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)  
Fall 2015

Instructor:  
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Assistant Professor, Department of Health and Kinesiology

Office:  
HPC 2200-B  
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E-mail: aarce@uttyler.edu (Please always include “KINE 4305” in subject line)

Office hours: Tuesday and Thursday from 2:30 p.m. to 3:30 p.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 from 8:00 a.m. to 9:20 a.m.

Location of Classroom: HPC 3010

Required Textbook:  

Recommended:  

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 October 26th 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.)

Group Activities and Assignments: All group activities and assignments will be given out during class times and are to be turned in on time. Some group activities and/or assignments will be turned in during class and/or online through blackboard.
Note: Spelling and grammar will be graded on all group activities, assignments, quizzes, and exams.

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:
a. The instructor will not send any e-mails to private accounts such as yahoo, Gmail, Hotmail, etc.
b. 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.
c. 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.
d. 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 early Monday) 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 group activities, assignments and/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 VIBRÁTE) 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, December 8th 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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<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>
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<tr>
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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:**
- September 4: Census Date (11th Class Day)
- September 7: Labor Day Holyday
- **October 26: Last day to Withdraw from Classes**
- November 2: Final Filing Deadline - fall
- November 23 - 28: Thanksgiving Holiday
- December 7 (Monday): Study Day
- **December 8 (Tuesday): Final Exam (8:00 a.m. to 10:00 a.m.)**
- December: 11 - 12: Fall Commencement
- December 15 (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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| 1    | Aug 25 (T)| Fall semester 2015 begins: Introduction to Course and Overview of Syllabus - Introductory Concepts  
                                             Exercise Physiology Overview: Muscular Endurance and Strength |
|      | Aug 27 (Th)|                                                                      |
| 2    | Sep 1 (T) | Muscular Endurance and Strength and ACSM Position Stand and selected sections of  
                                             Chapter 3: Adaptations to Resistance Training  
                                             Selected sections of Chapter 3: Adaptations to Resistance Training |
|      | Sep 3 (Th)|                                                                      |
| 3    | Sep 8 (T) | Selected sections of Chapter 3: Adaptations to Resistance Training    
                                             Chapter 1: Principals of Resistance Training |
|      | Sep 10 (Th)|                                                                     |
| 4    | Sep 15 (T)| Chapter 1: Principals of Resistance Training and ACSM Position Stand  
                                             Chapter 2: Types of Strength Training |
|      | Sep 17 (Th)|                                                                      |
| 5    | Sep 22 (T)| Chapter 2: Types of Strength Training                                 
                                             Chapter 2: Types of Strength Training and Scenario/Case Study |
|      | Sep 24 (Th)|                                                                      |
| 6    | **Sep 29 (T)** | Selected sections of Chapter 4: Fitness Components - ACSM (GETP)                        |
|      | Oct 1 (Th)|                                                                      |
| 7    | Oct 6 (T) | Selected sections of Chapter 4: Fitness Components - ACSM (GETP)        
                                             Chapter 5: Resistance Training Workout - ACSM (GETP) |
|      | Oct 8 (Th)|                                                                      |
| 8    | Oct 13 (T)| Chapter 5: Resistance Training Workout - ACSM (GETP)                  
                                             Chapter 5: Resistance Training Workout and Scenario/Case Study - Reading Assignment |
|      | Oct 15 (Th)|                                                                      |
| 9    | Oct 20 (T)| Chapter 5: Resistance Training Workout and Scenario/Case Study - Reading Assignment  
                                             Selected sections of Chapter 6: Resistance Training Systems and Techniques |
|      | Oct 22 (Th)|                                                                      |
| 10   | Oct 27 (T)| Selected sections of Chapter 6: Resistance Training Systems and Techniques  
                                             **EXAM 1** |
|      | **Oct 29 (Th)** |                                                                      |
| 11   | Nov 3 (T) | Selected sections of Chapter 7: Advanced Training                       
                                             Selected sections of Chapter 7: Advanced Training |
|      | Nov 5 (Th)|                                                                      |
| 12   | Nov 10 (T)| Selected sections of Chapter 8: Detraining Phenomenon                  
                                             Selected sections of Chapter 8: Detraining Phenomenon |
|      | Nov 12 (Th)|                                                                      |
| 13   | Nov 17 (T)| Selected sections of Chapters 9, 10, and 11: Resistance Training for Special Populations  
                                             Selected sections of Chapters 9, 10, and 11: Resistance Training for Special Populations |
|      | Nov 19 (Th)|                                                                      |
| 14   | Nov 24 (T)| Thanksgiving Break                                                     
                                             Thanksgiving Break |
|      | Nov 26 (Th)|                                                                      |
| 15   | Dec 1 (T) | Selected sections of Chapters 9, 10, and 11: Resistance Training for Special Populations  
                                             Scenario/Case Study - Reading Assignment - Review Session |
|      | Dec 3 (Th)|                                                                      |
| 16   | **Dec 8 (T)** | FINAL EXAM: Tuesday December 8th from 8:00 a.m. to 10:00 a.m.       |

