

EASTERN ILLINOIS UNIVERSITY
Kinesiology & Sport Studies
Spring Semester 2009
Technique and Theory of Weight Training – KSS 2104

Instructor: John P. McInerney Office - 2231 Lantz 581-7177 jpmcinerney@eiu.edu

Office Hours: 9–10am T/R 1:30-2:30pm M/ W or by appointment.

Course This course is designed to give the student a working knowledge of techniques, theories,
Content: and program design in weight training and personal conditioning programs.

Course By semesters end the student should be able to:

- Objectives:
- 1) Score above 80% on all written tests covering terminology, exercise physiology, health screening, testing and evaluation, methods of training, and program design.
 - 2) Prescribe specific strength and conditioning programs for individuals meeting their needs and goals.
 - 3) Correctly demonstrate the proper lifting techniques of the primary lifts isolating the major muscle groups.
 - 4) Recognize the inherent dangers involved in strength training and demonstrate a working knowledge of how to instruct and supervise safe strength & conditioning programs.

Evaluation: Letter grades will be awarded as follows:

(90%) and above	= A
(80%)	= B
(70%)	= C
(60%)	= D

Attendance: Attendance is expected and crucial in technique and theory classes.

10 points extra credit for perfect attendance. Only legitimately documented absences will be counted as excused. Excused absences still require complete make-up as assigned by the instructor.

Two unexcused absences throughout the entire semester are allowed. Anyone acquiring more than two absences will have their grade lowered by one letter grade.

Arriving late to class is not acceptable and will result in a 10 point penalty after two initial tardies.

Text: Personal Trainer Manual, American Council On Exercise, Richard T. Cotton, Editor.