The University of Texas at Tyler  
Department of Health and Kinesiology  

Course Syllabus - KINE 4305: Principles of Training: Strength and Power  
Section 001 (3 semester credit hours)  
Spring 2015

Instructor: Arturo A. Arce-Esquivel, M.D., Ph.D.  
Assistant Professor, Department of Health and Kinesiology

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Office hours: Tuesday and Thursday from 10:00 a.m. - 11:45 a.m. All other times by appointment only

Prerequisite: KINE 3211 OR KINE 3311 & KINE 3112 & KINE 3334 & KINE 3135

Course meeting times: Tuesday and Thursday: 8:00 a.m. - 9:20 a.m.

Location of Classroom: HPC 3035


COURSE DESCRIPTION, GOALS AND LEARNING OUTCOMES:

Course description and goals: This course is designed to give students the knowledge and understanding necessary in order to apply the physiological principles of exercise training for improvement of muscular endurance, strength and power. This course includes the study of resistance training programs for enhancing health, fitness and performance of various populations. The information covered by this course will help students learn how to facilitate rapport, adherence, self-efficacy and behavior change in clients, as well as design programs that help clients to improve muscular endurance and strength, posture, movement, flexibility, balance, core function, and cardiorespiratory fitness.

Learning Outcomes: Upon completion of this course, the student will be able to:
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 muscular strength, endurance, power, flexibility, and cardiorespiratory endurance.
3. Gain a better knowledge of how to develop and administer safe and effective strength training and conditioning programs.
4. Demonstrate the ability to individualize exercise instruction for apparently healthy adults and special populations using an exercise progression model.
5. Exhibit the communication skills needed in personal fitness instruction.
INSTRUCTIONAL METHODS:
Classes will consist of a mixture of lecture, discussion, working of problems, and evaluation of cases. Student activities will include though may not be limited to: (a) textbook and articles readings; (b) completing assignments, including solving of problems; (c) participating in small-group and whole-class discussions; and (d) completing exams.
Students are **expected to read assigned material before coming to class and must be prepared to discuss the previously assigned readings (including handouts).** That is- READ beforehand! **Active participation in the classroom is strongly encouraged!**

COURSE POLICIES:
**Professionalism:** Students are expected to arrive on time for class. It is expected that students will display a professional attitude at all times, including being attentive during lectures and being respectful to the instructor and fellow classmates.

**Attendance:** Although attendance is not required, it is important because we will cover some information in class that will not be covered in the textbook. Although you will not directly earn or lose points based on your attendance, your success in this class will depend on your attendance and the effort you put forth. **Do not expect to do well if you do not attend class regularly.**

**IMPORTANT:** Monday March 23rd is last day to withdraw from class with automatic grade of W. (Disclaimer: My alerting to this date in this syllabus does not make this UT Tyler's official withdrawal date. You should check UT Tyler's official calendar to verify this date.)

**Assignments:** All assignments will be given out during class times and are to be turned in on time. Some assignments will be turned in during class and/or online through blackboard.

**Note:** Spelling and grammar will be graded on all assignments and tests.

**Blackboard and E-mail:** Blackboard will be used in this class as a means to help you prepare for class meetings. Important class resources, including the syllabus, lecture notes, grades, announcements, external links, assigned readings, study guides, and other assignments or materials will be distributed through this site. You should consult it frequently. Please check your patriots e-mail account as this is where the instructor will send all announcements to.

**Note:**
- The instructor will not send any e-mails to private accounts such as yahoo, Gmail, Hotmail, etc.
- When e-mailing the instructor (or any other faculty or staff members), please be sure to use proper etiquette in on-line communication, including the proper use of spelling, grammar, and punctuation. There are numerous resources on e-mail etiquette on the web and you are expected to review some if you are not familiar with these accepted procedures.
- All e-mail communication from you to me should reference “**KINE 4305-001**” in the subject line. If it does not, the likelihood of it being read by me decreases.
- Due to teaching and research loads and the size of this class, it may take me a day or two to respond to e-mail; however, I'll make every effort to respond to e-mail on the same day. Please note that emails received on the weekends (late Friday through late Sunday) will generally be responded to on the following Monday.

