

**UNIVERSITY OF TEXAS AT TYLER
DEPARTMENT OF KINESIOLOGY**

COURSE SYLLABUS

**Training: Strength and Power
KINE 4305.060
Summer 2026**

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COURSE DESCRIPTION: Application of physiological principles to athletic training for improvement of strength and power. Includes study of sport-specific periodized training programs for athletes in different sports and of differing abilities.

REQUIRED TEXT: ACE Personal Trainer Manual (5th Edition; 2014)
ISBN-13: 978-1890720568

COURSE OBJECTIVES:

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 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.

EVALUATION: Your final grade for the course will be based on the following formula:

4 Unit Tests (10 pts. each)	40 pts.
Discussion participation	30 pts.
<u>Exercise Programming Project</u>	<u>30 pts.</u>
Total:	100 points

Grading will be based on the following:

89.5 to 100 points:	A
79.5 to 89.4 points:	B
69.5 to 79.4 points:	C
59.5 to 69.4 points:	D
<59.5 points:	F

Chapter Quizzes: There will be select Quizzes available for review for most Modules to assess understanding of the material. Quizzes taken for review will be worth 0 (zero) points. These quizzes will be meant solely for review.

Exercise Programming Project: Students will be required to create a video or photograph progression portfolio of an exercise session with a client. The assignment will also include appropriate progressions within a planned exercise program based on SMART goals. More details on this assignment will be present in Module 2 when the students will have an understanding of exercise programming within the ACE IFT model for apparently healthy populations.

** Note also my policy on any late submission of an assignment: No quiz or assignment that is set within a Module that is set to close at the end of the week will be reopened past the due date. The only assignment that is exempt from this is the Exercise Session Project. For this “deliverable” assignment, the first day it is late will incur a 50% penalty and the second day late will be 0% credit. **If extenuating circumstances are involved, you should discuss this with me as soon as you can.**

DISCUSSION BOARD

Discussion forums are all designated for discussions of specific topics or segments of the course with one exception – the “Coffee Shop.” The Coffee Shop is a forum on the Discussion Board intended for students to discuss anything they wish. As a general rule, I will stay out of these discussions, unless specifically invited to join in. Please note, however, that I have access to all online discussions. Also, I will make available a place within the discussion board for you to ask questions about the course (whether discussing with your fellow classmates or the instructor).

The 30 points for Discussion participation will be based upon required postings. The total # of points for each discussion is 2-4 points depending on the format of the question(s).

Posts (responses) must be made before Tuesday at 11:59PM central standard time by the week of Module closing.

COURSE CALENDAR

The course officially begins on Monday, June 1, 2026 and officially ends on Friday, July 2, 2026. The table below lists important dates, including deadlines for completing assignments, quizzes, and the final exam.

<u>Module</u>	<u>Dates</u>	<u>Chapters Covered</u>	<u>Deadlines for Completing Tests, Assignments, and Final Exam</u>
<u>1</u>	June 1-5	Intro to Strength and Power	Unit 1 Test availability: June 4-5
<u>2</u>	June 1-12	Chap 5, 7 & 8	Unit 2 Test availability: June 4-12
<u>3</u>	June 1-19	Chap 9, 10 & 12	Unit 3 Test availability: June 4-19
<u>4</u>	June 1-26	Chap 13 & 14	Unit 4 Test availability: June 4-26
<u>5</u>	June 2 – July 1	NA	Exercise Session Project due date: July 1

Note: all items are due at 11:59 p.m CST. Central Standard time for all due dates.

Other important dates

June 4, 2026 – Last day to withdraw without penalty

June 23, 2026 – Last day to withdraw with an automatic “W”

COURSE POLICIES/EXPECTATIONS:

1. Please allow a couple of days for test grades to be posted and up to one week for written assignment grades to be posted.
2. Academic dishonesty (cheating, plagiarism, copying, etc) will not be tolerated and will result in a failing grade (F) for the semester.
3. If you are having technical problems with Canvas or any assignments please refer to IT Support information in the Technical Information section. It is the student’s responsibility to make sure their browser is working appropriately, any deadlines missed or papers

turned in late due to technical problems will not be excused unless there are extraneous circumstances (such as Canvas shutting down across campus).

