

CALIFORNIA STATE UNIVERSITY, NORTHRIDGE  
Department of Kinesiology  
Fall 2008

Course Title: KIN 126A –Strength Training (1 unit)      Date & Time: T/TR 11:00-11:50AM  
Instructor: Paul Godina  
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Phone: (818) 677-2182  
Office: KIN 156F  
Office Hours: Monday, Wednesday and Thursday 2:30-3:30 PM & by appointment

Course Description:

Course content is designed to emphasize physical fitness with special emphasis on muscular strength. Evaluation of individual needs and fitness programming are included.

Course Objectives:

1. Identify muscle groups and appropriate exercises that work them.
2. Show evidence of general muscular strength gain.
3. Demonstrate and identify proper lifting techniques
4. Plan a program of resistance training to meet individual strength and endurance goals.
5. Explain the benefits of weight training as it pertains to other parameters of fitness.

Required Text:

Hesson, James L. (2007). Weight Training for Life (8<sup>th</sup> ed.). Thomson Wadsworth.

Student Evaluation:

**Fitness Journal:** It is helpful to take notes during class lectures. Be sure to completely log your daily workouts, including the exercises, sets and reps performed. The fitness journal will be turned in at the end of the semester and then returned back to the students.

**Exams/Quizzes:** Exams will mostly involve objective items (multiple-choice and true/false), but may include some short-answer or essay type questions. There will be **no make-up exams/quizzes given.**

**Exercise Program Design:** Throughout the semester the instructor will design the workout programs for the class, but at the end of the semester the students should be able to create their own program. The program design will be due late in the semester and should include an effective fitness goal (i.e., muscle hypertrophy, muscular endurance or strength) and criteria.

**Performance Improvement:** The students are expected to come to class ready to participate and give a genuine effort in strength training. The amount of weight lifted is not important, you should strive to master the techniques covered in class.

**Grading Scale:**

Fitness Journal	<b>35%</b>	A 92-100	C 72-77
Exams/Quizzes	<b>30%</b>	A- 90-91	C- 70-71
Exercise Program Design	<b>25%</b>	B+ 86-89	D+ 68-69
Performance Improvement	<b>10%</b>	B 82-85	D 62-67
TOTAL	<b>100%</b>	B- 80-81	D- 60-61
		C+ 78-79	F <60

**Course Attendance Policy:**

Gaining the benefits and doing well are dependent upon actively participating on a regular basis. **It is recognized that circumstances may require an absence, and thus three (3) absences shall be permitted with no effect in the final grade. However, subsequent absences will affect the final grade as follows:**

- 4 absences = lowers the earned grade by one full letter
- 5 absences = lowers the earned grade by two full letters
- 6 absences = lowers the earned grade by three full letters
- 7 absences = students will receive a failing grade for the course

**Students with a Disability:**

The instructor, in conjunction with California State University Northridge, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodations, please contact the office of Students 2684 for an appointment. Any information regarding your disability will remain confidential. Because many accommodations require early planning, request for accommodations should be made as early as possible. Any request for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

**Cheating and Plagiarism:**

Any student caught cheating on an exam or written assignment will automatically fail the course, and may be subject to more severe University discipline. Please refer to the California Code of Regulations, Section 41301, Title 5 as found in the university catalog.

**Additional Information:**

All injuries must be reported to the instructor when they occur. If an injury is cumulative in nature, report it to the instructor as soon as you realize it is affecting your activity. Medical insurance is recommended. If you are not insured, medical insurance is available through Associated Students.

**Note:** This syllabus is subject to change. All changes will be announced in class and via email communication.