

**Eastern Illinois University**  
**Kinesiology & Sport Studies - KSS 1600**

Instructor: John McInerney                      [jpmcinerney@eiu.edu](mailto:jpmcinerney@eiu.edu)  
Lantz – 2237    581-7177

Office Hours:                      M/W 2:50-3:30pm    T/R 9-9:50am

Course Description:                      Beginning weight training class. Basic skills involved in weight training as well as basic aerobic conditioning concepts. Developing individualized strength and conditioning programs.

Course Objectives:                      To learn skills utilized in a variety of strength and conditioning programs. To understand various exercises and their corresponding muscle groups. To understand the key safety issues involved with strength and conditioning programs.

Course Content:                      Individual skills in proper lifting form and safety. Program design to develop strength and cardiovascular conditioning.

Text:                                      Basic Weight Training for Men and Women 5<sup>th</sup>. Ed / T. D. Fahey

Evaluation:	<b>Participation</b>	<b>45%</b>	<b>(5pts per class = 150 pts.)</b>
	<b>Tests and Quizzes</b>	<b>18%</b>	<b>(60 pts.)</b>
	<b>Outside Assignments</b>	<b>18%</b>	<b>(60 pts.)</b>
	<b>Program Design and Journal</b>	<b>15%</b>	<b>(50 pts.)</b>

(The outline above is a very close approximation of the evaluation schedule. The instructor reserves the right to make modifications as the semester unfolds. The students will always be informed of any such modifications.)

(Only excused absences will be allowed make-up privileges. Health Service notifications are not in and of themselves sufficient to warrant an excused absence. Communication with the instructor will be a key component in the determination of each individual case.)

(Excused absences will require make-up work to be done in order for the student to earn the daily points and eliminate the absence from the class record. These make-up sessions will be arranged in consultation with the instructor.)

Course Requirements:                      Design and implement a personal workout program.  
    Maintain an accurate and detailed training journal.  
    Turn in all assignments on time and in prescribed order.

(Late assignments are not acceptable. A 50% point reduction will automatically occur with any assignments turned in late.)

Attend class. 2 non-participation days allowed  
**(3<sup>rd</sup> absence = Drop of one letter grade)(6<sup>th</sup> absence = Drop of two letter grades)**  
**Attend class on time. 2 tardies allowed.(Each tardy after #2 = 1/2 day absent)**