Strength Training and Conditioning
KINE 2010
Spring 2018

Instructor: John Curtis, M.S.
Office Number: (940) 565-2212
Office Location: PEB 112
Email: John.Curtis@unt.edu
Class Location: CHEM 109

Credit Hours: 3
Class Time: 2:00 – 3:20 M
Office Hours: 9:00 – 10:30 T, TH or by appointment

Catalog Description: Practical aspects of development of muscular strength and endurance, cardiorespiratory endurance, and flexibility including: Proper strength and conditioning exercise techniques, safety, and basic exercise programming.

Prerequisite: None


Course Objectives - The student who successfully completes this course will:

1. Demonstrate correct strength and conditioning exercise techniques (resistance training, conditioning, and flexibility)
2. Describe the guidelines for safe and effective strength and conditioning exercise including warm up, cool down, correct breathing techniques, spotting techniques, and safety considerations.
3. Demonstrate an understanding of the principles underlying strength and conditioning exercise prescription and programming (overload, progression, specificity, and reversibility), and the acute program variables of exercise (frequency, intensity, duration, and type of exercise).
4. Identify the major muscle groups and their involvement and action in specific strength and conditioning exercises
5. Identify the primary energy system involved in specific strength and conditioning exercises.
6. Describe strength and conditioning training programs to increase muscular strength and endurance, cardiorespiratory endurance, and flexibility.
7. Create an individualized strength and conditioning workout program based on specific goals and desired outcomes supported by scientific principles.

Class Grading: 300 points maximum total:

200 points Exams: Two (2) exams, 100 points each. Two exams will be given: Exam 1 around the midterm of the semester, and Exam 2 near the end of the semester. Materials covered in class and readings from the textbook will be the subject of exams. In the event that a student arrives late on an exam day and one or more students have already completed the exam, the late student will not be allowed to take the exam and will receive a grade of zero.
60 points **Practical Exam:** To demonstrate competence in the subject matter, you will complete a practical exam. This will test knowledge of the materials over the course of the semester. You will have to perform the actual testing learned in class on an individual. A more detailed explanation about the requirements for the practical exam will be provided midway through the course.

40 points **Program Design Project:** To demonstrate competence in the course material, you will complete a program design project as part of this class. This project will entail creating training programs for an overall fitness program for a sample trainee. A detailed explanation about the requirements for the final project will be provided midway through the course.

**Grading Scale:**  

At the end of the semester, you will earn a grade of A, B, C, D, or F. If you receive a grade of F, you have not passed this course. The final grade will be based on the successful completion all of the assignments, and test grades.

**Class Information and Requirements:**

- **Communication with your instructor:** We will be using Blackboard for announcements, assignments, notes and handouts. Please use the email John.Curtis@unt.edu to correspond with me electronically. I am available during office hours or before and after class for any face to face communication. If you cannot meet with me during those times, please make an appointment.

- **Attendance:** Attendance will not be taken for points towards a final grade. However, discussions and activities in class will be in addition to the textbook material. Therefore, attendance will only assist you in meeting the requirements of the course, but assist you in preparation for both the program design and practical exam. Do NOT simply stop coming to class without taking formal steps to drop the course. Students who stop coming to class and do not go through the formal drop procedure will be assigned a grade of “F” at the end of the semester.

- **Cell phone use:** The use of cell phones for talking, texting, or any other purposes during class is prohibited. Any urgent phone-related matters must be attended to outside of the classroom period. Should you be found to be using a cell phone during class time, you will be asked to leave for the remainder of the class.

- **Assignments:** All assignments must be neatly prepared and representative of college level coursework. I will not grade assignments or reply to emails written in text message language, or handwritten.

- **No late assignments or missed tests will be accepted without prior permission from the instructor.** If you know you will miss class, turn your assignment in prior to its due date.

- There will be no negotiation of your final grade in this course. You will receive the grade that you earned...no discussion. I will not communicate with you regarding your grades though email, however I would be happy to discuss them with you in person. Once the final points have been posted to Blackboard, I will no longer answer emails or requests for additional points, or for work to help boost you to a higher grade.
Extra Credit:
There will ONLY be ONE option for extra credit during the semester. All requests for additional credit or for me to change your grade from what you earn will be ignored.

5 possible points to add to your total semester points: SPOT Evaluation. 90% or greater of the ENTIRE class must submit an evaluation. Once achieved, all class members will receive these points.

Exam protocol:
Bring a couple of #2 pencils, a good eraser, and a hand calculator (if necessary), for exams. If you miss an exam, your grade is zero. You are expected to arrive on time and no-one may enter after the first student completes the exam and leaves. Should you need to leave once you begin the test, your test will be considered complete at the place you finished before you left. There are no make-ups.

