (18hrs), and (b) asynchronous on-line classes, where students will have more flexibility and will be able to participate at their own pace (~12hrs). The synchronous sessions will run on Tuesday mornings (9-10:30am, Pacific Time) and Thursday evenings (5-6:30pm, Pacific Time), with the asynchronous sessions being completed in students’ own time that week (Refer to class schedule).

Please note that in addition to this (on-line) class-time students will also be expected to read the supplemental materials (e.g., readings, on-line resources) that complement those classes. The course will challenge students with respect to their knowledge on ‘theory’, ‘research’, and ‘application’, and as such it is strongly suggested that students read/view the relevant materials prior to each class.
### Tentative Schedule:

<table>
<thead>
<tr>
<th>Unit #</th>
<th>Date</th>
<th>Topics</th>
<th>Delivery</th>
<th>Methods / materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>16/06/2017</td>
<td>Introduction to the course</td>
<td>Residential</td>
<td>Slides, paper review</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Theoretical approaches to planning (3.5hrs)</td>
<td>Face to face</td>
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<tr>
<td>2</td>
<td>16/06/2017</td>
<td>Assessing athlete health status (4hrs)</td>
<td>Residential</td>
<td>Scott Fraser, Dr. Rebecca Skillen/Don McKenzie</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Face to face</td>
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</tr>
<tr>
<td>3</td>
<td>17/06/2017</td>
<td>Testing the physiological basis of the plan: field tests and lab tests (2.5hrs)</td>
<td>Residential</td>
<td>Lab – Examine field and lab-based tests for monitoring performance</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Face to face</td>
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<tr>
<td></td>
<td></td>
<td>Online Quiz opens June 18&lt;sup&gt;th&lt;/sup&gt; and closes June 25&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Online</td>
<td></td>
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<table>
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<tr>
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<th>Topics</th>
<th>Delivery</th>
<th>Methods / materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>26/09/2017 at 9 am (PT)</td>
<td>Testing the physiological basis of the plan: field tests and lab tests (1.5 hrs) *Student presentations</td>
<td>Webinar/ Online LIVE</td>
<td>Report on current plan</td>
</tr>
<tr>
<td>4</td>
<td>07/11/2017 at 9am (PT)</td>
<td>SWOT analysis of training plan (1.5hrs)</td>
<td>Webinar / Online LIVE</td>
<td>Slides</td>
</tr>
<tr>
<td>5&amp;6</td>
<td>09/11/2017 at 5pm (PT) and 14/11/2017 at</td>
<td>Planning for health safety (risk management) (1.5hrs) and doping control (Canadian Centre for Ethics in Sport) (1.5hrs)</td>
<td>Webinar / Online LIVE</td>
<td>Health and Safety Audit and Doping Control Dave Hill Examine</td>
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<tr>
<td>Date</td>
<td>Time</td>
<td>Session Title</td>
<td>Duration</td>
<td>Format</td>
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<tr>
<td>9am (PT)</td>
<td></td>
<td>Logistics and sport structure – competition structure and its’ impact (1.5hrs)</td>
<td></td>
<td>Webinar / Online LIVE</td>
</tr>
<tr>
<td>7</td>
<td>16/11/2017 at 5pm (PT)</td>
<td>Horizontal Integration – quadrennial and annual training cycles Vertical Integration – meso and microcycles (1.5hrs)</td>
<td></td>
<td>Webinar / Pre-recorded Asynchronous</td>
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<tr>
<td>8</td>
<td>21/11/2017 at 9am (PT)</td>
<td>Horizontal Integration – quadrennial and annual training cycles Vertical Integration – meso and microcycles (3hrs)</td>
<td></td>
<td>Webinar / Online LIVE</td>
</tr>
<tr>
<td>8</td>
<td>23/11/2017 at 9am (PT) and 30/11/2017 at 5pm (PT)</td>
<td>Horizontal Integration – quadrennial and annual training cycles Vertical Integration – meso and microcycles (3hrs)</td>
<td></td>
<td>Webinar / Online LIVE</td>
</tr>
<tr>
<td>28/11/2017</td>
<td></td>
<td>Assignment information and expectations (60mins)</td>
<td></td>
<td>Webinar / Online LIVE</td>
</tr>
<tr>
<td>9</td>
<td>06/02/2018 at 9am (PT) 08/02/2018 at 5pm (PT)</td>
<td>Fueling the athlete (Sport nutrition: training and competition) (3hrs)</td>
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<td>Webinar / Online LIVE</td>
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<tr>
<td>10</td>
<td>15/02/2018 at 5pm (PT)</td>
<td>Monitoring athletes using technology (1.5hrs)</td>
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<td>Webinar / Online LIVE</td>
</tr>
<tr>
<td>11</td>
<td>22/02/2018 at 5pm (PT)</td>
<td>Tapering for peak performance (1.5hrs)</td>
<td></td>
<td>Webinar / Online LIVE</td>
</tr>
<tr>
<td>12</td>
<td>27/02/2018 at 9am (PT)</td>
<td>Presentations in small groups</td>
<td></td>
<td>Asynchronous</td>
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Course Evaluation:

