Exercise Leadership
KINE 4300
Spring 2018

Instructor: John Curtis, M.S.
Office Number: (940) 565-2212
Office Location: PEB 112
Email: John.Curtis@unt.edu
Class Location: Frisco 132

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

Catalog Description: Integrates the scientific basis of exercise prescription with the practical skills of exercise prescription necessary for leadership of exercise in a variety of modes for groups of individuals.

Prerequisite: KINE 3080 – Exercise Physiology


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

1. Assess an individual’s health, medical, and fitness status.
2. Perform active and resting fitness tests relevant to program design.
3. Demonstrate a working knowledge of fitness concepts, including basic nutrition, bioenergetics, biomechanics, and applied anatomy.
4. Design individualized physical activity programs to asymptomatic individuals or those who have been cleared by physicians.
5. Implement physical activity programs in a safe and effective manner and modify them as necessary to achieve clients’ goals.

Class Grading: 350 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. These exams will be multiple choice and short answer. 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.

40 points Quizzes: Four (4) random quizzes will be given so that you can demonstrate knowledge of material. The quizzes will be multiple choice and true or false. Two random quizzes will be administered before the first exam, and two random quizzes will be administered before the second exam. Materials covered in class and readings from the textbook will be the subject of the quizzes. In the event that a student arrives late to class on a quiz day, the late student will be given only the remainder of the allotted 10 minutes from the start of the quiz to complete the assessment. In the event that a student arrives late on a quiz day, and one or
more students have already completed the quiz, the late student will not be allowed to take
the quiz and will receive a grade of zero.

60 points  There are three (3) projects that will demonstrate your knowledge and ability to implement
topics covered in class. These will cover topics such as resistance training, endurance
training, and facility layout.

50 points  Final project: To demonstrate competence in the subject matter, you will complete a final
project. The final project will entail creating ten separate one hour training programs for an
overall training program for a sample trainee. A detailed explanation about the requirements
for the final project will be provided midway through the course.


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 the NSCA CPT 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.

- 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.

Should you feel that there is a problem that I have not addressed to your satisfaction, or feel you have been
unfairly evaluated in this class:

We at the KHPR department work together to make sure you have every opportunity to learn, and to be recognized
for that learning. If you feel that is not occurring, please contact our Assistant Chair: Dr. Karen Weiller at
Karen.Weiller@unt.edu.
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. However, these points must be requested before the beginning of the second exam.

UNT endeavors to offer you a high-quality education and to provide a supportive environment to help you lean 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.
# Tentative In Class Schedule (Can be subject to change):
## KINE 4300 – Spring 2018

<table>
<thead>
<tr>
<th>Class Weeks:</th>
<th>Topic:</th>
<th>Book Chapters:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>Introduction to the class</td>
<td></td>
</tr>
<tr>
<td>Week 2</td>
<td>Resistance Training and Prescription</td>
<td>13 &amp; 15</td>
</tr>
<tr>
<td>Week 3</td>
<td>Continued from above</td>
<td></td>
</tr>
<tr>
<td>Week 4</td>
<td>Athletic Training and periodization</td>
<td>23</td>
</tr>
<tr>
<td>Week 5</td>
<td>Continued from above</td>
<td></td>
</tr>
<tr>
<td>Week 6</td>
<td>Cardiovascular Techniques and Design</td>
<td>14 &amp; 16</td>
</tr>
<tr>
<td>Week 7</td>
<td>Continued from above</td>
<td></td>
</tr>
<tr>
<td>Week 8</td>
<td>EXAM 1</td>
<td></td>
</tr>
<tr>
<td>Week 9</td>
<td>SPRING BREAK</td>
<td></td>
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<tr>
<td>Week 10</td>
<td>Flexibility and Warm Ups</td>
<td>12</td>
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<tr>
<td>Week 11</td>
<td>Elderly and Children training</td>
<td>18</td>
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<tr>
<td>Week 12</td>
<td>Pregnancy and Exercise</td>
<td>18</td>
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<tr>
<td>Week 13</td>
<td>Obesity</td>
<td>19</td>
</tr>
<tr>
<td>Week 14</td>
<td>Cardiovascular and Respiratory Conditions and Exercise</td>
<td>20</td>
</tr>
<tr>
<td>Week 15</td>
<td>EXAM 2</td>
<td></td>
</tr>
</tbody>
</table>
## Tentative Online Assignments (Can be subject to change):  
**KINE 4300 – Spring 2018**

<table>
<thead>
<tr>
<th>Class Assignment:</th>
<th>Topic:</th>
<th>Book Chapters:</th>
</tr>
</thead>
</table>
| Chapter Review    | Legal Aspects to Training  
Nutrition  
Exercise Physiology | Chapter 25  
Chapter 24  
Chapter 7  
Chapter 8 |
| Project 1         | Resistance Training Programming | |
| Project 2         | Aerobic Endurance Programming | |
| Quiz 1 – Closed at first exam | Over Chapters 24, 25 | |
| Quiz 2 – Closed at first exam | Over Chapters 7, 8 | |

**EXAM 1**

<table>
<thead>
<tr>
<th>Class Assignment:</th>
<th>Topic:</th>
<th>Book Chapters:</th>
</tr>
</thead>
</table>
| Chapter Review    | Client Consultation and Appraisal  
Fitness Assessment  
Fitness Testing | Chapter 9  
Chapter 10  
Chapter 11 |
| Project 3         | Special Population Programming | |
| Final Project     | Comprehensive Fitness Assessment and Workout Plan | |
| Quiz 3 – Closed at second exam | Over Chapters 9, 10, 11 | |
| Quiz 4 – Closed at second exam | Over Chapters 12, 18, 19, 20 | |

**EXAM 2**

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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.

***All assignments prior to exam 1 MUST be done before the exam. No assignments or quizzes leading up to exam 1 will be available after exam 1 has been administered.*