KINE 2010 Quick Links

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Professor: Chris Bailey, PhD, CSCS*D, RSCC
cris.bailey2@UNT.edu
(940) 565-3417 (office)
PEB 210E

Office Hours: by appointment only

Class meeting dates: This course is fully online and asynchronous from 7/6 to 8/7. As such, you will be able to access the material at times of your choosing and there are no traditional meeting times.


Supplementary materials: Supplementary materials may be used in class and will be made available to you via Canvas, email, or passed out as handouts.

Course Description and Student Learning Objectives (SLOs): This course will investigate practical aspects of development of muscular strength and endurance. Students who are successful in this course will:

1. Understand all aspects of developing strength, endurance, flexibility and mobility.
2. Understand and safely apply proper exercise technique.
3. Apply concepts learned to demonstrate the ability to create basic exercise programs.

Expectations and Attendance: It is expected that students will be active participants and prepared for each lecture module. This means that you have already read the accompanying textbook chapter prior to viewing the module material. This online course uses a mixture of teaching methods such as, presentation with screen capture lecture, interactive lecture, and various forms of (labs, discussions, group assignments). Make up assignments are given only in extreme cases and missing assignments will have adverse effects on your overall grade. Active participation in this class is expected. There will be many activities and discussions over the course of this semester and your participation is required. All class activities are designed to reinforce, and support topics and concepts and a lack of participation will likely be a detriment to your overall grade.

Academic Integrity Standards and Consequences: According to UNT Policy 06.003, Student Academic Integrity, academic dishonesty occurs when students engage in behaviors including, but not limited to cheating, fabrication, facilitating academic dishonesty, forgery, plagiarism, and sabotage. A finding of academic dishonesty may result in a range of academic penalties or sanctions ranging from admonition to expulsion from the University.

Communicating with Your Professor: It is expected that you have read this syllabus prior to asking your professor questions through email or Canvas message. This is not to discourage your communication, which is absolutely encouraged, but to minimize questions that have already been answered here. Prior to messaging your professor, please check the syllabus for your answer. Additionally, there will be an FAQ discussion board in Canvas, where I will answer frequently asked questions. If the answer is not in either of these places, then move forward with the email/Canvas
message. When you email, please include the course title, number, and section so that I am sure of which course you are inquiring about. Finally, if you have a question, your email should have a “?” somewhere in the text. If your message text only has periods or completely lacks punctuation, it is difficult to understand what you are requesting.

Canvas: All materials for this course will be available on Canvas (lecture slides, articles, syllabus, schedule, etc.). All assignments will be turned in through Canvas. Exams will also be completed through Canvas. If you have issues with Canvas, contact your professor immediately. Many Canvas assignments may have time limits or strict deadlines and undocumented technical difficulties will not be accepted as an excuse for late/incomplete work. Along with contacting your professor, you should contact the UIT Help Desk (https://it.unt.edu/helpdesk). If/when you submit an item, there will be a record of your incident (date & time), which will validate your technical excuse/issue.

Student Evaluation: Student feedback is important and an essential part of participation in this course. The student evaluation of instruction is a requirement for all organized classes at UNT. The survey will be made available during weeks 13, 14 and 15 of the long semesters to provide students with an opportunity to evaluate how this course is taught. Students will receive an email from “UNT SPOT Course Evaluations via IASystem Notification” (no-reply@iasystem.org) with the survey link. Students should look for the email in their UNT email inbox. Simply click on the link and complete the survey. Once students complete the survey, they will receive a confirmation email that the survey has been submitted. Please take a screenshot of this confirmation. This screenshot can be uploaded to specific module on Canvas for 3 points of extra credit. For additional information on SPOT, please visit the SPOT website at www.spot.unt.edu or email spot@unt.edu.

Accommodations: UNT makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide a student with an accommodation letter to be delivered to faculty to begin a private discussion regarding one’s specific course needs. Students may request accommodations at any time, however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. For additional information see the ODA website at disability.unt.edu.

Emergency Notification & Procedures: Emergency Notification & Procedures. UNT uses a system called Eagle Alert to quickly notify students with critical information in the event of an emergency (i.e., severe weather, campus closing, and health and public safety emergencies like chemical spills, fires, or violence). In the event of a university closure, please refer to Canvas for contingency plans for covering course materials.