<table>
<thead>
<tr>
<th>Assignments</th>
<th>Percent (%)</th>
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</thead>
<tbody>
<tr>
<td>SWOT Analysis</td>
<td>20</td>
</tr>
<tr>
<td>Health and Safety Audit Assignment</td>
<td>20</td>
</tr>
<tr>
<td>Integrated Training Plan</td>
<td>40</td>
</tr>
<tr>
<td>Online Quizzes (units 1-3)</td>
<td>5</td>
</tr>
<tr>
<td>Risk management and doping control certifications</td>
<td>5</td>
</tr>
<tr>
<td>Participation</td>
<td>10</td>
</tr>
</tbody>
</table>

Assignment Descriptions and due dates:

Online Quiz:
Quiz #1 (5%): Fifteen multiple-choice questions on material covered in units 1,2 and 3. Quiz will be available on Connect from **9am June 18th to 9am 25th, PT**.

Student presentations on their physiological testing plan (Sept. 26th and 28th)
This presentation will focus on your physiological testing plan: rationale, timing, tests, etc. Each presentation is not to exceed 10 mins. No marks will be given, this can be used as an opportunity to enhance your presentation skills.

SWOT Analysis of training plan: (due Dec. 15th before 11:59pm, PT)
Conduct a detailed analysis of current training plan relative to athlete gaps, competition structure, training logistics, and performance enhancement opportunities (20%). Must contain a title page, table of contents and reference page. Refer to the details of the Integrated Written plan for formatting. Suggested Length: 2000-3000 words.

Risk management and doping control certifications
Complete the Canadian Centre for Ethics in Sport (CCES) True Sport Clean 101 and Making Head Way: concussion e-learning series (Sport Generic) **before Dec. 22nd at 11:59pm (PT)**. (5%)
Submit the electronic certificate as proof of completed online exam into the Assignment dropbox in Connect.

Health and Safety Audit Assignment: (due Jan.12th 2018 before 11:59pm, PT)
Conduct a health and safety audit of current program. Identify potential risk factors that relate to sport context: for example, health, environment, physiological, technology, travel and mental factors, etc. Perform a risk management analysis
(Retain, Reduce, Transfer, Eliminate) and provide strategies to be implemented into your training plan. Select one risk factor category and summarize the evidence-based data with clear statistical evidence for the prevalence of the risk in the sport context. (20%)

**Video your presentation of plan** *(Posted on Connect by Feb. 27th by 9am (PT): 10%)*

- Video your presentation (approximately 30 mins in length) via Collaborate. The presentation is to focus on your yearly training plan (YTP) while giving it relevance and context from the key elements to be discussed in your written plan (see below). This presentation will be available to all students and assessed by two peers.

