

California State University, Northridge
Department of Kinesiology, Spring 2008

Kinesiology 126A: Strength Training

Course Information:

Units: 1
Semester/Year: Spring 2008
Location: Redwood Hall 200
Meeting time:
Mon. & Weds. 10am to 10:50am

Instructor's Information:

Instructor: Marlon Sebastian Marroquin

Office: RE 279
Phone: (818) 677-7565
E-mail: marlon.marroquin.549@csun.edu
Office hours: 1pm to 2pm

Required Text:

Hesson, James L., *Weight Training for Life*, 8th ed. Morton Publishing Co.

Dress Code:

Exercise apparel and shoes must be worn to every class meeting-**no open-toe shoes**, no jeans and skirts...dresses...use your common sense please! Failure to dress appropriately will result in a non-participation grade for that class meeting. No additional time will be given to dress so be in class dressed at 10am when class begins.

For your own protection (germs and other fluids)-bring:

*Towel (you can get one from the equipment office every day)

*Water

Course Description:

Course content is designed to emphasize physical fitness with special emphasis on muscular strength. This does not mean that you are going to have to do anything I tell you to do...I'm just here as a guide, a mediator and motivator!

Course objectives:

At the completion of this course the student will be able to:

1. Understand and explain the basic principles of fitness.
2. Understand and explain the basic anatomy and physiology of the human body as it relates to muscular strength and fitness.
3. Understand how to design strength training and fitness plans to meet individual needs and goals.
4. Perform proper technique in a variety of exercises related to muscular strength.

Student Grades and Evaluations:

Performance improvements	15 pts.
Exercise Journal	15 pts.
Quizzes (1.Muscles and 2.Bones)	20 pts (10 pts. Each)
Midterm- (Body part and how to work it out)	20 pts.
Final (compilation of all the quizzes)	20 pts.
Total:	100 points

Grading Scale:

A	92-100	C	72-77
A-	90-91	C-	70-71
B+	88-89	D+	68-69
B	82-87	D	62-67
B-	80-81	D-	60-61
C+	78-79	F	<60

Course Attendance Policy: Doing well is dependent upon participating on a regular basis. It is recognized that circumstances and life may happen and may require an absence, and thus three (3) absences shall be permitted with no effect on the final grade.

However, subsequent absences will affect the final grade as follows:

4 absences= lowers the earned grade by one full letter grade (i.e. A to a B)

5 absences= lowers the earned grade by two full letter (i.e. A to a C) and so on...

7 absences (or missing 25% of the class meetings) = students will receive a failing grade!!

Illness and Injuries: Injuries and or illness which restrict participation, but which do not prevent the student from attending classes, will be recorded as a no dress (ND):

3 days ND=1 absence

Illness and injury are acceptable criteria for late withdrawals only when accompanied by verification from a physician.

Tardiness: Coming to class late is in addition to missing material, a distraction and not appreciated. However, being late is better than not attending class. A person arriving more than 10 min. late or leaving more than 10 min. early will be counted as tardy for the day.

3 tardies= 1 absence

Statement on 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.

Statement on Personal Communication Devices: All students are reminded to turn off all personal communication devices (cell and mobile phones, pagers, laptops, desk-tops, etc.) at the start of each class period, and to leave these devices turned off for the duration of the class period. If you need to leave your personal communication device on for emergency purposes, you're a doctor or you are that popular, you must notify the instructor **before** the class period begins. Failure to comply with these rules will result in a loss of points toward the student's overall class grade. Five percent (5%) will be deducted from the student's overall grade for each disruptive occurrence.