Sexual Assault Prevention: UNT is committed to providing a safe learning environment free of all forms of sexual misconduct. Federal laws and UNT policies prohibit discrimination on the basis of sex as well as sexual misconduct. If you or someone you know is experiencing sexual harassment, relationship violence, stalking and/or sexual assault, there are campus resources available to provide support and assistance. The Survivor Advocates can be reached at SurvivorAdvocate@unt.edu or by calling the Dean of Students Office at 940-565- 2648.
Assignments, Evaluation, and Late Work Policy

There are multiple types of assignments for this course and descriptions of each are below. Assignments are planned to follow the course readings, lecture, labs, and any discussions. They will reinforce and facilitate application of the material learned from the readings and class sessions. All assignments have tentative due dates that coordinate to their topic and it is expected that they will be turned in on time. In rare cases, late assignments may be accepted for a reduced grade, but this is at the discretion of the professor. In extreme cases late assignments may be accepted for full credit, but this is entirely based on circumstances. If you are sick, have a medical or family emergency, etc. it is your responsibility to notify the professor in a timely manner and inquire about making up assignments. It is your responsibility to provide official documentation of any absence that is to be excused within 1 week of the missed class or assignment for illnesses and other emergencies. Routine medical visits should not be scheduled during class time. The assignments are as follows:

Syllabus Quiz: (5 pts); Prior to viewing course material, you will need to successfully complete the syllabus quiz. You are allowed multiple attempts and you will need to receive a perfect score before continuing. This is designed to make sure you are aware of all aspects of this course and you fully understand what is expected of you.

Exams: (200 pts total, SLO #1); There will be two exams during the semester, and each will be worth 100 points. They are to be completed individually and there will be a time limit. Material discussed in course modules and from textbook readings will be covered on exams. Only one attempt will be allowed.

Module Quizzes: (50 points, 10 @ 5 pts each, SLO #1); Each module will have a short quiz designed to evaluate content retention, understanding, and application. You will be allowed two attempts at each quiz and the highest grade will be retained. These should also provide students with a self-assessment.

Practical Exam: (60 points, SLO #2); A practical exam will be completed to demonstrate competence in lifting technique, evaluation, and subject content. Only one attempt will be allowed.

Program Design: (50 pts, SLO #3); To demonstrate your mastery over subject content, you will be required to design and create a training program for a specific situation. You will need to retrieve your program design scenario and then design two weeks of exercises that will help your assigned client to achieve their goals. Your program needs to be based on your assigned client’s goals, experience, and current fitness level.

Grading: Grading for this course is based on a percentage derived from a tentative maximum of 365 points (points earned/total points available). Assignments will be graded quickly and the Canvas gradebook will be updated often. Grade cutoffs will be firm. If your grade will not round to the next value, I will not bump your grade up (for example, 79.5 = B, 79.4 = C). I will not respond to emails about extra credit or leniency in grading at the end of the semester. The grade breakdown is as follows:

<table>
<thead>
<tr>
<th>Letter</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>89.5-100</td>
</tr>
<tr>
<td>B</td>
<td>79.5-89.4</td>
</tr>
<tr>
<td>C</td>
<td>69.5-79.4</td>
</tr>
<tr>
<td>D</td>
<td>59.5-69.4</td>
</tr>
<tr>
<td>F</td>
<td>&lt;59.5</td>
</tr>
</tbody>
</table>
## Class Schedule

The class schedule is tentative and subject to change at any time. It will be available on Canvas and you should check it often.

<table>
<thead>
<tr>
<th>Week</th>
<th>Module Topics</th>
<th>Applied Topics</th>
<th>Items Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (7/6-7/10)</td>
<td>Intro, Weight Room Etiquette, Muscle Anatomy, Muscle Growth</td>
<td>Deadlifts &amp; Variations</td>
<td>Syllabus Quiz &amp; Module 1, &amp; 2 Quizzes (7/12 by 11:59 pm)</td>
</tr>
<tr>
<td>2 (7/13-7/17)</td>
<td>Types of Training, Nutrition</td>
<td>Squats &amp; Variations</td>
<td>Module 3 &amp; 4 Quizzes &amp; Exam 1 (7/19 by 11:59 pm)</td>
</tr>
<tr>
<td>3 (7/20-7/24)</td>
<td>Strength Assessment, Workout Scheduling &amp; Rest</td>
<td>Upper Body Pull Exercises</td>
<td>Module 5 &amp; 6 Quizzes (7/26 by 11:59 pm)</td>
</tr>
<tr>
<td>5 (8/3-8/7)</td>
<td>Basic Periodization, Training for Special Populations</td>
<td></td>
<td>Program Design (8/5 by 11:59 pm) Module 9 &amp; 10 Quizzes &amp; Exam 2 (8/7 by 11:59 pm)</td>
</tr>
</tbody>
</table>