**Make-up:** Unless you contact the instructor ahead of time, late assignments will be penalized 50%. After one week, late work will not be accepted at all and a **zero** will be given for that grade. Contact the instructor before the due date if you will be unable to complete it and want to avoid a penalty. Please do not email the instructor assignments or projects unless otherwise
asked to. A missed exam without a prior excuse receives an automatic zero. An excused, missed exam must be taken before the next class (arrange with instructor).

Technology: Cellphones are not allowed in the classroom during lectures and/or exams. Cellphones must be turned to "OFF" or "SILENT" (not VIBRATE) during class. If I see it or hear it, there will be an automatic deduction of 20 points off your total points at the end of the semester. If you need it in case of an emergency, please see me before class.

Laptops and iPads are okay to use in class, but only for taking notes. If I catch you browsing the internet, playing solitaire, or anything else un-related to the class, you will be asked to not bring it to class anymore and an automatic deduction of 20 points off your total points at the end of the semester.

Class distractions: Please do not participate in any activity in the classroom that may be a distraction to other students or the instructor. This includes talking to neighbors during lectures or discussions, eating, texting, instant messaging, checking e-mail, surfing the web, etc. Finally, class will begin at 8:00 a.m. Please be on time.

Quality of work: All written work, including exams and assignments, must be written legibly or typed according to the assignment instructions. All work turned in will be graded with rigor appropriate for senior-level standing.

Copyright: All handouts used in this course, including those delivered via Blackboard, are copyrighted. The term "handouts" refers to all materials generated for this class, which include but are not limited to syllabi, quizzes, exams, PowerPoint slides, outlines, lab problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy the handouts, unless I expressly grant permission.

COURSE REQUIREMENTS AND EVALUATIONS: Some modifications may be necessary due to time, facility, and/or equipment constraints.

Exams: There will be 3 regular exams (Exam 1, Exam 2 and Exam 3 (final)) given during the semester. Exams might consist of some short-answer questions (i.e. three or four whole sentences), short essay (i.e. two to three paragraphs), and long essay (i.e. more than four paragraphs) questions, and/or diagrams. The exams will be based upon material covered in the reading assignments, lectures, quizzes, discussions, and group work.

Be sure to arrive to class early on exam days. Exams will start no later than 8:00 a.m. and will end no later than 9:20 a.m. If you arrive after an exam starts, you should take your seat quietly so as to not distract others. If you arrive after the first exam is completed and turned in by another student, you will not be allowed to take the exam.

Final Exam (Exam 3): The final exam will be held during the scheduled final examination period and will be cumulative (i.e. comprehensive). The final exam for this class is tentatively scheduled for Tuesday, April 28th from 8:00 to 10:00 a.m. However, this date or time may change when the university releases its official exam schedule later in the semester.

Make-up exams will be given only for university-approved absences (flat tires, vacations, oversleeping, etc. are NOT valid university-approved absences). Since University-approved activities (i.e., athletic events, performances, religious observance, etc.) are generally known at the beginning of the semester, it is up to the student to notify the instructor during the first two weeks of class if there is a conflict with any of the scheduled exams. In such an event, a makeup exam will be given prior to the exam to be missed. If the absence is due to illness, the student
should contact the instructor immediately and proper documentation (e.g., doctor’s note) should be presented to the instructor upon their return.

**Short-answer quizzes:** The quizzes will include two or three short answer questions from the lectures and/or the reading assignments. **There will be several unannounced quizzes throughout the semester.** These quizzes will usually cover material presented in the previous lecture, but may cover the previous two lectures. If you are not in class when the quiz is handed out, you will not be allowed to take it. **Therefore, you should make every effort to attend class and to be in class on time.** The quizzes will expose the students to the types of questions that may be asked of them on the exams.

**Evaluation:** Total 300 points

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<thead>
<tr>
<th>Component</th>
<th>Points</th>
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<tbody>
<tr>
<td>Exam 1</td>
<td>75</td>
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<tr>
<td>Exam 2</td>
<td>75</td>
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<tr>
<td>Final Exam (comprehensive)</td>
<td>90</td>
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<td>Class project - Exercise prescription</td>
<td>30</td>
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<tr>
<td>Quizzes</td>
<td>18</td>
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<tr>
<td>Assignments</td>
<td>12</td>
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**Extra Credit:** Do not count on extra credit to be given in this class. It is not fair to the class as a whole to presume the instructor will give individuals opportunities to obtain extra credit points. Please do not ask for extra credit opportunities. Should any extra credit be given, these assignments must be turned in to me individually during my office hours (unless stated otherwise). You may not turn in someone else’s assignments for them.

