

EASTERN ILLINOIS UNIVERSITY  
Kinesiology and Sports Studies Department  
KSS 4460 Principles of Resistance Training  
Course Outline  
Spring 2010

**INSTRUCTOR:** Jeffrey M. Willardson, PhD, CSCS (call me Dr. Willardson)  
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**OFFICE LOCATION:** Lantz 2230  
**OFFICE HOURS:** M, W, F 9-9:50 AM; T, Th 8-8:50 AM (or by appointment)  
**CLASS DAYS:** T, Th  
**CLASS LOCATION:** LTNZ 3881  
**CLASS TIME:** 11-12:15

Student Success Center

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.

### **COURSE DESCRIPTION**

The purpose of this course is to gain an understanding of the scientific basis of resistance exercise prescription, and how to prescribe resistance exercise based on different training objectives and individual needs. Please note that not all chapters of the text will be covered; only those that the instructor considers the most important and timely.

### **TEXTBOOK**

BAECHLE, T.R., and R.W. Earle. Essentials of Strength Training and Conditioning (*3<sup>rd</sup> edition*). Champaign, IL: Human Kinetics, 2008.

### **COURSE OBJECTIVES**

1. Become familiar with current research studies in resistance exercise and training.
2. Understand the physiological adaptations in different systems of the body consequent to resistance exercise.
3. Understand testing and evaluation procedures for athletes.
4. Understand resistance exercise techniques.
5. Understand resistance exercise program design.

### **DATES TO REMEMBER**

January 12	First day of class
March 15-19	Spring break—No Class
April 29	Last day of class
May 4	Final Exam Tuesday 2:45-4:45

### **GRADING**

90-100%	= A
80-89%	= B
70-79%	= C
60-69%	= D
<59%	= F

Exam 1 = 100 points  
 Exam 2 = 100 points  
 Final = 100 points  
 Labs ~ 50-100 points  
 Quizzes ~50-100 points (quizzes will consist of material covered in research articles and will be announced)  
 No opportunities will be given for extra credit

**LECTURE SCHEDULE—please access WebCT for lecture material**

WEEK	TOPIC	READING
1	Adaptations to Anaerobic Training Programs	Ch. 5
2		
3	Performance Enhancing Substances	Ch. 9
4	EXAM 1	
5	Principles of Test Selection and Administration	Ch. 11
6	Administration, Scoring, and Interpretation of Selected Tests	Ch. 12
7	Warm-Up and Stretching	Ch. 13
8	Resistance Training and Spotting Techniques	Ch. 14
9	EXAM 2	
10	Resistance Training	Ch. 15
11	Periodization	Ch. 19
12		
13		
14	Plyometric Training	Ch. 16
15	Speed, Agility, and Speed-Endurance	Ch. 17
16	FINAL EXAM	

**ACADEMIC MISCONDUCT**

Examples of academic misconduct are cheating, plagiarism, and excessive absences. Please consult the Student Handbook for the official academic misconduct policy. Any academic misconduct will be dealt with according to the student handbook and the discretion of the instructor.

**RESPECT FOR DIVERSITY**

Diversity encompasses age, life experiences, profession, race, religion, sexual orientation, and lifestyle, social class, learning style, philosophy of life, personality, mental and physical challenges, customs, values, and gender. Diversity is to be respected in this class.

**PROFESSIONALISM**

This is a biomechanics class and therefore we will be studying the human body and human movement. This class may utilize students as human examples during the course of the class. Professional conduct is expected at all times. Failure to uphold this expectation will result in removal or failure in this class.