

**CALIFORNIA STATE UNIVERSITY, NORTHRIDGE**  
**Department of Kinesiology**  
**KIN 126A – Strength Training**

**Course Information**

Units: 1  
Semester/Year: Spring 2008  
Location: RE 200  
Meeting Time: T/R 14:00-14:50

**Instructor Information**

Instructor: Takuya Suzuki (Tak)  
Office: RE 279  
Phone: (818) 677 – 7565  
Email: takuya.suzuki.87@csun.edu  
Office Hours: Tuesday 15:00-16:00

**Required Text:** Weight Training for Life by Hesson, 8<sup>th</sup> edition.

**Course Description:** Course content is designed to emphasize physical fitness with special emphasis on muscular strength, size and endurance. 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 group of the body.
2. Identify specific muscles and action they create.
3. Design programs for specific personal goals.
4. Increase overall fitness level

**Student Performance Evaluation:**

Personal Goal Objectives and Program Design	25% of total grade
Quizzes (5)	25% of total grade
Skill and Fitness Evaluation	30% of total grade
Attendance and Participation	See Policy
Final Exam	<u>20%</u> of total grade
TOTAL	100%

**Quizzes:** Quizzes will mostly involve objective items (multiple-choice, true-false, and matching type questions) and may include short-answer type questions. There will be no make-up exams given for unexcused absences. Make-ups for excused absences can be arranged only if made prior to the date of the scheduled exam. In the event of an emergency on the day of an exam, the student MUST call or email the instructor as soon as possible.

**Skill and Fitness Evaluation:** Evaluations may include one or all physical fitness components. It is the students' responsibility to attend the day in which pre and post fitness evaluations are given.

**Final Exam:** All students MUST take the Final Exam to earn a grade or credit for the course.

**Course Attendance Policy:**

Circumstances for Absences: whether it is illness, injury, jury duty, or vacation, an absence is an absence. If you miss a class you miss a class and notes of verification are not needed. Use your absences wisely.

Students are permitted 3 absences without an effect on their grade. 3 tardies (10 minutes after the class starts) count as one absence. You can make up classes for **3 TIMES** at max. Grade reduction is as follows:

- 4 absences – lowers grade one full letter
- 5 absences – lowers grade two full letter
- 6 absences – lowers grade three full letter
- 7 absences – Fail

**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 absences

5 days ND = 2 absences

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

**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.

**Student With Disabilities:** This instructor, in conjunction with California State University Northridge, is committed to upholding and maintaining all aspects of the federal Americans with Disability 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 Student 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.

**Statement on Personal Communication Devices:** All students are reminded to turn off all personal communication devices (cell phone, pagers, 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 communication device on for emergency purposes only, you must notify the instructor **before** the class period begins. Due to the disruptive nature of these personal devices on the educational process, failure to comply with these rules will result in a loss points toward the student's overall class grade. Specifically, five percent (5%) will be deducted from student's overall class grade for each disruptive occurrence.

**Grading Scale:**

A 91 – 100  
A- 89 – 90  
B+ 87 – 88  
B 82 – 86

B- 79 – 81  
C+ 77 – 78  
C 72 - 76  
C- 69 - 71

D+ 67 – 68  
D 62 – 66  
D- 60 – 61  
F < 60