

**The University of Texas at Tyler
Course Syllabus – Fall 2009**

Course Number : **KINE 4305**
Course Name : **Principles of Training**
Meeting Times: **5:30 – 8:10 pm Wednesday**
Classroom: **HPC 3010**

Instructor: **Rollie Schick**
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Textbook: Required **ACE Personal Trainer Manual, 3rd ed. (2003)**
ISBN 13 : 978-1-890720-14-8

Suggested **ACE Personal Trainer Manual, Master the Manual, (2003)**
ISBN 13: 978-1-890720-15-5

KINE 4305 examines the training and conditioning process that athletes go through in order to maximize their abilities on the day of competition. These processes will be looked at with an eye on known and accepted principles of exercise physiology and biomechanics.

Learning Outcomes:

1. **Apply the principles of exercise science, human anatomy, and biomechanics to movement design and exercise instruction.**
2. **Identify the principles and methods of training for cardiorespiratory fitness, muscular strength and endurance, and flexibility.**
3. **Demonstrate the ability to individualize exercise instruction for apparently healthy adults using an exercise progression model.**
4. **Demonstrate the proper usage of various commercial fitness machines and equipment utilizing appropriate exercise guidelines and spotting techniques.**
5. **Exhibit the communication skills needed in personal fitness instruction.**

Evaluation:

Written tests – 5	50 points
Physical assessments	5 points
Sample Scenario Program	10 points
Comprehensive Final Exam	20 points
<u>Participation</u>	<u>15 points</u>

Grading scale:

90 or more points	A
80 to 89 points	B
70 to 79 points	C
60 to 69 points	D
59 or fewer points	F

TOTAL **100 points**

Course Dates

Aug. 27	5:30	Syllabus, introduction, discussion	
	6:35	Chapter 1	
	7:40	Chapter 1	
Sept. 3	5:30	Chapter 2	
	6:35	Chapter 2	
	7:40	Testing and evaluation Chapter 6	
Sept. 10	5:30	Chapter 3	
	6:35	Chapter 3	
	7:40	Testing and evaluation Chapter 6	
Sept. 17	5:30	Chapter 4	
	6:35	Chapter 4	
	7:40	Testing and Evaluation Chapter 6	
Sept. 24	5:30	Chapter 5	Test One ch 1- 4
	6:35	Chapter 7	
	7:40	Fitness and Evaluation Chapter 6	
Oct. 1	5:30	Chapter 8	Test Two ch 5-6
	6:35	Chapter 8	
	7:40	Fitness and Evaluation Chapter 6	
Oct. 8	5:30	Chapter 9	
	6:35	Chapter 9 Practice strength exercises	
	7:40	Fitness and Evaluation Chapter 6	
Oct. 15	5:30	Chapter 10	
	6:35	Chapter 10 Practice flexibility exercises	
	7:40	Fitness and Evaluation Chapter 6	
Oct. 22	5:30	Chapter 11	
	6:35	Chapter 11	
	7:40	Fitness and Evaluation Chapter 6	
Oct. 29	5:30	Chapter 12	
	6:35	Chapter 12	
	7:40	Fitness and Evaluation Chapter 6	
Nov. 5	5:30	Chapter 13	Test Three ch 7- 12
	6:35	Chapter 14	
	7:40	Fitness and Evaluation Chapter 6	
Nov. 12	5:30	Chapter 15	
	6:35	Chapter 16	
	7:40	Fitness and Evaluation Chapter 6	
Nov. 19	5:30	Chapter 17	Test Four ch 13- 16
	6:35	Chapter 18	
	7:40	Physical assessments due	
Nov. 26		<i>NO CLASS Thanksgiving</i>	
Dec. 3	5:30	Sample Scenarios	Test five ch 17 -18
	6:35	Sample Scenarios	
Dec. 10	5:30	Course Review	
Dec. 17	5:30	Comprehensive Final Exam	