Academic Dishonesty:
Students caught cheating or plagiarizing will receive a "0" for that particular assignment or exam. Additionally, the incident will be reported to the Academic Integrity Office, who may impose further penalty. According to the UNT catalog, the term "cheating" includes, but is not limited to: a. use of any unauthorized assistance in taking quizzes, tests, or examinations; b. dependence upon the aid of sources beyond those authorized by the instructor in writing papers, preparing reports, solving problems, or carrying out other assignments; c. the acquisition, without permission, of tests or other academic material belonging to a faculty or staff member of the university; d. dual submission of a paper or project, or resubmission of a paper or project to a different class without express permission from the instructor(s); or e. any other act designed to give a student an unfair advantage. The term "plagiarism" includes, but is not limited to: a. the knowing or negligent use by paraphrase or direct quotation of the published or unpublished work of another person without full and clear acknowledgment; and b. the knowing or negligent unacknowledged use of materials prepared by another person or agency engaged in the selling of term papers or other academic materials.

Acceptable Student Behavior:
Student behavior that interferes with an instructor’s ability to conduct a class or other students’ opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Dean of Students to consider whether the student’s conduct violated the Code of Student Conduct. The university’s expectations for student conduct apply to all instructional forums, including university and electronic classroom, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at http://deanofstudents.unt.edu.

Access to Information – Eagle Connect:
Your access point for business and academic services at UNT occurs within the my.unt.edu site http://www.my.unt.edu. All official communication from the university will be delivered to your Eagle Connect account. For more information, please visit the website that explains Eagle Connect and how to forward your e-mail: http://eagleconnect.unt.edu/

ADA Statement:
The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with an accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request accommodations at any time, however, ODA notices of accommodation should be
provided as early as possible in the semester to avoid any delay in implementation. Note that students
must obtain a new letter of accommodation for every semester and must meet with each faculty member
prior to implementation in each class. For additional information see the Office of Disability
Accommodation website at http://disability.unt.edu. You may also contact them by phone at (940) 565-
4323.

Emergency Notification and Procedures:
UNT uses a system called Eagle Alert to quickly notify you with critical information in the event of an
emergency (i.e., severe weather, campus closing, and health and public safety emergencies like chemical
spills, fires, or violence). The system sends voice messages (and text messages upon permission) to the
phones of all active faculty staff, and students. Please make certain to update your phone numbers at
http://www.my.unt.edu. Some helpful emergency preparedness actions include: 1) know the evacuation
routes and severe weather shelter areas in the buildings where your classes are held, 2) determine how
you will contact family and friends if phones are temporarily unavailable, and 3) identify where you will
go if you need to evacuate the Denton area suddenly. In the event of a university closure, please refer to
Blackboard for contingency plans for covering course materials.

Retention of Student Records:
Student records pertaining to this course are maintained in a secure location by the instructor of record.
All records such as exams, answer sheets (with keys), and written papers submitted during the duration
of the course are kept for at least one calendar year after course completion. Course work completed via
the Blackboard online system, including grading information and comments, is also stored in a safe
electronic environment for one year. You have a right to view your individual record; however,
information about your records will not be divulged to other individuals without the proper written
consent. You are encouraged to review the Public Information Policy and F.E.R.P.A. (Family Educational
Rights and Privacy Act) laws and the university’s policy in accordance with those mandates at the
following link: http://essc.unt.edu/registrar/ferpa.html

Student Evaluation of Teaching (SPOT):
Student feedback is important and an essential part of participation of this course. The Student
Evaluation of Teaching (SPOT) is a requirement for all organized classes at UNT. This short survey will
be made available at the end of the semester to provide you with an opportunity to evaluate how this
course is taught.

Student Success:
Student success requires one to ensure that one is thorough. Should you have read the syllabus this
completely, I will award you five extra credit points. This should only be between you and I. It will not
be discussed. If I find that you have told others about these points, your points will be removed. Simply
email me and tell me that you need your syllabus points, and I will award them to you. Once exam 2 has
been given to the class, the window for requesting these points will be closed.

UNT endeavors to offer you a high-quality education and to provide a supportive environment to help
you learn and grow. And, as a faculty member, I am committed to helping you be successful as a student.
Here’s how to succeed at UNT: Show up. Find support. Take control. Be prepared. Get involved. Be
persistent. To learn more about campus resources and information on how you can achieve success, go
to https://succeed.unt.edu.
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*The course calendar is tentative and subject to change. If the schedule does change, I will announce any changes during class time as well as provide an updated version on Blackboard and send out an announcement.

**Some class lessons will be conducted in rooms other than our assigned classroom. I will announce any changes during class time as well as make announcements via Blackboard. It is your responsibility to stay informed to changes such as this.