**Exercise Leadership**

**KINE 4300.002**

**Syllabus – Fall 2025**

**Instructor:** John Curtis **Credit Hours:** 3

**Office Number:** (940) 565-2212 **Class Time:** 12:30 – 1:50 Thursdays

**Office Location:** PEB 112 **Office Hours:** 10:30 – 12:00 T, TH

**Email:** John.Curtis@unt.edu or by appointment

**Class Location:** Col 045

**Course Description**: Integrates the scientific basis of exercise prescription with the practical skills of exercise prescription necessary for leadership of exercise in a variety of modes for groups of individuals. Prerequisite - Satisfactory completion (an earned grade of “C” or better) in KINE 3080 – Exercise Physiology

**Required Text:** National Strength and Conditioning Association. (2012). NSCA's Essentials of Personal Training. 2nd ed. Champaign, IL: Human Kinetics.

**Course Objectives:**

The student who successfully completes this course will:

1. Assess an individual's health, medical, and fitness status.
2. Perform active and resting fitness tests relevant to program design.
3. Demonstrate a working knowledge of fitness concepts, including basic nutrition, bioenergetics, biomechanics, and applied anatomy.
4. Design individualized physical activity programs to asymptomatic individuals or those who have been cleared by physicians.
5. Implement physical activity programs in a safe and effective manner and modify them as necessary to achieve clients' goals.

**Class Grade Evaluation – 350 points total**

200 points Exams: Two (2) exams, 100 points each. Two exams will be given: Exam 1 around the midterm of the semester, and Exam 2 near the end of the semester. These exams will be multiple choice and short answer. Materials covered in class and readings from the textbook will be the subject of exams.

40 points Quizzes: Four (4) random quizzes will be given so that you can demonstrate knowledge of material. The quizzes will be multiple choice and true or false. Two random quizzes will be administered before the first exam, and two random quizzes will be administered before the second exam. Materials covered in class, online, and readings from the textbook will be the subject of the quizzes.

60 points - Projects: There are three (3) projects that will demonstrate your knowledge and ability to implement topics covered in class. These will cover topics such as resistance training, endurance training, and body composition.

50 points - Final project: To demonstrate competence in the subject matter, you will complete a final project. The final project will entail creating a training program over a period of time for a sample trainee. A detailed explanation about the requirements for the final project will be provided later in the course.

**Grading Scale:**

100% - 90%: A, 89.9% - 80%: B, 79.9% - 70%: C, 69.9% - 60%: D, 59.9% - 0%: F

At the end of the semester, you will earn a grade of A, B, C, D, or F. If you receive a grade of F, you have not passed this course. The final grade will be based on the successful completion all the assignments, and test grades.

There will be no negotiation of your final grade in this course. You will receive the grade that you earned…no discussion. I will not communicate with you regarding your grades though email, however I would be happy to discuss them with you in person. Once the final points have been posted to Blackboard/Canvas, I will no longer answer emails or requests for additional points, or for work to help boost you to a higher grade. Please be aware that if you pass my class but “NEED” a higher grade to graduate, my class was not the problem. I do not bump grades, and therefore will not bump grades so that you can graduate.

**Class Information and Requirements:**

Communication with your instructor:

All UNT students should activate and regularly check their EagleConnect (e-mail) account. This is the main electronic contact for all course-related information and/or material. We will be using the internet platform Canvas for announcements, assignments, notes and handouts. I am available during office hours or before and after class for any face to face communication. If you cannot meet with me during those times, please make an appointment.

Attendance:

Attendance will not be taken for points towards a final grade. However, discussions and activities in class will be in addition to the textbook material, and not a review of the material. Therefore, attendance will only assist you in meeting the requirements of the exams. Do NOT simply stop coming to class without taking formal steps to drop the course. Students who stop coming to class and do not go through the formal drop procedure will be assigned a grade of “F” at the end of the semester.

Cell phone use:

The use of cell phones for talking, texting, or any other purposes during class is prohibited. Any urgent phone-related matters must be attended to outside of the classroom period. Should you be found to be using a cell phone during class time, you will be asked to leave for the remainder of the class.

Assignments:

All assignments must be neatly prepared and representative of college level coursework. This means that all work turned in be typed. No digital pens or sent pictures. All assignments must be submitted into the Canvas system. It is upon you to ensure that your assignment has been submitted properly and received. It is upon you to submit the documentation as if it is ready to be graded. **No late assignments or missed tests will be accepted without prior permission from the instructor**. If you know you will miss class, turn your assignment in prior to its due date. Additionally, due to the projects being submitted on Canvas, you might find that your assignment is graded early if turned in early. This is in no way to suggest that you can go back and edit for points any assignment. Once it has been submitted for grading, no additional work will be allowed to be completed on the assignment.

Exam Protocol:

The exams for this course are done through Canvas. You will be given two days to complete each exam. It is your responsibility to ensure a stable internet connection before taking the exam. I will not reopen the test once the deadline has passed. Remember that the deadline is 5:00 on the date due. This is 5:00 UNT time, and not 5:00 on your phone, watch, or computer. Make sure you give yourself enough time to complete the exam. If you elect to wait until the very last minute, and the deadline passes, the exam will close. All unanswered questions will be counted as incorrect. **There are no makeups for missed exams.**

Extra Credit:

There are up to 5 possible points to add to your total semester points: SPOT Evaluation. 90% or greater of the ENTIRE class must submit an evaluation. Once achieved, all class members will receive these points. All additional requests for extra credit or for me to change your grade from what you earn will be ignored.

