

Eastern Illinois University
Kinesiology & Sports Studies --- KSS 1600
Instructor: Tarra Grant **Email:** tgrant@eiu.edu
Lantz --- 1011 Phone: 581-2215
Office Hours: TBA-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. Demonstrate safe weight training practices in class.
4. Understand various resistance-training adaptations (muscular endurance, muscular hypertrophy, and muscular strength).
5. Develop a personal weight training program specific to student’s goals.

Text: Basic Weight Training For Men and Women 5th. Thomas D. Fahey

Evaluation:

Attendance = 150
Midterm = 20 points
Final = 20 points
Assignments 30

Points Grading Scale

A = 220 - 197
B= 196 - 195
C= 174 - 156
D= 155 – 131
F= 130 – or less

Total 220

Attendance:

Attendance is vital in this class. Attendance is 5 points per 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.*

Week Activities

1/11 Intro and Syllabus Overview of programs
1/18 Martin Luther King Jr. B-Day –NO CLASS
1/25 Syllabus Due (Mon.) Muscular Endurance Program Due (Wed.)
2/1 Muscular Endurance
2/8 Muscular Endurance Muscular Hypertrophy Overview
2/15 Muscular Hypertrophy Program Due (Mon.)
2/22 Muscular Hypertrophy
3/1 Muscular Hypertrophy Muscular Strength Overview
3/8 Muscular Strength Program Due (Mon.)
3/15 - 3/19 Spring Break- NO CLASS
3/22 Muscular Strength Workout
3/29 Muscular Strength Personal Program Overview
4/5 Personal Program
4/12 Personal Program
4/19 Personal Program
4/26 Personal Program Exercise Journal Due (Wed.)
5/3 - 5/7 Finals Week

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

Signature Date: _____