

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

**Instructor:** John P. McInerney      Office - 2231 Lantz      581-7177      [jpmcinerney@eiu.edu](mailto:jpmcinerney@eiu.edu)

**Office Hours:** T/R 9-10am / 1-2pm or by appointment

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

**Course Objectives:** By semesters end the student should be able to:

- 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 | 70% to 79% | = C |           |     |
| 80% to 89%    | = B | 60% to 69% | = D | Below 60% | = F |

**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.

Cell phone usage is not allowed, please keep them off and put away.

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

Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center ([www.eiu.edu/~success](http://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 9<sup>th</sup> Street Hall, Room 1302.

**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).