**Peer evaluation of two presentations** *(submit by March 14th before 11:59pm, PT: 10%, 5% each)*

- Provide critical feedback to two plans presented by peers. Refer to student rubric of presentation for guidance. Additional to this assessment, submit comments, reaction or your thoughts to improve their plan or pose questions to clarify content.

**Integrated Training Plan:** *(due March 23rd, 2018 before 11:59pm, PT: Written plan, 20%)*

Design a comprehensive integrated training plan, which includes:
- Statement of Coaching Philosophy as it relates to the plan.
- A profile of the sport (parts of a needs analysis) using empirical evidence of the:
  - demands (eg. environment, equipment, physical, mental, technical, tactical);
  - limitations (eg. logistical)
  - structure (eg. competition format)
  - and or cultural elements (eg. Extenuating circumstances)
- A description of the athlete context (Stage) related to the sport specific LTAD.
- A detailed gap analysis that clearly states perceived gaps to be addressed in the plan and training objectives to achieve discrepancy between current and desired performance (gap).
- A summary of key elements that will impact the plan and detailed monitoring strategies related to:
  - Energy system training
  - Strength training
  - Mental training
  - Tactical training
  - Nutrition consideration
  - Recovery and regeneration
  - Tapering for key event(s)
  - Other ancillary sport specific factors (eg. Environment / Equipment)
- An overview of the training plan indicating horizontal integration of training components / objectives.
- An example of a selected micro cycle from each phase of the plan (GPP, SPP, PCP, CP, and TP) describing the objective of the cycle and the daily sequencing of training, competition and recovery activities.
- An appendix of relevant supporting documentation or materials that could be used as evidence for the implementation and monitoring of the plan (eg. Reference models, Assessment tools, fitness results, etc).
- A list of references

Suggested length of the written plan: Approximately 5000 word paper (Double spaced, 12 pt Times New Roman or Arial (font), top and bottom margins at 1”, left and right margins at 1.25”(justified). Include page numbers (not on title page or abstract, top right corner) is adequate: not including title page, table of contents, reference and appendices)

Format: APA (American Psychological Association) or CSEP (Canadian Society of Exercise Physiology). Refer to http://psychology.about.com/ or http://www.csep.ca/english/view.asp?x=1 for further details or http://wiki.ubc.ca/images/6/6f/Apastyle.pdf

Include:

Title Page: first page of report (on its own), it must contain (no page number):
- Running head on the top left of page (IN ALL CAPS)
- Title (centered, double spaced if needed in ALL CAPS)
All centered, double spaced
- Name of Student and ID Number in brackets
- Course Number and Title
- School Name
- University Name
- Name of Supervisor
- Date of Submission (last day of classes)

Table of Content: on new page with running head and the page number 2 in the top right hand corner.

Written Plan (refer above to content)
- Introduction of general topic, specify the rational for your research, and state aim/purpose of paper.
- Content (body of paper, see above for details)
- Conclusion should include a re-statement of the purpose/aim, summarizing key findings, stating limitations of paper and future considerations.
- References: "References" centered on new page, citations in alphabetical order, in APA format.
-Appendix: last section, on new page Tables and Figures: one page per table or figure. Title of tables on top and title of figure below illustration.

*Note: Late assignments will receive a 10% deduction per day for a maximum of three days. After three days, late work will not be accepted and will receive a grade of zero. Medical issues and emergencies are the only acceptable causes for late work. Please communicate early with the Instructor if you foresee submitting an assignment late.
**Course Participation:**

Students will receive marks for course participation. Specifically, students will receive credit for participating in the synchronous classes by asking and responding to questions. While we recognize that students might miss the occasional synchronous class due to work conflict or unforeseen circumstances (and in which case all synchronous classes will be recorded and posted on ‘Connect’), we also expect students to attend/participate in the majority of classes. Students will receive 1% for every synchronous class that they contribute towards, up to a maximum of 10% (note that there are 12 synchronous classes). Credit will be given for leadership, critical contribution, interpersonal skills, support activities, punctual attendance, on-time completion of class activities, positive attitude and effort according to the following schedule.

