

California State University, Northridge
Department of Kinesiology

KIN 126A: Strength Training

Course Information:

Units: 1
Semester/Year: Spring 2008
Location: RE 200
Course #/Time: 13062: TR 9:30-10:20 am
Finals Week: 5/15 R 8:00-10:00am

Instructor Information:

Instructor: Douglas McLaughlin
Office: RE 259
Phone: 818-677-2206
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Office Hours: Monday, Tuesday, and Wednesday 1:00-2:00 or by appointment

Text: Hesson, James L. (2007). Weight Training for Life (8th ed.). Thomson Wadsworth.

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: By the end of the semester students will be able to:

1. Identify muscle groups and appropriate exercises that work them.
2. Show evidence of general muscular strength gain.
3. Demonstrate and identify proper lifting techniques
4. Plan a program of resistance training to meet individual strength and endurance goals.
5. Explain the benefits of weight training as it pertains to other parameters of fitness.

Student Evaluation:

Practical Exams (2)	40%
Program Design	30%
Written Exams (2)	30%

Grading Scale:

A	93-100	A-	90-92	B+	87-89	B	83-86
B-	80-82	C+	77-79	C	73-76	C-	70-72
D+	67-69	D	63-66	D-	60-62	F	Below 60

Practical Exams: These exams will determine your ability to identify muscle groups and appropriate exercises as well as your ability to demonstrate and identify proper lifting techniques.

Program Design: The program design will demonstrate your ability to develop appropriate resistance training programs to meet individual goals utilizing proper training methodologies.

Written Exams: The written exams will determine your ability to recognize, identify and utilize basic strength training principles and concepts.

Make-up Tests: In the case of a medical or family emergency, a make-up exam can be scheduled ONLY if the professor is notified prior to the class in which the exam is scheduled. This requires that we meet and discuss the issue; I agree that your reason for missing the assignment is valid, **AND** I excuse you from the exam. You will receive a 0 (ZERO) for the exam if this procedure is not followed.

Course Attendance Policy: Gaining the benefits and doing well are dependent upon actively participating on a regular basis. **It is recognized that circumstances may require an absence, and thus three (3) absences shall be permitted with no effect in 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, a B- will be a C-)
- 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 meeting) = students will receive a failing grade for the course

Establishing a Successful Learning Environment (& additional course policies):

For the benefit of our learning environment, please abide by the following guidelines:

- Participation in classroom discussions and activities is expected of all students. Please arrive to class on time. If you miss class, then you are responsible for obtaining any missed handouts, missed announcements, missed information, etc.
- Come dressed in appropriate apparel and shoes for exercising each day. Open-toed shoes or sandals are not appropriate. Failure to dress appropriately for class will result in an absence.
- Completion of assignments is necessary for your preparedness for class discussions. Please come prepared to class so that we can all engage in and benefit from more informed and interesting discussions.
- Respect and appreciation of opposing viewpoints is essential. Listening and thoughtful responses are essential for engaging in and reconciling challenging concepts, divergent opinions, and different experiences.
- Classroom disruptions will not be tolerated. Please turn off and refrain from using all electronic devices. Act in accordance with university policy and be respectful of others.
- No food of any kind is permitted; however, you may bring bottled water
- It is recommended that you bring a workout towel.
- Bring personal belongings at your own risk.
- All injuries must be reported to the instructor when they occur. If an activity is cumulative in nature, report it to the instructor as soon as you realize it is affecting your activity.
- Medical insurance is recommended. If you are not insured, medical insurance is available through Associated Students.
- Report equipment problems immediately to your instructor.

Cheating and Misconduct: Every member of the academic community at California State University Northridge is expected to act with honesty and trustworthiness. In this course acts of cheating, plagiarism, misrepresentation, or other forms of dishonesty will not be tolerated. Student academic dishonesty will result in penalties ranging from a failing grade on an assignment or examination, to a failing grade in the course, to referral to the Office of

Student Affairs for a determination of suspension or dismissal from the University, as described in the University Catalog, refer to the California Code of Regulations, Section 41301, Title 5.

Students with Disabilities: This instructor, in conjunction with the 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.

Email Communication: @csun.edu email is an official form of written correspondence in the University. This will be the instructor's means of contacting you outside of class regarding schedule changes, class details, etc. Please be sure to activate your csun.edu account and check it regularly during the semester. When emailing the instructor, please be sure to identify yourself as well as what course and section you are in. Due to university filters on emails, sometimes non-csun.edu emails are blocked. You are encouraged to always use your csun.edu account when contacting the instructor. You are advised to be professional and courteous in all university correspondence.

Note: This syllabus is subject to change. All changes will be announced in class and via email communication.