

Eastern Illinois University
Department of Kinesiology and Sports Studies
KSS 1600 – Weight Training
Spring 2010

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OFFICE HOURS: M/W 10:00-11:00, T/R 9:00-10:00, or by appointment

Textbook: Basic Weight Training for Men and Women 5th ed., Fahey, T.D., 2004

Course

Description: Beginning weight training class with instruction on basic weight training techniques and programs. A course designed to familiarize students with strength and conditioning concepts surrounding weight training.

Course

Objectives: 1. To learn skills utilized in a variety of strength and conditioning programs.
2. To gain understanding of the various muscle groups recruited during weight training.
3. To understand safety issues concerning strength and conditioning programs.

Course

Requirements: Each student will design and implement a personal weight training program based on his/her goals and will be required to keep a journal to monitor progress.

Methods of Assessment

Students' final grade will be determined by the percentage of days attending class with full participation AND the percentage of total points. The final grade will reflect the first level for which the student meets or exceeds the percent range for both (total points and attendance/participation).

Total points:

- A. **Active Participation** – 145 points
- B. **Class Journal** – 25 points
- C. **Quizzes** – 30 points

Grading

A = 100-90% of total points and attendance/participation
B = 80-89%
C = 70-79%
D = 60-69%
F < 60%

Disability Statement

If you have a documented disability and wish to receive academic accommodations, please contact the Coordinator of the Office of Disability Services (217-581-6583).

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.

Student Self-Report on Preparedness and Participation

Name _____ Date _____

To receive credit for this class session, you must honestly be able to check all of the following:

- 1. I made every effort to come to class on time. (Lateness that was not your fault is excused: e.g. the previous professor held the class overtime. Oversleeping is NOT excused.)
- 2. I prepared for class by being well-rested, well-nourished, alert, and mentally ready.
- 3. I came to class prepared, dressed appropriate for exercise, wearing tennis shoes and comfortable clothing. (No jeans, sandals, boots, flats, etc.)
- 4. I showed by my face and body posture that I was following my personal weight training program by continually moving with minimal rest between sets and exercises.
- 6. Before, during, or after class, when I had a genuine question that seemed stupid or simple, I asked it anyway.

The following questions do not count for credit, but they help me to assess how well the discussions are going and how we can improve:

I thought the class today went:

extremely well very well quite well not at all well

Why did you answer as you did?

What could the professor have done to make the class more successful?

What could I, the student, have done to make the class more successful?