<table>
<thead>
<tr>
<th>Score</th>
<th>Description</th>
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<tbody>
<tr>
<td>10</td>
<td>Outstanding: Continual encouraging and supportive of others, outstanding leadership, critical contribution and interpersonal skills. Volunteers, facilitates the learning of others. Excellent attitude and effort. 100 % punctual attendance</td>
</tr>
<tr>
<td>8</td>
<td>Very good: Demonstrates leadership and active support with colleagues. Very high level of critical contribution. Near 100 % punctual attendance. Positive attitude and very high level of effort throughout course.</td>
</tr>
<tr>
<td>6</td>
<td>Adequate: Works well with others, willing to contribute towards class discussion. Only 2-3 sessions non-punctual/non-attendance. Satisfactory effort and attitude.</td>
</tr>
<tr>
<td>2</td>
<td>Poor: Zero contribution and support given during class processes. Poor punctual and attendance Attitude, participation, and effort do not meet acceptable standard.</td>
</tr>
</tbody>
</table>

**Evaluation Tools:**

Rubrics for the SWOT assignment, the health and safety audit, the written integrated plan and the presentation will be posted on Connect.
Grade Scheme

Grades will be assigned based on the following grading scheme. In all cases marks will be rounded to the nearest percent.

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Letter Grade</th>
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<tbody>
<tr>
<td>90-100</td>
<td>A+</td>
</tr>
<tr>
<td>85-89</td>
<td>A</td>
</tr>
<tr>
<td>80-84</td>
<td>A-</td>
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<tr>
<td>76-79</td>
<td>B+</td>
</tr>
<tr>
<td>72-75</td>
<td>B</td>
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<tr>
<td>68-71</td>
<td>B-</td>
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<tr>
<td>64-67</td>
<td>C+</td>
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<tr>
<td>60-63</td>
<td>C</td>
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<tr>
<td>55-59</td>
<td>C-</td>
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<tr>
<td>50-54</td>
<td>D</td>
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<tr>
<td>0-49</td>
<td>F (Fail)</td>
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</tbody>
</table>

Academic Dishonesty and Plagiarism

It is your responsibility to become familiar with the University of British Columbia’s Academic Honesty and Plagiarism Policies, as well as the Student Declaration and the consequences of violating these policies. Plagiarism, cheating or any other form of academic dishonesty will not be tolerated. Violations will be taken seriously and will be dealt with according to the University policy regarding academic dishonesty (See Academic Calendar, [http://www.students.ubc.ca/calendar/](http://www.students.ubc.ca/calendar/)). Any transgression could result in failure of the course.

Course Review

The School of Kinesiology is continually trying to improve our teaching, and student opinion is an important factor, which influences this. At the end of the course every student should fill in a questionnaire (SCETs). This involves a set of predetermined questions to grade all aspects of the course, as well as the opportunity to add any written comments. Make sure you complete this questionnaire. Your opinion is valuable to us.
Remarks

Education is a multidisciplinary field that brings together faculty, students and others from diverse academic and personal backgrounds. UBC’s Faculty of Education is committed to creating a respectful workplace and learning environment that supports inclusion based on the principles of equity, diversity and social justice in order to create an environment that supports its community members’ full participation. The Faculty of Education is committed to providing accessible, usable, and welcoming spaces for faculty, staff, students, and visitors who have disabilities, are members of racialized communities, Indigenous, transgender, two-spirit and gender-diverse people, regardless of their age, sexual orientation, social status, religion, ethno-linguistic, nationality and/or citizenship status.

Faculty of Education courses take place in learning environments that are inclusive of gender identity, gender expression, sex, race, ethnicity, class, sexual orientation, ability, age, etc. Learners and educators expect to be treated respectfully at all times and in all interactions. Non-sexist, non-racist, non-homophobic, non-transphobic and non-heterosexist language is expected in Faculty of Education classes, course content, discussions and assignments.