**Grading** will be based on the following modified scale:

- **A** = 270 - 300 points (90 - 100%)
- **B** = 240 - 269.97 points (80 - 89.99%)
- **C** = 210 - 239.97 points (70 - 79.99%)
- **D** = 180 - 209.97 points (60 - 69.99%)
- **F** = ≤ 179.97 points (≤ 59.99%)

**IMPORTANT DATES:**

- January 19: Martin Luther King Jr. Holiday - no classes
- January 26: Census Date
- **February 17 (Tuesday): Exam 1**
- March 9 - 13: Spring break for faculty and students
- March 16: Priority filing date for Summer 2015 graduation
- March 23: Last day to drop course with “W”
- **March 26 (Thursday): Exam 2**
- April 27: (Monday): Study Day
- **April 28 (Tuesday): Final Exam (8:00 a.m. to 10:00 a.m.)**
- May 1-2: Spring Commencement
- May 5: (Tuesday): Final grades due in Faculty Center by 12:00 p.m.
Tentative Course Schedule: (some changes could be made during the semester)

<table>
<thead>
<tr>
<th>Week</th>
<th>Day</th>
<th>Agenda</th>
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<tbody>
<tr>
<td>1</td>
<td>Jan 13 (T)</td>
<td>Spring semester 2015 begins: Introduction to Course and Overview of Syllabus - Introductory Concepts</td>
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<td></td>
<td>Jan 15 (Th)</td>
<td>Exercise Physiology Overview: Muscular Endurance and Strength</td>
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<td>2</td>
<td>Jan 20 (T)</td>
<td>Muscular Endurance and Strength and ACSM Position Stand and selected sections of Chapter 3: Adaptations to Resistance Training</td>
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<td></td>
<td>Jan 22 (Th)</td>
<td>Selected sections of Chapter 3: Adaptations to Resistance Training</td>
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<td>3</td>
<td>Jan 27 (T)</td>
<td>Selected sections of Chapter 3: Adaptations to Resistance Training</td>
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<tr>
<td></td>
<td>Jan 29 (Th)</td>
<td>Chapter 1: Prinicipals of Resistance Training</td>
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<td>4</td>
<td>Feb 3 (T)</td>
<td>Chapter 1: Principals of Resistance Training and ACSM Position Stand</td>
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<td></td>
<td>Feb 5 (Th)</td>
<td>Chapter 2: Types of Strength Training</td>
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<td>5</td>
<td>Feb 10 (T)</td>
<td>Chapter 2: Types of Strength Training</td>
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<td>Feb 12 (Th)</td>
<td>Chapter 2: Types of Strength Training and Scenario/Case Study</td>
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<td>6</td>
<td>Feb 17 (T)</td>
<td>EXAM 1</td>
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<td></td>
<td>Feb 19 (Th)</td>
<td>Selected sections of Chapter 4: Fitness Components - ACSM (GETP)</td>
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<td>7</td>
<td>Feb 24 (T)</td>
<td>Selected sections of Chapter 4: Fitness Components - ACSM (GETP)</td>
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<td></td>
<td>Feb 26 (Th)</td>
<td>Chapter 5: Resistance Training Workout - ACSM (GETP)</td>
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<td>8</td>
<td>Mar 3 (T)</td>
<td>Chapter 5: Resistance Training Workout - ACSM (GETP)</td>
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<td></td>
<td>Mar 5 (Th)</td>
<td>Chapter 5: Resistance Training Workout and Scenario/Case Study - Reading Assignment</td>
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<td>9</td>
<td>Mar 10 (T)</td>
<td>SPRING BREAK</td>
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<td></td>
<td>Mar 12 (Th)</td>
<td>SPRING BREAK</td>
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<tr>
<td>10</td>
<td>Mar 17 (T)</td>
<td>Selected sections of Chapter 6: Resistance Training Systems and Techniques</td>
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<td></td>
<td>Mar 19 (Th)</td>
<td>Selected sections of Chapter 6: Resistance Training Systems and Techniques</td>
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<td>11</td>
<td>Mar 24 (T)</td>
<td>Selected sections of Chapter 7: Advanced Training</td>
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<td>Mar 26 (Th)</td>
<td>EXAM 2</td>
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<td>12</td>
<td>Mar 31 (T)</td>
<td>Selected sections of Chapter 7: Advanced Training</td>
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<td></td>
<td>Apr 2 (Th)</td>
<td>Selected sections of Chapter 8: Detraining Phenomenon</td>
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<tr>
<td>13</td>
<td>Apr 7 (T)</td>
<td>Selected sections of Chapter 8: Detraining Phenomenon</td>
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<td></td>
<td>Apr 9 (Th)</td>
<td>Scenario/Case Study - Reading Assignment</td>
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<td>14</td>
<td>Apr 14 (T)</td>
<td>Selected sections of Chapters 9, 10, and 11: Resistance Training for Special Populations</td>
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<td></td>
<td>Apr 16 (Th)</td>
<td>Selected sections of Chapters 9, 10, and 11: Resistance Training for Special Populations</td>
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<td>15</td>
<td>Apr 21 (T)</td>
<td>Selected sections of Chapters 9, 10, and 11: Resistance Training for Special Populations</td>
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<td>Apr 23 (Th)</td>
<td>Review Session</td>
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<td>16</td>
<td>Apr 28 (T)</td>
<td>FINAL EXAM: Tuesday April 28th: 8:00 a.m. - 10:00 a.m.</td>
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SELECTED UT TYLER STUDENT POLICIES
(From the Handbook of Operating Procedures and the UT Tyler Website)

