

KINE 4305: Principles of Training: Strength and Power
Section: 060 (online), Spring 2021

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Office Hours: MW, 10:00-11:30am, or by appointment. E-mails will generally be answered within one business day.

Prerequisites courses: **KINE 3211 or KINE 3311 & KINE 3112 & KINE 3334 & KINE 3135.** These four prerequisites courses that must be completed prior to enrolling in KINE 4305

Course Delivery

Canvas will be used to deliver supplemental course content and assignments in this class. You can access Canvas through the *UT Tyler Logins* link at the top of the UT Tyler main website (you will need your ID and password). Important class resources, including the syllabus, course schedule, announcements, and external links, as well as the weekly modules, will be accessed here.

Technical requirements: There are minimum technological requirements that must be met in order to complete this course. If you have technical problems, please review the [UT Tyler Technical Support](#) page.

Required text:

Designing Resistance Training Programs - 4th Edition (2014). Author: Steven J. Fleck and William J. Kramer. Publisher: Human Kinetics. ISBN-13: 9780736081702

Note: the ISBN# above is the print edition, the book is also available in electronic format, which is also acceptable for this class.

COURSE DESCRIPTION, OBJECTIVES 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.

Specific 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.

COURSE STRUCTURE: You will find that this class is very similar to a traditional on-campus class in that it will consist of textbook readings, review of research literature, discussions, written assignments, readings, and exams. In contrast to a traditional on-campus class, assignments in this course can be completed asynchronously. In other words, there will be no scheduled meeting times in this class. You may access course content and complete assignments at your convenience, though **you still must meet assignment and testing deadlines.**

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

Examinations: There are two (2) major exams this semester (the mid-term and the final). The final exam will be cumulative (i.e. comprehensive). Exams might consist of objective questions (multiple choice) and subjective questions (short answer). The exams will consist of material covered in the notes, textbook readings, supplemental readings, research articles, and discussions.

Short-answer quizzes: The quizzes will include two or three short answer questions from the lectures and/or the reading assignments. The quizzes will expose the students to the types of questions that may be asked of them on the exams.

Assignments: Each unit will have a written assignment to be uploaded to Canvas. The details regarding completion and submission of these assignments will be given in each module.

Proctoring: The assessments (i.e., exams) in this online course will be proctored using ProctorU. Beyond the cost of initial equipment needed (e.g., a camera for your computer), there will not be any additional cost for proctoring. You will need to create a ProctorU account and install the ProctorU extension before attempting any assessment. To create a ProctorU account, follow the ProctorU tool within Canvas. Please make sure you are using the current version of Chrome or Firefox and download the ProctorU extension available at <http://bit.ly/proctoruchrome> or <https://www.proctoru.com/firefox>.

In order to use ProctorU, you will need the following:

- High-speed Internet connection
- Webcam (internal or external)
- Windows, Mac, or Chrome Operating System
- Up-to-date Chrome or Firefox browser and ProctorU extension installed
- Valid photo ID
- Quiet environment to take your assessment

Grading:	2 Exams	20% (10% ea.)	Grading Scale:	A -- 90% and up
	Final Exam	20%		B -- 80% to 89%
	Quizzes	30%		C -- 70% to 79%
	Writing Assignments	30%		D -- 60% to 69%
				F -- below 60%

Time Requirements: Successful on-line learning is highly student-initiated. Because of the format of the course, the student will be required to exercise initiative and diligence in completing the course. In general, you should expect to spend a similar amount of time completing the requirements of this online course as you would spend on the same course taught in the traditional classroom format. An advantage of the online format is that the lecture material is there for you to review whenever you want.

Quality of work: All written assignments and correspondence should incorporate correct grammar, spelling, and a logical flow of ideas. Bad grammar, incorrect or lack of punctuation, incorrect spelling, etc. will result in loss or deduction of points. (Yes, that means using incorrect grammar and/or spelling in an e-mail message could hurt your grade in the course! Please proof-read everything you send to me.)

Policy regarding late submission of an assignment: No assignments will be accepted past their deadlines unless previous arrangements have been made.

Make-up work: Make-up exams and assignments will be given only according to University policy. On rare occasions (and for a valid reason), make-up exams can be scheduled by pre-arrangement with the instructor *before* the date of the exam. If any exam is missed due to illness, injury, or family emergency, the instructor should be notified prior to or within 24 hours of the missed exam.

Feedback on exams/assignments: I will strive to give timely feedback on all assignments. You should expect feedback on assignments, papers, and exams within 1 week (I will notify you if I expect feedback to take a little longer for a particular assessment).

Getting help: If you find yourself struggling in the class (especially if you fail an exam), you should contact me as soon as possible so that we can determine what steps you need to take to succeed in the class. I'm available for personal meetings by appointment, or correspondence by e-mail.

If you have trouble with writing assignments, please contact the Writing Center on campus at 903- 565-5995. They have tutors and other resources available to assist you with your written assignments.

Course Communication:

Announcements

I will post Announcements frequently during the semester. You will be able to see these announcements on your course portal page. Please check these frequently so you do not miss any important information.

E-mail communication/feedback from me to you

E-mail communications will be sent through the Canvas course web site. You are responsible for knowing course information sent via announcements and emails sent through the Canvas site, so check it frequently. Due to teaching and research loads and the size of this class, it may take me 1 to 2 business days to respond to e-mail; however, I'll make every effort to respond to e-mail on the same day.

E-mail communication from you to me

If you email me without going through the Canvas site, please include the course number in the subject line. E-mail messages should be written in letter format using proper English grammar, punctuation, and spelling. If you do not include your name at the end of the message, the message will be discarded without reply.

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.

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

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

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 act of cheating or 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.

UNIVERSITY POLICIES

<https://www.uttyler.edu/academicaffairs/files/syllabuspolicy.pdf>

UT Tyler fall 2021 academic calendar, including census date, holidays, and other important dates: <https://www.uttyler.edu/schedule/files/academic-calendar-20-21.pdf?rand=1>