EASTERN ILLINOIS UNIVERSITY

Kinesiology and Sports Studies Department KSS 4900 Special Topics: Resistance Exercise Course Outline Fall 2012

INSTRUCTOR: Jeffrey M. Willardson, PhD, CSCS*D (call me Dr. Willardson)

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OFFICE LOCATION: Lantz 2230

OFFICE HOURS: M and W 9-10AM; T and TH 2:15-3PM; TH 12:15-1PM

CLASS DAYS: M

CLASS LOCATION: McAfee 1341

CLASS TIME: 1-1:50PM

Student Success Center

Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center (www.eiu.edu/~success) for assistance with time management, test taking, note taking, avoiding procrastination, setting goals, and other skills to support academic achievement. The Student Success Center provides individualized consultations. To make an appointment, call 217-581-6696, or go to 9th Street Hall, Room 1302.

COURSE DESCRIPTION

This course covers special topics on resistance exercise with the overall objective of creating a greater understanding of the theory and practical application behind such exercise. Special topics may include: systematic physiological responses and adaptations, ergogenic aids, program design, current research findings, addressing muscle imbalances and injury prevention, and resistance exercise prescription for special populations such as children, elderly, and pregnant women.

TEXTBOOK

There is no textbook for this course. All reading materials will be provided in PDF format via WebCT. It is essential that you commit to keep up with the reading in this course.

COURSE OBJECTIVES

- 1. Become familiar with current research studies and hot topics in resistance exercise.
- 2. Gain greater understanding of the physiological adaptations in different systems of the body consequent to resistance exercise.
- 3. Understand myths and misconceptions associated with resistance exercise.
- 4. Gain greater understanding of the potential for certain ergogenic aids to benefit resistance exercise performance and adaptations.
- 5. Understand differences in resistance exercise prescriptive variables for special populations.
- 6. Understand differences in resistance exercise prescriptive variables for correction of muscular imbalances and postural abnormalities.

DATES TO REMEMBER

Aug 20 First day of class

Sept 3 Labor Day observance no class

Oct 10 Mid-term

Nov 19-23 Thanksgiving break no class

Dec 3 Last class day

Tues Dec 11 Final Exam 12:30-2:30PM

GRADING

90-100% = A 80-89% = B 70-79% = C 60-69% = D <59% = F

Quizzes ~ 200 points Mid-term ~ 50 points Final ~ 50 points

No opportunities will be given for extra credit.

A specific topic (see Table below) will be selected each week for which an article will be posted and a quiz administered the following week on the content of the article and notes from class.

| Week | Topic | Assessment |
|---------|--|---------------|
| Aug 20 | Muscular characteristics, responses, and adaptations | None |
| Aug 27 | Muscular characteristics, responses, and adaptations | Quiz 1 |
| Sept 10 | Muscular characteristics, responses, and adaptations | Quiz 2 |
| Sept 17 | Muscular characteristics, responses, and adaptations | Quiz 3 |
| Sept 24 | Protein supplementation | Quiz 4 |
| Oct 1 | None | Mid-term exam |
| Oct 8 | Guest Speaker (TBA) | None |
| Oct 15 | Nitric oxide promoting ergogenic aids | None |
| Oct 22 | Acid buffers as ergogenic aids | Quiz 5 |
| Oct 29 | Myths and misconceptions | Quiz 6 |
| Nov 5 | Special populations: pregnancy | Quiz 7 |
| Nov 12 | Special populations: elderly | Quiz 8 |
| Nov 26 | Special populations: children and adolescents | Quiz 9 |
| Dec 3 | Muscular imbalances and posture abnormalities | Quiz 10 |
| Dec 10 | Muscular imbalances and posture abnormalities | None |

ACADEMIC MISCONDUCT

Examples of academic misconduct are cheating, plagiarism, and excessive absences. Please consult the Student Handbook for the official academic misconduct policy. Any academic misconduct will be dealt with according to the student handbook and the discretion of the instructor.

RESPECT FOR DIVERSITY

Diversity encompasses age, life experiences, profession, race, religion, sexual orientation, and lifestyle, social class, learning style, philosophy of life, personality, mental and physical challenges, customs, values, and gender. Diversity is to be respected in this class.

PROFESSIONALISM

This is a class that will be studying the human body and human movement. This class may utilize students as human examples during the course of the class. Professional conduct is expected at all times. Failure to uphold this expectation will result in removal or failure in this class.