4. Students are required to know all information contained in the syllabus; if a question or situation can be answered by the syllabus the student will be directed appropriately.

As a student in this course, you are taking a course from The University of Texas at Tyler. Therefore, you are subject to all policies of UT Tyler. Below are certain University policies taken from the Handbook of Operating Procedures that you should be aware of and adhere to.

TECHNICAL INFORMATION:

Technical Support: If you experience technical problems or have a technical question about this course, you can obtain assistance by emailing itsupport@uttyler.edu.

When you email IT Support, be sure to include a complete description of your question or problem including:

- The title and number of the course
- The page in question
- If you get an error message, a description and message number
- What you were doing at the time you got the error message

Plug-ins and Helper Applications: UT Tyler online courses use Java, JavaScript, browser plug-ins, helper application, and cookies. It is essential that you have these elements installed and enabled in your web browser for optimal viewing of the content and functions of your online course.

You may check to see if your web browser is properly configured to use Canvas by clicking on the Student Resources tab within Canvas and selecting “Test Browser.” You may need the following: Adobe Reader, Java Runtime Environment, Adobe Flash Player, QuickTime, Windows Media Player, and RealPlayer.

PLAGIARISM/FRAUD:

As commonly defined, plagiarism consists of passing off as one's own the ideas, words, 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 the permission of that person. This includes, but is not limited to, working on lab reports with another student and changing the names on the printed report, copying data from another student for a lab that you did not attend, and forging data from a lab you did not attend.

The work that you hand in is expected to be original and to be your own. There is *no tolerance* for persons who plagiarize and/or cheat. You are expected to consult Subchapter 8-800 of the

University of Texas at Tyler Manual of Policies and Procedures for Student Affairs: Student Conduct and Discipline available at www.uttyler.edu/mopp/chapter8.html. Any act of cheating or plagiarism will result in dismissal from the course. Per university guidelines, the student(s) will be reported to the department head with failure of the course as the recommended course of action.

Handbook of Operating Procedures Section 2.09 Student Code of Conduct

...Disciplinary proceedings may be initiated against any student for any of the following acts or omissions.

...Scholastic dishonesty, including, but not limited to, cheating plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.

- (i) "Cheating" includes, but is not limited to:
- copying from another student's test paper;
 - using during a test, materials not authorized by the person giving the test;
 - failure to comply with instructions given by the person administering the test;
 - possession during a test of materials which are not authorized by the person giving the test, such as class notes or specifically prohibited by the person administering the test;
 - using, buying, stealing, transporting, or soliciting in whole or part the contents of an unadministered test, test, key, homework solution, or computer program;
 - collaborating with or seeking aid from another student during a test or other assignment without authority;
 - discussing the contents of an examination with another student during a test or other assignment without authority;
 - discussing the contents of an examination with another student who will take the examination;
 - divulging the contents of an examination, for the purpose of preserving questions for use by another, when the instructor has designated that the examination is not to be removed from the examination room or not to be returned or to be kept by the student;

COPYRIGHT:

The handouts used in this course are copyrighted. The term "handouts" 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, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy the handouts, unless I expressly grant permission.

The following University policies must appear on each course syllabus or be provided as an informational sheet (web-links to these policies may be used in the print or electronic syllabus) <http://www.uttyler.edu/academicaffairs/syllabuspolicies.pdf>

University Policies and Information

Withdrawing from Class

Students may withdraw (drop) from this course using the Withdrawal Portal. Withdrawing (dropping) this course can impact your Financial Aid, Scholarships, Veteran Benefits, Exemptions, Waivers, International Student Status, housing, and degree progress. Please speak with your instructors, consider your options, speak with your advisor, and visit the One-Stop Service Center (STE 230) or email enroll@uttyler.edu to get a complete review of your student account and the possible impacts to withdrawing. We want you to make an informed decision. UT Tyler faculty and staff are here for you and often can provide additional support options or assistance. Make sure to carefully read the implications for withdrawing from a course and the instructions on using the Withdrawal portal.

