

California State University, Northridge
Department of Kinesiology

Kinesiology 126A

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Department of Kinesiology
677-3208

STRENGTH TRAINING CONTRACT

This section is intended to help students acquire a greater understanding of themselves as functioning beings throughout their lifelong development. Courses in this section should be designed to help students improve their ability to respond to questions of individual or collective choices that may affect their physical, psychological, or social well being and that are likely to arise in the course of their personal, professional, or social lives. These courses include situations and behaviors relevant to the student's development as integrated, well-rounded individuals. Courses may fulfill the goals of this section by providing students with appropriate physical, affective, and/or social activities and experience.

Grading

<u>Grade</u>	<u>%</u>	<u>Points</u>	<u>Grade</u>	<u>%</u>	<u>Points</u>
A	96-100	4.0	C	66-70	2.0
A-	91-95	3.7	C-	61-65	1.7
B+	86-90	3.3	D+	56-60	1.3
B	81-85	3.0	D	51-55	1.0
B-	76-80	2.7	D-	46-50	0.7
C+	71-75	2.3	F	Below 45	0.0

Absences

0-3	=	A
4	=	B
5	=	C
6	=	D
7	=	F

Mid-Term Report 20%

Your mid-term will consist of you giving an oral presentation, and a demonstration about any exercise taught in the first 8 weeks of the semester. (A written report will be required.)

Final Report 20%

Will consist of knowledge of major muscle groups, achievements of weight gain or loss, (determine by your needs.)

Daily Activity 60%

The student is responsible for classroom participation, taking part in setting goals and improving on their personal program.

Tardy and Absences

If you are more than 10 minutes late and/or not dressed properly for the activity, you will be considered absent for the day. If you leave with more than 10 minutes left in the class you will be considered absent. Make ups can only be made in a class with the same instructor. No make ups will be considered the last two weeks of the semester.