

Eastern Illinois University
College of Education and Professional Studies
Kinesiology and Sports Studies

KSS 1600- Spring 2010
Weight Training

Instructor: Ralph McCausland
1417 Lantz Arena
581-6039 office / voice mail
E-mail – remccausland@eiu.edu
Office Hours: M, T, W, noon or by appointment

Course

Description: Weight Training

Course

Objectives: Develop an understanding of basic lifting technique on the Universal machines and with free weights.
Develop a basic knowledge of safety precautions associated with different lifts.
Develop a weight training program, which corresponds to individual needs and interests.

Text: Basic Wight Training for Men and Women 5th. Ed/T.D. Fahey

Evaluation: Attendance and active participation is an essential part of any activity course and excessive absences will lead to the lowering of your grade or failure. Only university excused absences will be allowed make-up privileges. (**#2-unexcused absences with no penalty, 3rd absence will drop 1 letter grade, and 4th absence will drop 2 letter grades....**)

*** Attend class on time and be prepared to participate.**

Methods of evaluation:

Attendance – 5pts @ class	(150 pts)
Muscle and Exercise Exam	(30 pts)
Personal Program	(60 pts)

Total (240pts)

240 - 216 - A
215 - 194 - B
193 - 175 - C
174 - 156 -D
155 -F

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](tel:217-581-6696), or go to 9th Street Hall, Room 1302.