EASTERN ILLINOIS UNIVERSITY
Kinesiology and Sports Studies Department
KSS 4460 Principles of Resistance Training
Course Outline
Spring 2014

INSTRUCTOR: Jeffrey M. Willardson, PhD, CSCS*D (call me Dr. Willardson)
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E-MAIL: jmwillardson@eiu.edu
OFFICE LOCATION: Lantz 2230
OFFICE HOURS: Tues/Thurs 10:15AM-11:30AM and 12:45PM-2:00PM; and by appt.
CLASS DAYS/TIME/LOCATION: Section 1—Tues/Thurs 11:30AM-12:45PM, Lntz 3881;
Section 2—Mon/Wed 3:00PM-4:15PM, Lntz 1420; **Section 3**—Mon/Wed 10:00AM-11:15AM, Lntz 3881

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.

If you are a student with a documented disability in need of accommodations to fully participate in this class, please contact the Office of Student Disability Services (OSDS). All accommodations must be approved through OSDS. Please stop by Ninth Street Hall, Room 2006, or call 217-581-6583 to make an appointment.

COURSE DESCRIPTION

The purpose of this course is to gain an understanding of the scientific basis of resistance exercise and the practical application of such exercise based on different training objectives and individual needs. Please note that not all chapters of the text will be covered; only those that the instructor considers the most important and timely.

TEXTBOOK

BAECHLE, T.R., and R.W. Earle. Essentials of Strength Training and Conditioning (*3rd edition*). Champaign, IL: Human Kinetics, 2008.

COURSE OBJECTIVES

1. Identify the neuromuscular, hormonal, bioenergetic, and cardiorespiratory adaptations to resistance training.
2. Describe and demonstrate the biomechanics of resistance training.
3. Compare resistance training programs designed for different populations.
4. Analyze and apply resistance training principles towards programs designed to improve muscular strength, power, hypertrophy and endurance.

DATES TO REMEMBER

Jan 13	First day of class
Jan 20	Martin Luther King Day/no class
Mar 6	Mid-term
Mar 10-14	Spring break/no class
May 2	Last class day
Tues May 6	Section 1 Final Exam, 2:45PM-4:45PM
Thurs May 8	Section 2 Final Exam, 12:30PM-2:30PM
Tues May 6	Section 3 Final Exam, 10:15AM-12:15PM

GRADING

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

Exams = 50%
Assignments (labs, notes, quizzes) = 30%
Case Studies = 20%
No opportunities will be given for extra credit.

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.