Academic Dishonesty:

Students caught cheating or plagiarizing will receive a "0" for that assignment or exam. Additionally, the incident will be reported to the Academic Integrity Office, who may impose further penalty.

According to the UNT catalog, the term "cheating" includes, but is not limited to: a. use of any unauthorized assistance in taking quizzes, tests, or examinations; b. dependence upon the aid of sources beyond those authorized by the instructor in writing papers, preparing reports, solving problems, or carrying out other assignments; c. the acquisition, without permission, of tests or other academic material belonging to a faculty or staff member of the university; d. dual submission of a paper or project, or resubmission of a paper or project to a different class without express permission from the instructor(s); or e. any other act designed to give a student an unfair advantage. The term "plagiarism" includes but is not limited to: a. the knowing or negligent use by paraphrase or direct quotation of the published or unpublished work of another person without full and clear acknowledgment; and b. the knowing or negligent unacknowledged use of materials prepared by another person or agency engaged in the selling of term papers or other academic materials.

Acceptable Student Behavior:

Student behavior that interferes with an instructor’s ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Dean of Students to consider whether the student's conduct violated the Code of Student Conduct. The university's expectations for student conduct apply to all instructional forums, including university and electronic classroom, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at http://deanofstudents.unt.edu.

ADA Statement:

The University of North Texas 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 you with an accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You 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 Office of Disability Accommodation website at http://disability.unt.edu. You may also contact them by phone at (940) 565-4323.

Emergency Notification and Procedures:

UNT uses a system called Eagle Alert to quickly notify you 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). The system sends voice messages (and text messages upon permission) to the phones of all active faculty staff, and students. Please make certain to update your phone numbers at http://www.my.unt.edu. Some helpful emergency preparedness actions include: 1) know the evacuation routes and severe weather shelter areas in the buildings where your classes are held, 2) determine how you will contact family and friends if phones are temporarily unavailable, and 3) identify where you will go if you need to evacuate the Denton area suddenly. In the event of a university closure, please refer to Blackboard/Canvas for contingency plans for covering course materials.

Student Success:

UNT endeavors to offer you a high-quality education and to provide a supportive environment to help you learn and grow. And, as a faculty member, I am committed to helping you be successful as a student. Here’s how to succeed at UNT: Show up. Find support. Take control. Be prepared. Get involved. Be persistent. To learn more about campus resources and information on how you can achieve success, go to <https://succeed.unt.edu>.

Student success requires one to ensure that one is thorough. Should you have read the syllabus this completely, I will award you five extra credit points. This should only be between you and me. It will not be discussed. If I find that you have told others about these points, your points will be removed. Simply email me and tell me that you need your syllabus points and which class and section you attend, and I will award them to you. Once exam 2 has been given to the class, the window for requesting these points will be closed.

Retention of Student Records:

Student records pertaining to this course are maintained in a secure location by the instructor of record. All records such as exams, answer sheets (with keys), and written papers submitted during the duration of the course are kept for at least one calendar year after course completion. Course work completed via the Blackboard online system, including grading information and comments, is also stored in a safe electronic environment for one year. You have a right to view your individual record; however, information about your records will not be divulged to other individuals without the proper written consent. You are encouraged to review the Public Information Policy and F.E.R.P.A. (Family Educational Rights and Privacy Act) laws and the university’s policy in accordance with those mandates at the following link: http://essc.unt.edu/registrar/ferpa.html

**Tentative In-Class Schedule (Can be subject to change): KINE 4300 – Fall 2025**

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| **Class Weeks:** | **Topic:** | **Book Chapters:** |
| August 18 | Introduction to the class |  |
| August 25 – September 5 | Resistance Training and Prescription | 13 & 15 |
| September 8 – 19 | Athletic Training and Periodization | 23 |
| September 22 – October 3 | Cardiovascular Techniques and Design | 14 & 16 |
| October 6 | **EXAM 1** |  |
| October 13 | Flexibility and Warm Ups | 12 |
| October 20 | Elderly and Children exercise programming | 18 |
| October 27 | Pregnancy and exercise programming | 18 |
| November 3 - 14 | Obesity and Cardiovascular and Respiratory conditions and exercise programming | 19 & 20 |
| November 18 | Final Project review day |  |
| December 1 | **EXAM 2** |  |

**Online Assignments (Can be subject to change): KINE 4300 – Fall 2025**

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| **Class Assignment:** | **Topic:** | **Book Chapters:** |
| Chapter Review | Legal Aspects to Training  Facilities Layout  Nutrition  Exercise Physiology | Chapter 25  Chapter 24  Chapter 7  Chapter 8 |
| Project 1 | Resistance Training Programming |  |
| Project 2 | Aerobic Endurance Programming |  |
| Quiz 1 | Over Chapters 24, 25 | Quiz will close the Friday before  Exam 1 |
| Quiz 2 | Over Chapters 7, 8 | Quiz will close the Friday before  Exam 1 |
|  | **EXAM 1** |  |
| Chapter Review | Client Consultation and Appraisal  Fitness Assessment  Fitness Testing | Chapter 9  Chapter 10  Chapter 11 |
| Project 3 | Special Population Programming |  |
| Final Project | Comprehensive Fitness Assessment and Workout Plan |  |
| Quiz 3 | Over Chapters 9, 10, 11 | Quiz will close the Friday before  Exam 2 |
| Quiz 4 | Over Chapters 12, 18, 19, 20 | Quiz will close the Friday before  Exam 2 |
|  | **EXAM 2** |  |

\*The course calendar is tentative and subject to change. If the schedule does change, I will announce any changes during class time as well as provide an updated version on Blackboard and send out an announcement.