STUDENTS RIGHTS AND RESPONSIBILITIES
To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please review this link: http://www.utyler.edu/wellness/StudentRightsandResponsibilities.html

GRADE REPLACEMENT/FORGIVENESS
If you are repeating this course for a grade replacement, you must file intent to receive grade forgiveness with the registrar by the 12th day of class. Failure to file intent to use grade forgiveness will result in both the original and repeated grade being used to calculate your overall grade point average. A student will receive grade forgiveness (grade replacement) for only three (undergraduate student) or two (graduate student) course repeats during his/her career at UT Tyler. (2006-08 Catalog, p. 35)
STATE-MANDATED COURSE DROP POLICY
Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the 12th day of class (See Schedule of Classes for the specific date). Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Registrar's Office and must be accompanied by documentation of the extenuating circumstance. Please contact the Registrar's Office if you have any questions.

DISABILITY SERVICES
In accordance with federal law, a student requesting accommodation must provide documentation of his/her disability to the Disability Support Services counselor. If you have a disability, including a learning disability, for which you request an accommodation, please contact Ida MacDonald in the Disability Support Services office in UC 282, or call (903) 566-7079.

STUDENT ABSENCE DUE TO RELIGIOUS OBSERVANCE
Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

STUDENT ABSENCE FOR UNIVERSITY-SPONSORED EVENTS AND ACTIVITIES
If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

SOCIAL SECURITY AND FERPA STATEMENT
It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

EMERGENCY EXITS AND EVACUATION
Everyone is required to exit the building when a fire alarm goes off. Follow your instructor’s directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do Not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.

ACADEMIC DISHONESTY
At The University of Texas at Tyler students and faculty are responsible for maintaining an environment that encourages academic integrity. Students and faculty members are required to report an observed or suspected case of academic dishonesty immediately to the faculty member in charge of an examination, classroom or laboratory research project, or other academic exercise.

Since the value of an academic degree depends on the absolute integrity of the work done by the student for the degree, it is imperative that students maintain a high standard of individual honor in scholastic work. Scholastic dishonesty includes but is not limited to cheating, plagiarism, and collusion:

"Cheating" includes:
1. Copying from the paper of another student, engaging in written, oral or any other means of communication with another student, or giving aid to or seeking aid from another student when not permitted by the instructor;
2. Using material during an examination or when completing an assignment that is not authorized by the person giving the examination or making the work assignment; 3. Taking or attempting to take an examination for another student, or allowing another student to take an examination for oneself;
4. Using, obtaining, or attempting to obtain by any means, the whole or any part of, an unadministered examination or work assignment.

"Plagiarism" includes the unacknowledged incorporation of the work of another person in work that a student offers for credit.

"Collusion" includes the unauthorized collaboration with another person in preparing written work that a student offers for credit.