Texas law prohibits students from dropping more than six courses during their entire undergraduate career*. The six courses dropped includes those from other 2-year or 4-year Texas public colleges and universities. Consider the impact withdrawing from this class has on your academic progress and other areas, such as financial implications. We encourage you to consult your advisor(s) and Enrollment Services for additional guidance. **CAUTION #1:** Withdrawing before census day does not mean you get a full refund. Please see the Tuition and Fee Refund Schedule. **CAUTION #2:** All international students must check with the Office of International Programs before withdrawing. All international students are required to enroll full-time for fall and spring terms. **CAUTION #3:** All UT Tyler Athletes must check with the Athletic Academic Coordinator before withdrawing from a course. **CAUTION #4:** All veterans or military-affiliated students should consult with Military and Veterans Affairs.

* Students who began college for the first time before 2007 are exempt from this law.

Artificial Intelligence Statement

UT Tyler is committed to exploring and using artificial intelligence (AI) tools as appropriate for the discipline and task undertaken. We encourage discussing AI tools' ethical, societal, philosophical, and disciplinary implications. All uses of AI should be acknowledged as this aligns with our commitment to honor and integrity, as noted in UT Tyler's Honor Code. Faculty and students must not use protected information, data, or copyrighted materials when using any AI tool. Additionally, users should be aware that AI tools rely on predictive models to generate content that may appear correct but is sometimes shown to be incomplete, inaccurate, taken without attribution from other sources, and/or biased. Consequently, an AI tool should not be

considered a substitute for traditional approaches to research. You are ultimately responsible for the quality and content of the information you submit. Misusing AI tools that violate the guidelines specified for this course is considered a breach of academic integrity. The student will be subject to disciplinary actions as outlined in UT Tyler's Academic Integrity Policy. Refer to the About This Course section of the UT Tyler Syllabus Module for specific information on appropriate use of AI in your course(s).

Final Exam Policy

Final examinations are administered as scheduled. If unusual circumstances require that special arrangements be made for an individual student or class, the Dean of the appropriate college, after consultation with the faculty member involved, may authorize an exception to the schedule. Faculty members must maintain student final examination papers for a minimum of three months following the examination date.

Incomplete Grade Policy

If a student, because of extenuating circumstances, is unable to complete all of the requirements for a course by the end of the semester, then the instructor may recommend an Incomplete (I) for the course. The "I" may be assigned in place of a grade only when all of the following conditions are met: (a) the student has been making satisfactory progress in the course; (b) the student is unable to complete all coursework or final exam due to unusual circumstances that are beyond personal control and are acceptable to the instructor, and (c) the student presents these reasons before the time that the final grade roster is due. The semester credit hours for an Incomplete will not be used to calculate the grade point average.

The student and the instructor must submit an Incomplete Form detailing the work required and the time by which the work must be completed to their respective department chair or college dean for approval. The time limit established must not exceed one year. Should the student fail to meet all of the work for the course within the time limit, then the instructor may assign zeros to the unfinished work, compute the course average for the student, and assign the appropriate grade. If a grade has yet to be assigned within one year, then the Incomplete will be changed to an F, or NC. If the course was initially taken under the CR/NC grading basis, this may adversely affect the student's academic standing.

Grade Appeal Policy

Disputes regarding grades must be initiated within sixty (60) days from the date of receiving the final course grade by filing a Grade Appeal Form with the instructor who assigned the grade. A grade appeal should be used when the student thinks the final course grade awarded does not reflect the grades earned on assessments or follow the grading scale as documented in the syllabus. The student should provide the rationale for the grade appeal and attach supporting

document about the grades earned. The form should be sent via email to the faculty member who assigned the grade. The faculty member reviews the rationale and supporting documentation and completes the instruction section of the form. The instructor should return the form to the student, even if a grade change is made at this level. If the student is not satisfied with the decision, the student may appeal in writing to the Chairperson of the department from which the grade was issued. In situations where there is an allegation of capricious grading, discrimination, or unlawful actions, appeals may go beyond the Chairperson to the Dean or the Dean's designee of the college from which the grade was issued, with that decision being final. The Grade Appeal form is found in the [Registrar's Form Library](#).

NOTE: The Grade Appeal Form is different from the Application for Appeal form submitted to the Student Appeals Committee, which does not rule on grade disputes as described in this policy.

