

Eastern Illinois University  
Kinesiology & Sports Studies --- KSS 1600.06

**Instructor:** Maranda Rehg                      Email: [mdrehg@eiu.edu](mailto:mdrehg@eiu.edu)  
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**Office Hours:** M/W 9-10                      Room: 2515

**Course Description:** This is an introductory level weight training class designed to teach the fundamentals of weight training principles, proper exercise technique, and personal program design.

**Course Objectives:**

At the completion of this course, the student will be able to:

1. Demonstrate appropriate technique for a wide variety of resistance training exercises.
2. List and have an understanding of the “Seven Basic Movement Patterns.”
3. List and understand the major muscle groups that are involved in different resistance training exercises.
4. Demonstrate safe weight training practices in class.
5. Understand various resistance-training adaptations (muscular endurance, muscular hypertrophy, and muscular strength).
6. Develop a personal weight training program specific to student’s goals.

**Text:** Basic Weight Training For Men and Women 5<sup>th</sup>. Thomas D. Fahey

<b>Evaluation:</b>	<u>Points</u>	<u>Grading Scale</u>
Attendance	124	A = 220 - 197
Exams	40	B = 196 - 175
Assignments	30	C = 174 - 156
Projects	26	D = 155 – 131
		F = 130 or less
<b>Total</b>	<u>220</u>	

**Attendance:**

Attendance is vital in this class. Only university excused absences will be allowed make-up privileges. You are allowed two unexcused absences with no penalty. The third absence will drop one letter grade, and the fifth absence results in dropping two letter grades. Six absences results in failure of the course. Communication with the instructor is essential and a key component in determination of each individual case. You must attend class on time and be prepared to participate.

**Exams:**

Exam format will be multiple choice and/or fill in the blank on course subject matter. Information will be selected from notes and handouts given in class. There are **NO** make-ups for missed exams/assignments without prior notification/arrangements.

**Assignments:**

Late assignments will not be accepted.

**Projects:**

You will be required to keep a detailed training journal for the duration of the semester. A detailed description and explanation of expectations will be explained in a handout.

**Class Policies:**

1. Students are expected to dress appropriately for each class session (sweats, shorts, t-shirts, etc.) No cut off shirts, open-toed sandals or footwear, or excessively loose clothing is allowed. Students must be in class and properly dressed to fully participate in all sessions in order to achieve daily points.
2. No food, drink, candy, chewing gum, etc. in the weight room during class. Only water bottles are permitted.
3. You must replace all weight equipment to its PROPER location after each use.
4. No horseplay allowed in the gym at any time.
5. The work you submit **MUST** be your own original work. If there is plagiarism or another form of cheating in your work, you will fail the course. If observed cheating on an exam, you will fail the course.
6. No cell phones or other electronic devices allowed "on" in class.
7. Assignments are due at the beginning of class on the due date. Late assignments will not be accepted.

**Tentative Schedule**

*\*\*\*This schedule is tentative and is subject to change during the course of the semester. I will give advanced notice of any changes.*

<b>Week</b>	<b>Activities</b>	
8/24	Intro and Syllabus	Overview of programs
8/31	Syllabus Due (Mon.)	Muscular Endurance Program Due (Wed.)
9/7	Labor Day (Mon.)	Muscular Endurance
9/14	Muscular Endurance	
9/21	Muscular Endurance	Muscular Hypertrophy Overview
9/28	Muscular Hypertrophy	Program Due (Mon.)
10/5	Muscular Hypertrophy	
10/12	Muscular Hypertrophy	Muscular Strength Overview
10/19	Muscular Strength	Program Due (Mon.)
10/26	Muscular Strength	Workout
11/2	Muscular Strength	Workout Personal Program Overview
11/9	Personal Program	
11/16	Personal Program	
11/23	Thanksgiving	Break
11/30	Personal Program	ATP Lab Full Assessment Due (Wed.)
12/7	Personal Program	Exercise Journal Due (Wed.)
12/14	Finals	Week

I have reviewed and understand the terms of the syllabus. Please sign and date below.

Signature \_\_\_\_\_

Date: \_\_\_\_\_

