

CALIFORNIA STATE UNIVERSITY, NORTHRIDGE
Department of Kinesiology

KIN 126A- Strength Training

Course Information:

Class Number: 13057
Units: 1
Semester/Year: Spring 2008
Location: Redwood Hall 200
Meeting Time: MW 11:00-11:50

Instructor Information:

Instructor: James Kohler, BS, CSCS
Office: RE 279
Phone: (818) 677-7565
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Office Hours: W 3:00-4:00

Required Text:

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

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 completion of this course the student will be able to fulfill the following objectives:

1. Understand and explain the basic principles of strength training and fitness.
2. Understand and explain the basic anatomy and physiology of the human body as it relates to muscular strength and fitness.
3. Design strength training and fitness programs to meet individual needs and goals.
4. Demonstrate and master proper technique in a variety of exercises related to muscular strength.
5. Increase muscular strength through resistance exercise.

Student Evaluation:

Fitness Journal	35%
Exams/Quizzes	30%
Exercise Program Design	25%
Performance Improvement	10%
TOTAL	100%

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 a total of 2 exams and 5 quizzes that cover chapters from the textbook and class lectures. 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 (load, rep ranges, rest periods and number of

sets) in order to achieve that goal. A training split (push/pull or upper body/lower body) should be constructed and then exercises should be inserted into the program to incorporate all the muscle groups.

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.

Dress Code:

Wearing comfortable, breathable clothing during training sessions helps to prevent overheating and allows more optimal mobility. Open-toed shoes or sandals are not appropriate for resistance training. Exercise apparel and shoes must be worn to every class meeting. Failure to dress appropriately will result in a non-participation grade for that class meeting. There will be 5 minutes permitted for dressing at the beginning of class and 5 minutes before class ends.

Course Attendance Policy: Gaining the benefits and doing well are dependent upon actively participating on a regular basis (at least 3 times per week). It is recognized that circumstances 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 (i.e., an A becomes a B)
- 5 absences = lowers the earned grade by two full letters
- 6 absences = lowers the earned grade by three full letters
- 7 absences (or missing 25% of the class meetings) = students will receive a failing grade

Circumstances for Absences: Whether it be illness, injury, jury duty, military service, family death, or vacationing in Hawaii, an absence is an absence. Notes of verification are not needed. If you miss a class, you will be marked absent.

Illness and Injuries: Injuries 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

5 days ND = 2 absences

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.

3 tardies = 1 absence

Student Guidelines for Success:

1. Come dressed to exercise and be ready to participate in class each day.
2. No food of any kind is permitted; however, you are encouraged to bring bottled water.
3. It is recommended that you bring a workout towel.
4. Turn your personal communication devices (cell phones, pagers, etc.) off before class begins. The disruptive nature of these devices interferes with the education process.
5. Bring your fitness journal to class; this makes it easier to track your progress.
6. Bring personal belongings at your own risk, lockers are available for you to rent and it is highly recommend you do so.
7. Come with an open mind, be considerate to others and have fun.

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.

Students with Disabilities: This 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 With Disabilities Resources located in 110 Student Services Building, or call (818) 677-2684 for an appointment. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.