

EASTERN ILLINOIS UNIVERSITY
Kinesiology & Sports Studies Department
KSS 1600 – Weight Training

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| Instructor: | Traci Worby, M.S. | Class time: | Section 3: Tues & Thurs 11:00am - 11:50am Section 1: Tues & Thurs 1:00pm – 1:50pm (Lantz 1010) |
| Office: | 2210 Lantz | Office hours: | Monday 10:30am – 12:30pm Tuesday & Thursday 12:00pm – 1:00pm Other times by appointment. |
| KSS Office phone: | 581-2215 (leave message) | Email: | tlworby@eiu.edu |

| Course Description: | This course is a beginning weight training class that focuses on instruction of basic weight training techniques and programs. A course designed to familiarize students with strength and conditioning concepts surrounding weight training. | | | | | | | | | | | | | | | | | | | | |
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| Specific Course Goals: | Upon successful completion of this course the student will: <ol style="list-style-type: none"> 1. Understand proper safety procedures used during weight training 2. Understand proper training techniques 3. Understand the physiological benefits of weight training 4. Understand how to select exercises based on their corresponding muscle groups 5. Understand the purpose for utilizing different weight training programs. | | | | | | | | | | | | | | | | | | | | |
| Evaluation: | Your evaluation will be based on the following: <table border="1" style="margin: 10px auto;"> <thead> <tr> <th>Grade Components</th> <th>Percent of Grade</th> </tr> </thead> <tbody> <tr> <td>Attendance & Participation</td> <td>75%</td> </tr> <tr> <td>Assignments</td> <td>15%</td> </tr> <tr> <td>Quizzes & Exams</td> <td>10%</td> </tr> </tbody> </table> <p>The resulting percentage will be assigned a grade based on the following scale:</p> <table style="margin-left: 20px;"> <tr><td>90% or better</td><td>A</td></tr> <tr><td>80-89%</td><td>B</td></tr> <tr><td>70-79%</td><td>C</td></tr> <tr><td>60-69%</td><td>D</td></tr> <tr><td>Below 60%</td><td>F</td></tr> </table> | | | Grade Components | Percent of Grade | Attendance & Participation | 75% | Assignments | 15% | Quizzes & Exams | 10% | 90% or better | A | 80-89% | B | 70-79% | C | 60-69% | D | Below 60% | F |
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| 70-79% | C | | | | | | | | | | | | | | | | | | | | |
| 60-69% | D | | | | | | | | | | | | | | | | | | | | |
| Below 60% | F | | | | | | | | | | | | | | | | | | | | |
| Late assignment policy: | 1 day = 50% off more than 1 day = WILL NOT BE ACCEPTED <p style="text-align: center;"><u>Special note for student athletes</u></p> In case of a schedule conflict, you must do the following: <ol style="list-style-type: none"> 1. Hand me a copy of your schedule. Make sure to highlight the dates in conflict. 2. Send an email notifying me that you will be absent. This MUST be done prior the day of the absence. 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. | | | | | | | | | | | | | | | | | | | | |

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| <p>Attendance policy:</p> <p>Unexcused Absences:</p> <p>Tardies:</p> <p>Injuries:</p> | <p>Students are expected to attend ALL class meetings. Each class meeting will be worth 5 points. A participation rubric will be used to assess points earned during each class period. An absence will only be considered excused if it meets ALL the following criteria*:</p> <ol style="list-style-type: none"> 1) It is an official University-recognized excused absence (verified illness, emergency, participation in an official University activity, or participation in volunteer emergency work). 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. 3) Appropriate documentation is provided either before the absence or during the next class period following the absence. <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>Unexcused absences are detrimental to your overall grade and will be adjusted based on the following criteria:</p> <p>3 Unexcused Absences = Drop 1 Letter Grade 4 Unexcused Absences = Drop 2 Letter Grades 5 Unexcused Absences = Drop 3 Letter Grades 6 Unexcused Absences = Automatically fail course</p> <p>Three (3) tardies = 1 absence Attendance is taken at the beginning of every class. You are considered tardy once I have completed taking attendance. It is your responsibility to speak with me at the end of class to verify you were marked as tardy and not as absent. A tardy cannot be claimed after the class has been dismissed. Arriving more than fifteen minutes late will count as an absence.</p> <p>If you incur an injury that requires you to miss more than three weeks throughout the semester, you will be asked to drop the class or will be given an incomplete.</p> |
| <p>General Policies:</p> | <p>Cell Phones: 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.</p> <p>Clothing: Exercise attire is required to participate in this class. Acceptable: short, t-shirts, sweat pants, and tennis shoes Not-Acceptable: jeans, flip flops, any clothing with inappropriate words/slogans/pictures, revealing clothing</p> |
| <p>Email:</p> | <p>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: http://www.eiu.edu/~itshelp/email/index.php</p> |
| <p>Textbook:</p> | <p>Fahey, T. D. (2017). <i>Basic Weight Training for Men and Women (8th edition)</i>. McGraw-Hill: New York.</p> <p>Desire 2 Learn is incorporated in this class in the following ways; access to reading assignments, online assessments and assignments, grade book, announcements, etc. If you have any questions regarding the use of D2L, please contact the ITS Help Desk at 581-4357 or itshelp@eiu.edu</p> |
| <p>Disability Statement:</p> | <p>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.</p> |

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| 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, 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. |
| Academic Integrity: | Students are expected to maintain principles of academic integrity and conduct as defined in EIU's Code of Conduct (http://www.eiu.edu/judicial/studentconductcode.php). Violations will be re-reported to the Office of Student Standards. |
| KSS Student Expectations: | <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"> 1. Bring required textbooks to class 2. Read assigned material prior to class 3. Complete assignments by due date <p><u>Be Respectful</u></p> <ol style="list-style-type: none"> 1. Be courteous to others 2. Be alert and attentive in class 3. Promote professional behaviors 4. Use cell phones only in emergencies (notify instructor prior to class) 5. Headphones not allowed in class <p><u>Be Participant</u></p> <ol style="list-style-type: none"> 1. Be on time & attend class 2. Ask relevant questions 3. Contribute to discussions |

Tentative Calendar (Subject to change)

- Week 1: Syllabus, Introduction, Basic Weight Training
- Week 2: Weight Training Guidelines; Various Weight Training Programs
- Week 3: Quiz; Warm-ups; 1RM Testing
- Week 4-16: Execute workout program
- Finals Week: Section 3 (11:00am class) – *Tuesday, May 1st @ 2:45pm - 4:45pm*
Section 1 (1:00pm class) – *Wednesday, May 2nd @ 2:45pm – 4:45pm*