KINE 2010
Fundamentals of Strength & Conditioning
Summer 5 WK1 2019

KINE 2010.001 Quick Links

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

TAs/Lab Instructors:  
Caeson Daniell, CSCS, CPT, TSAC-F – caeson.daniell@unt.edu  
Jonathan Nicholson – jonathan.nicholson@unt.edu

Office Hours: Monday and Wednesday 10:00 am - 11:00 am or by appointment

Class meeting time and location:  
Lecture Mon/Wed 8:00 am – 9:50 pm, PEB 216  
Lab section 1 Tues/Thurs 8:00 am – 9:50 pm MGYM 160  
Lab section 2 Tues/Thurs 12:00 pm – 1:50 pm MGYM 160  
Exams will be at Sage Hall C330


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 Objectives: 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 class meeting. This course uses a mixture of teaching methods such as, lecture, classroom discussion, and in-class activities (labs). Class meetings will typically be an active learning environment; therefore, preparation is crucial for participation. While each student is responsible for their own class attendance, your attendance will benefit you and your success in this course. Lecture slides and materials from class meetings will be on Canvas, but may be missing terms, phrases, or full slides. As a result, you will need to be in class to get all the lecture information and to gain a full understanding of the material. Make up assignments are given only in extreme cases and missing classes will likely have adverse effects on your overall grade. Similarly, participation in class is expected and encouraged. There will be many activities and discussions over the course of this semester and your participation is required. In-class activities and discussions are designed to reinforce, and support topics and concepts and a lack of participation will likely be a detriment to your overall grade.

Dress: It is expected that you will dress appropriately for class and the activity being performed during a given class. For example, if you were performing physical activity, athletic wear would be appropriate.
Similarly, if you were giving a presentation, nicer attire would be expected. If your dress prevents you from participating in class activities, you will not be given a grade for the assignment.

**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:** Many materials for this course will be available on Canvas (lecture slides, articles, syllabus, schedule, etc.). Papers and other assignments may be turned in through Canvas, unless otherwise notified. 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 10 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 in-class 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. The assignments are as follows:

**Exams**: There will be two exams during the semester, and each will be worth 100 points. They will be given thought Canvas at the UNT Sage Hall Testing Center (c330). Exams are to be completed individually and there will be a time limit (80 minutes). Material discussed in class and from readings from the textbook will be covered on exams. (200 pts total, ~57% of your overall grade)

**Practical Exam**: A practical exam will be completed to demonstrate competence in lifting technique, testing, and subject content. This will count roughly 17% of your overall grade (60 pts)

**Lab Quizzes**: There will be two quizzes in the lab portion of this course. The material on the lab quizzes will help prepare you for the lecture exams. (40 points, ~11% of your overall grade)

**Program Design**: To further demonstrate your mastery over subject content, you will be required to design and create training programs for a specific situation. (50 pts, ~14% of your overall grade)

**Additional Assignments**: Additional assignments not listed here may include pop quizzes, labs, and in-class assignments. If assigned, they will follow along with the lecture topics and will reinforce key concepts.
Grading: Grading for this course will be based on a point system with a tentative maximum of 350 points. All assignments will be graded in a timely fashion and the Canvas gradebook will be updated often. The grade breakdown is as follows:

<table>
<thead>
<tr>
<th>Letter</th>
<th>Pts</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>313.5-350</td>
<td>89.5-100</td>
</tr>
<tr>
<td>B</td>
<td>278.25-313.24</td>
<td>79.5-89.4</td>
</tr>
<tr>
<td>C</td>
<td>243.25-278.24</td>
<td>69.5-79.4</td>
</tr>
<tr>
<td>D</td>
<td>208.25-243.24</td>
<td>59.5-69.4</td>
</tr>
<tr>
<td>F</td>
<td>&lt;208.25</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>Date</th>
<th>Class Lecture</th>
<th>Date</th>
<th>Lab</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/3</td>
<td>Intro, Muscle Anatomy</td>
<td>6/4</td>
<td>Deadlift &amp; variations</td>
</tr>
<tr>
<td>6/5</td>
<td>Types of Training</td>
<td>6/6</td>
<td>Squat &amp; variations</td>
</tr>
<tr>
<td>6/10</td>
<td>Nutrition</td>
<td>6/11</td>
<td>Upper body push and pull exercises</td>
</tr>
<tr>
<td>6/12</td>
<td>Exam 1 (Sage Hall C330)</td>
<td>6/13</td>
<td>Lab quiz 1</td>
</tr>
<tr>
<td>6/17</td>
<td>Strength Assessment</td>
<td>6/18</td>
<td>Hypertrophy &amp; Strength</td>
</tr>
<tr>
<td>6/19</td>
<td>Workout Scheduling &amp; Rest</td>
<td>6/20</td>
<td>Power, Peaking, &amp; Maintenance</td>
</tr>
<tr>
<td>6/24</td>
<td>Safety, Soreness, &amp; Injury</td>
<td>6/25</td>
<td>Lab quiz 2</td>
</tr>
<tr>
<td>6/26</td>
<td>Beginner Programming</td>
<td>6/27</td>
<td>Mock Practical day</td>
</tr>
<tr>
<td>7/1</td>
<td>Basic Periodization</td>
<td>7/2</td>
<td>Lab Practical Day 1</td>
</tr>
<tr>
<td>7/3</td>
<td>Program Design Due by 11:59 pm</td>
<td>7/3</td>
<td>Lab Practical Day 2 (if needed)</td>
</tr>
<tr>
<td>7/5</td>
<td>Exam 2 (Sage Hall C330)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>