

**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***

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### **EXSC 542**

#### **ADVANCED CONDITIONING AND RECOVERY**

#### **COURSE DESCRIPTION**

This course focuses on the principles of conditioning and recovery as presented through the M.O.R.R. training system.

#### **RATIONALE**

The course will give the student an opportunity to learn practical conditioning and recovery 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. 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 conditioning and recovery.
- B. Design an appropriate conditioning and recovery plan for a sport specific population.
- C. Explain the various anatomical and physiological principles associated with general conditioning and recovery.
- D. Apply the M.O.R.R. training system's principles on conditioning and recovery from a Christian perspective as applicable.

**V. COURSE REQUIREMENTS AND ASSIGNMENTS**

A. Textbook readings and lecture presentations

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)

Thread

Discussion boards are collaborative learning experiences. Therefore, the student is required to create a thread in response to the provided prompt for each forum. Each thread must be 300–500 words, demonstrate course-related knowledge, and provide a total of 2 citations in current APA format 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).

Replies

In addition to the thread, the student is required to reply to 2 other classmates' threads. Each reply must be 200–400 words and include at least 1 citation in current APA format 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).

D. Article Reflection Essays (3)

The student will write a reflection essay of a provided article. Each essay must be at least 500 words and be written in current APA format. The student will be required to reflect on the article, briefly explain the major exercise prescription options, and emphasize how the assessment results play a role in determining the outcomes. The course textbooks will be used as the main resources in writing each reflection essay; however, the student must also include at least 2 references from outside scholarly sources.

E. Journal Article Review

Outline

The student will create an outline for his/her Journal Article Review. The outline must include at least 2–3 sentences for each section of the paper.

Bibliography

The student will form a basic list of key textbooks and articles related to the review topic. The list must contain at least 5 references in current APA format and a 75-word annotation for each reference.

Paper

The student will write an 8–10-page review paper on a chosen article. This article must focus on the impact that disease pathophysiology and treatment have on exercise prescription in individuals with different chronic medical conditions. The paper must reference the course textbooks and include at least 5–7 references from peer-reviewed, scholarly sources in current APA format.

## F. Exams (2)

Each exam will cover the Reading & Study material for the assigned modules/weeks. Each exam will be open-book/open-notes; contain 50–60 multiple-choice, true/false, short answer, and essay questions; and have a 2-hour time limit.

**VI. COURSE GRADING AND POLICIES**

## A. Points

Course Requirements Checklist	10
Discussion Board Forums	
Thread (2 at 50 pts ea)	100
Replies (2 at 50 pts ea)	100
Article Reflection Essays (3 at 100 pts ea)	300
Journal Article Review	
Outline	25
Bibliography	25
Paper	150
Exams (2 at 150 pts ea)	300
<b>Total</b>	<b>1010</b>

## 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](mailto:LUOODAS@liberty.edu) to make arrangements for academic accommodations. Further information can be found at [www.liberty.edu/disabilitysupport](http://www.liberty.edu/disabilitysupport).

## ***COURSE SCHEDULE***

### **EXSC 542**

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

<b>MODULE/ WEEK</b>	<b>READING &amp; STUDY</b>	<b>ASSIGNMENTS</b>	<b>POINTS</b>
<b>1</b>	Chandler & Brown: chs. 1, 3, 6 Smith et al.: ch. 2 1 website	Course Requirements Checklist Class Introductions Article Reflection Essay 1	10 0 100
<b>2</b>	Chandler & Brown: chs. 12, 14 Smith et al.: chs. 3–4 1 website	Article Reflection Essay 2	100
<b>3</b>	Chandler & Brown: ch. 8 Smith et al.: ch. 16	DB Forum 1 – Thread Journal Article Review – Outline	50 25
<b>4</b>	Chandler & Brown: chs. 12, 15 Smith et al.: ch. 12	DB Forum 1 – Replies Exam 1	50 150
<b>5</b>	Chandler & Brown: ch. 9 Smith et al.: chs. 5–6, 8 1 website	Article Reflection Essay 3 Journal Article Review – Bibliography	100 25
<b>6</b>	Chandler & Brown: chs. 13, 16 Smith et al.: ch. 11	DB Forum 2 – Thread	50
<b>7</b>	Chandler & Brown: chs. 13, 16 Smith et al.: ch. 11	DB Forum 2 – Replies Journal Article Review – Paper	50 150
<b>8</b>	Chandler & Brown: ch. 17 Smith et al.: chs. 9–10	Exam 2	150
<b>TOTAL</b>			<b>1010</b>

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**.