

EASTERN ILLINOIS UNIVERSITY  
Kinesiology & Sports Studies Department  
**KSS 4460 – Principles of Resistance Training**

<b>Instructor:</b>	Traci Worby, M.S.	<b>Class time:</b>	Monday & Wednesday @ 2:00pm - 3:15pm (Lantz 3871)
<b>Office:</b>	2210 Lantz	<b>Office hours:</b>	Monday 10:30am – 12:30pm Tuesday & Thursday 12:00pm – 1:00pm Other times by appointment.
<b>KSS Office phone:</b>	581-2215 (leave message)	<b>Email:</b>	<a href="mailto:tlworby@eiu.edu">tlworby@eiu.edu</a>

<b>Course Description:</b>	The purpose of this course is to gain an understanding of the scientific basis of resistance exercise. Application of scientific principles towards the development of safe and effective resistance training programs designed to improve general health and physical performance in various populations will be covered. Please note that not all chapters of the text will be covered; only those that the instructor considers the most important and timely.										
<b>Specific Course Goals:</b>	Upon successful completion of this course the student will:  <div><div>1. Identify the neuromuscular, hormonal, bioenergetic, and cardio respiratory adaptations to resistance training.</div><div>2. Describe and demonstrate the biomechanics of resistance training.</div><div>3. Compare resistance training programs designed for different populations.</div><div>4. Analyze and apply resistance training principles towards programs designed to improve muscular strength, power, hypertrophy, and endurance.</div></div>										
<b>Evaluation:</b>	<div>Your evaluation will be based on the following:</div> <table><tr><td>Grade Components</td><td>Percent of Grade</td></tr><tr><td>Quizzes/Exams</td><td>50%</td></tr><tr><td>Assignments</td><td>30%</td></tr><tr><td>Case Studies</td><td>20%</td></tr></table> <div>The resulting percentage will be assigned a grade based on the following scale:</div> <div><div>90% or better</div><div>A</div><div>80-89%</div><div>B</div><div>70-79%</div><div>C</div><div>60-69%</div><div>D</div><div>Below 60%</div><div>F</div></div>			Grade Components	Percent of Grade	Quizzes/Exams	50%	Assignments	30%	Case Studies	20%
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<b>Late Assignment Policy:</b>	<div>1 day = 50% off</div> <div>more than 1 day = WILL NOT BE ACCEPTED</div> <div><b><u>Special note for student athletes</u></b></div> <div>In case of a schedule conflict, you must do the following:</div> <div><div>1. Hand me a copy of your schedule. Make sure to highlight the dates in conflict.</div><div>2. Send an email notifying me that you will be absent. This MUST be done prior the day of the absence.</div><div>3. If an assignment is given the day of the absence, I will reply your email with instructions on how to make up the work.</div></div>										

<b>Classroom Policy:</b>	<p>1. Students are expected to attend ALL class meetings. An absence will only be considered excused if it meets ALL the following criteria*:</p> <ol style="list-style-type: none"> <li>1) It is an official University-recognized excused absence (verified illness, emergency, participation in an official University activity, or participation in volunteer emergency work).</li> <li>2) I was notified in writing before the absence occurred. If I am notified through email, I will respond acknowledging its receipt. If you do not receive a response from me, it is your responsibility to speak with me at the beginning of the next class.</li> <li>3) Appropriate documentation is provided either before the absence or during the next class period following the absence.</li> </ol> <p>*Absences will be reviewed on a case-to-case basis. It is imperative that you speak with me regarding any absence. Do NOT wait until the end of the semester to discuss an absence that occurred during the "fourth" week of class.</p> <p>If the absence is excused, you will have the opportunity to complete the work you missed during the class. For in-class activities, it must be completed within ONE week of the absence. No make-up work will be accepted after one week.</p> <p>2. This is a class that 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.</p>
<b>Cell Phones:</b>	Cell phones must be silenced during class. Do NOT text in class. All other electronic devices are to be shut off. Ear buds must be removed at the start of the class.
<b>Email:</b>	ALL email correspondence in this class will be done through the university's official email system (PantherMail) which is used for many purposes including accessing D2L and PAWS, receiving billing statements from the library, and departmental correspondence and announcements through the undergraduate listserv. For information on how to obtain your email address or to obtain a password please visit the following web address: <a href="http://www.eiu.edu/~itshelp/email/index.php">http://www.eiu.edu/~itshelp/email/index.php</a>
<b>Textbook:</b>	Haff, G. G., & Triplett, N. T. (2016). <i>Essentials of Strength Training and Conditioning (4<sup>th</sup> edition)</i> . Champaign, IL: Human Kinetics.
<b>Disability Statement:</b>	If you are a student with a documented disability in need of accommodations to fully participate in this class, please contact the Office of Student Disability Services (OSDS). All accommodations must be approved through OSDS. Please stop by Ninth Street Hall, Room 2006, or call 217-581-6583 to make an appointment.
<b>Student Success Center:</b>	Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center ( <a href="http://www.eiu.edu/~success">www.eiu.edu/~success</a> ) for assistance with time management, text 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.
<b>Academic Integrity:</b>	Students are expected to maintain principles of academic integrity and conduct as defined in EIU's Code of Conduct ( <a href="http://www.eiu.edu/judicial/studentconductcode.php">http://www.eiu.edu/judicial/studentconductcode.php</a> ). Violations will be reported to the Office of Student Standards.

<b>KSS Student Expectations:</b>	<p>The students in our department meet a number of high standards that reflect the overall importance of their educations. Below you will find an outline of those standards.</p> <p><u>Be Prepared</u></p> <ol style="list-style-type: none"> <li>1. Bring required textbooks to class</li> <li>2. Read assigned material prior to class</li> <li>3. Complete assignments by due date</li> </ol> <p><u>Be Respectful</u></p> <ol style="list-style-type: none"> <li>1. Be courteous to others</li> <li>2. Be alert and attentive in class</li> <li>3. Promote professional behaviors</li> <li>4. Use cell phones only in emergencies (notify instructor prior to class)</li> <li>5. Headphones not allowed in class</li> </ol> <p><u>Be Participant</u></p> <ol style="list-style-type: none"> <li>1. Be on time &amp; attend class</li> <li>2. Ask relevant questions</li> <li>3. Contribute to discussions</li> </ol>
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**Tentative Calendar (Subject to change):**

Week 1:	Syllabus, Overview of class; Case Study Preview; Chapter 1
Week 2:	Chapter 2
Week 3:	Article; Chapter 3; Case Study
Week 4:	Exam #1; Chapter 17
Week 5:	Chapter 21; Chapter 14
Week 6:	Chapter 12; Chapter 13
Week 7:	Chapter 13
Week 8:	Chapter 13; Midterm Exam (#2)
Week 9:	Chapter 15-16
Week 10:	Spring Break
Week 11:	Chapter 18
Week 12:	Chapter 19; Exam #3
Week 13:	Chapter 13 (1RM)
Week 14:	Chapter 5
Week 15:	Chapter 7; Exam #4
Week 16:	Case Study Presentations; Review
Finals Week:	Exam – <i>Thursday, May 3<sup>rd</sup> @ 8:00am-10:00am</i>

**\*Changes may be made throughout the semester. Please check D2L on a regular basis for updates and announcements.**