Disability/Accessibility Services

In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA), the University of Texas at Tyler offers accommodations to students with learning, physical, and/or psychological disabilities. If you have a disability, including a non-visible diagnosis such as a learning disorder, chronic illness, TBI, PTSD, ADHD, or a history of modifications or accommodations in a previous educational environment, you are encouraged to visit [UT Tyler accessible learning](#) and fill out the New Student application. The Student Accessibility and Resources (SAR) office will contact you when your application has been submitted and an appointment with the Assistant Director Student Accessibility and Resources/ADA Coordinator. For more information, including filling out an application for services, please visit the [SAR webpage](#), the SAR office located in the Robert Muntz Library, LIB 460, email saroffice@uttyler.edu, or call 903.566.7079."

Military and Veterans

UT Tyler honors the service and sacrifices of our military-affiliated and veterans students. If you are a student who is a veteran, on active duty, in the reserves or National Guard, or a military spouse or dependent, please stay in contact with your faculty member if any aspect of your present or prior service or family situation makes it difficult for you to fulfill the requirements of a course or creates disruption in your academic progress. It is important to make your faculty member aware of any complications as far in advance as possible. Your faculty member is willing to work with you and, if needed, put you in contact with university staff who are trained to assist you. The [Military and Veterans Affairs](#) has campus resources for military-affiliated students. The MVSC can be reached at MVSC@uttyler.edu or via phone at 903.565.5972.

Students on an F-1 Visa

To remain in compliance with Federal Regulations requirements you must do the following:

- Traditional face-to-face classes: Attend classes on the regular meeting days/times.
- Hybrid Classes: Attend all face-to-face classes convened by the instructor according to the schedule set for your specific course.
- Online course: Only one online course can count toward your full-time enrollment. Students are expected to be fully engaged and meet all requirements for the online course.

Academic Honesty and Academic Misconduct

The UT Tyler community comes together to pledge that "Honor and integrity will not allow me to lie, cheat, or steal, nor to accept the actions of those who do." Therefore, we enforce the [Student Conduct and Discipline policy](#) in the [Student Manual Of Operating Procedures \(Section 8\)](#).

FERPA

UT Tyler follows the Family Educational Rights and Privacy Act (FERPA) as noted in [UT Tyler's Policy 7.01: Family Educational Rights and Privacy Act](#). The course instructor will follow all requirements to protect your confidential information.

Absence for Official University Events or Activities

This course follows the practices related to Excused Absences for University Events or Activities as noted in the Catalog.

Absence for Religious Holidays

This course follows the practices related to UT Tyler's [Excused Absence for Religious Holy Days](#) as noted in the Catalog.

Absence for Pregnant Students

This course follows the requirements of Texas Laws SB 412, SB 459, SB 597/HB 1361 to meet the needs of pregnant and parenting students. Part of the supports afforded pregnant students includes excused absences. Faculty who are informed by a student of needing this support should make a referral to the Parenting Student Liaison. NOTE: Students must work with the Parenting Student Liaison in order to receive these supports. Students should reach out to the Parenting Student Liaison at parents@uttyler.edu and also complete the [Pregnant and Parenting Self-Reporting Form](#).

Campus Carry

We respect the right and privacy of students who are duly licensed to carry concealed weapons in this class. License holders are expected to behave responsibly and keep a handgun secure and concealed. More information is available at [UT Tyler Campus Concealed Carry Policy webpage](#).

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Recording of Class Sessions

Class sessions may be recorded by the instructor for use by students enrolled in this course. Recordings that contain personally identifiable information or other information subject to FERPA shall not be shared with individuals not enrolled in this course unless appropriate consent is obtained from all relevant students. Class recordings are reserved only for the use of students enrolled in the course and only for educational purposes. Course recordings should not be shared outside of the course in any form without express permission.

AI is permitted only for specific assignments or situations, and appropriate acknowledgement is required.

- This course has specific assignments where artificial intelligence (AI) tools (such as ChatGPT or Copilot) are permitted and encouraged. When AI use is permissible, it will be clearly stated in the assignment directions, and all use of AI must be appropriately acknowledged and cited. Otherwise, the default is that AI is not allowed during any stage of an assignment.