*I embrace honor and integrity. Therefore, I choose not to lie, cheat, or steal, nor to accept the actions of those who do (The UT Tyler Honor Code).*

**SELECTED UT TYLER STUDENT POLICIES**  
(From the *Handbook of Operating Procedures* and the UT Tyler Website)

As a student in this course, you are taking a course from The University of Texas at Tyler. So, please be aware of the following University policies ([http://www.uttyler.edu/academicaffairs/syllabuspolicies.pdf](http://www.uttyler.edu/academicaffairs/syllabuspolicies.pdf))

**Students Rights and Responsibilities:** To know and understand the policies that affects your rights and responsibilities as a student at UT Tyler, please review this link:  
[http://www.uttyler.edu/wellness/rightsresponsibilities.php](http://www.uttyler.edu/wellness/rightsresponsibilities.php)
Grade Replacement/Forgiveness: Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. Grade Replacement Contracts are available in the Enrollment Services Center or at http://www.uttler.edu/registrar. Each semester’s Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar.

Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

The Census Date is the deadline for many forms and enrollment actions that students need to be aware of. These include:
- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
- Receiving 100% refunds for partial withdrawals. (There is no refund for these after the Census Date)
- Schedule adjustments (section changes, adding a new class, dropping without a “W” grade)
- Being reinstated or re-enrolled in classes after being dropped for non-payment
- Completing the process for tuition exemptions or waivers through Financial Aid.

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 Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University offers accommodations to students with learning, physical and/or psychiatric disabilities. If you have a disability, including non-visible disabilities such as chronic diseases, learning disabilities, head injury, PTSD or ADHD, or you have a history of modifications or accommodations in a previous educational environment you are encouraged to contact the Student Accessibility and Resources office and schedule an interview with the Accessibility Case Manager/ADA Coordinator, Cynthia Lowery Staples. If you are unsure if the above criteria applies to you, but have questions or concerns please contact the SAR office. For more information or to set up an appointment please visit the SAR office located in the University Center, Room 3150 or call 903.566.7079. You may also send an email to cstaples@uttler.edu

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 FERRPA 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.

**Plagiarism:** As commonly defined, plagiarism consists of passing off as one's own the ideas, writings, etc., which belong to another. In accordance with this definition, you are committing plagiarism if you copy the work of another person and turn it in as your own, even if you should have permission of that person. Likewise, you are committing plagiarism if you copy and paste materials from websites. Plagiarism is one of the worst academic sins, for the plagiarist destroys the trust among colleagues, without which research cannot be safely communicated. If you have any questions regarding plagiarism, please consult Chapter 8 of the Student Affairs Manual of Policy and Procedures.

This class will be conducted in full compliance with the UT Tyler "no tolerance" policies concerning documented cases of plagiarism and/or academic dishonesty. Any plagiarized work submitted will result in a grade of zero for that assignment and further disciplinary action may be taken. Please make use of the UT Tyler Writing Center if you have concerns about plagiarism.

**Copyright:** All content in this course is copyrighted. The term "content" refers to all materials generated for this class, which include but are not limited to syllabi, quizzes, exams, lab problems, in-class materials, review sheets, assignments, discussion questions, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy the handouts, unless I expressly grant permission.

**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.