

CALIFORNIA STATE UNIVERSITY NORTHRIDGE
Department of Kinesiology
KIN126A-STRENGTH TRAINING-
Spring 08

Course Information

Units: 1
Location: RE200
Class Hour: F 1100-1240
Ticket #: 13057

Instructor Information

Instructor: Charalambos
Charalambous-Bobby
Office: RE156A (Brown Center)
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Test: Hesson, J.L. (204). Weight Training for Life (8th ed).
Belmont, CA: Wadsworth/ Thomson Learning.

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: At the conclusion of this course, the student will be able to:

1. Show evidence of general strength gain in each of the major muscle groups at the body.
2. Identify specific muscles and their movement.
3. Design personal exercise programs for specific personal goals.
4. Demonstrate weight room safety.
5. Develop a system of record keeping for the various program designs.
6. Describe proper nutritional requirements for healthy living.

Student Performance Evaluation:

Design of program and attendance	50 points
2 Practical exams (8 th and 15 th week)	30 points
Final-written	20 points

Program Design: Each student has to design and report their own exercise program, which should include warm up, flexibility, cardio, strength, and cool down. The program will be the major coursework for the semester. Students have to write two programs. The first program will be last from week 3 to week 7, and the second one will be last from week 10 to week 14. The second one will be expected to be more advanced and intense. More information about the design of the program will be discussed during the semester. Therefore the student should be always at the class.

Special Tips

1. Appropriate attire for work out
2. No food or open cup drinks, only plastic bottles of water.
3. Towel is mandatory.
4. No use of cell phone or laptop
5. Be on time(**after 11:15 counts tardiness and after 11:30 counts absence**)

Class Schedule

Week 1	Orientation-Syllabi-Rules/Policies-Requirements
Week 2	Ch1-5, 16
Week 3	Ch 6-7-17, Beginning of the 1 st fitness program (5 weeks)
Week 4	Ch 8
Week 5	Ch 9
Week 6	Ch 10
Week 7	Ch 11
Week 8	1st Practical Exam
Week 9	No Class-Spring Break
Week 10	Ch12, Beginning of the 2 nd fitness program (5 weeks)
Week 11	Ch 13
Week 12	Ch14
Week 13	Ch 15
Week 14	Ch 18
Week 15	2nd Practical Exam
Week 16	Review
Week 17	Final Written Exam-Friday May 16th 1100-1240