



University of North Texas
College of Public Affairs and Health Sciences
Department of Kinesiology, Health Promotion, & Recreation
KINE 2010
Fundamentals of Strength and Conditioning

Instructor: Sam Dardaman, Ph.D., CSCS, RSCC, CPT

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Office: Physical Education Building (PEB) 202 by [appointment](#)

Class Meetings

Lecture: Mondays & Wednesdays 8:00-9:50am, Physical Education Building (PEB) 219

Lab: Tuesdays & Thursdays 8:00-9:50am, Ken Bahnsen Gym (MGYM) 160

Teaching Assistant: Christian Quintero, M.S.

Email: ChristianQuintero@my.unt.edu

Office: Ken Bahnsen Gym (MGYM) 110 by *appointment*

Course Description

3 hrs. Practical aspects of development of muscular strength and endurance, cardiorespiratory endurance, and flexibility including: proper strength and conditioning exercise techniques, safety, and basic exercise programming.

Pre-requisites: None

Course Objectives

By the end of this course, students will be able to:

1. Understand and safely demonstrate correct strength and conditioning exercise techniques (e.g., resistance training, warm-up, spotting techniques)
2. Identify major muscle groups and their involvement in strength and conditioning exercises.
3. Understand key aspects performance such as developing strength, hypertrophy, endurance, stability, mobility, recovery, etc.
4. Understand key principles of exercise prescription and programming for various strength and conditioning goals (hypertrophy, maximum strength, power, maintenance).
5. Apply learned concepts of strength and conditioning to demonstrate the ability to create basic exercise programs.
6. Create individualized strength and conditioning workout programs with consideration for specific populations, training goals, and restrictions supported by scientific principles.

Required Text

National Strength and Conditioning Association (2017). *Strength Training, Second Edition*. Human Kinetics. ISBN-13 #: 9781492522089.

Course Expectations

As the instructor in this course, I am responsible for

- providing course materials and guidance that will assist & enhance achievement of the stated course objectives,
- providing timely and helpful feedback within the stated guidelines,
- challenge and expose students to new learning opportunities, and
- assisting in maintaining a positive learning environment for everyone.

As a student in this course, you are responsible for

- reading and completing all requirements of the course in a timely manner,
- working to remain attentive & engaged in the course and interacting with your fellow students, and
- assisting in maintaining a positive learning environment for everyone.

Physical Participation Consent

By enrolling in the lab section of this course, students understand that they will be asked to complete physical exercises that may include aerobic activities and resistance training. Students recognize that exercise might be difficult and strenuous, and that there could be dangers inherent to exercise for some individuals. The university and the instructor shall not be held liable for any damages and/or injuries that may occur. Student are expected to participate in all exercise activities unless symptoms such as fatigue, shortness of breath, chest discomfort, or similar occurrences appear. At that point, it is advised that the student has the right to decrease or cease exercise activities and inform the lab instructor of the symptoms, should any develop. If any injuries, physical limitations, or health conditions exist, students are to inform the instructor prior to participation.

Contacting Your Instructor

Email is the preferred method of communication for this course. Prior to messaging your professor, please check the syllabus and Canvas for the answer. A typical response time on weekdays is 24 hours or less; messages sent over the weekend will usually not receive a response until the following Monday.

Canvas

Materials for this course will be available on Canvas (lecture slides, notes, assignments, syllabus, schedule, etc.). Several assignments and evaluations will be completed through Canvas. If you have issues with Canvas, contact Professor Dardaman immediately. Assignments may have time limits or strict deadlines, and undocumented technical difficulties will be accepted as an excuse for late/incomplete work.

Technical Support

Part of the working in the online environment involves dealing with the inconveniences and frustrations that can arise when technology breaks down or does not perform as expected. Ultimately, you are responsible for technical issues on your end, but please contact the Student Help Desk for assistance when technical issues arise:

UNT Help Desk --
Sage Hall 130
940-565-2324
helpdesk@unt.edu

Course Requirements

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. As this is an accelerated, condensed summer course, students are responsible for maintaining assignment completion by the scheduled due dates. In rare cases, late assignments may be accepted for a reduced grade, but this is at the discretion of the professor. The assessments & assignments are as follows:

Assignment/Assessment	Points toward Course Grade
Exams (150 each)	300
Canvas Quizzes (10 each)	60
Lab Attendance & Participation (10 each)	90
Class Activities (25 each)	150
Lab Practical Exam	200
Lab Assignments (25 each)	50
Program Design Project	150

Grading Scale by Points:

1,000 – 900 = A 899 – 800 = B 799 – 700 = C 699 – 600 = D Less than 600 = F

Attendance & Class Participation

This course is a mixture of teaching methods such as face-to-face lecture, classroom discussion, and practical experiences (labs). Class meetings will be an active learning environment, both for lecture and labs. Therefore, preparation is crucial for participation. Although lecture slides and other materials from class meetings will be on Canvas, it would be unwise to try and pass the class without attending lectures. I provide lecture materials to you so that you can bring a copy of the lecture on which to take notes, while engaging in the class lectures.

Lab attendance is **mandatory** and will be monitored throughout the semester. All students are expected to arrive to the lab class on time. **Tardiness is not acceptable.** Students who arrive later than 10 minutes beyond the class start time will be marked as absent.

Participation and exercise proficiency will be evaluated daily in labs. Attendance will be taken; but if you are present and DO NOT participate in the lifting session, you will receive a zero. To receive credit for labs, you must be present AND participate in the activity AND demonstrate proper form for the lifts to your lab instructor. All students must be dressed appropriately in order to participate in lab activities (see Dress Code for Labs).

No Phones in Lab: The use of cell phones for talking, texting, or any other purposes during lab is prohibited. Any urgent phone-related matters must be attended to outside of the classroom. Should you be found to be using a cell phone during class time, you will be asked to leave for the remainder of the lab and will be deducted the corresponding attendance and participation points.

Dress Code for Labs

It is expected that you dress appropriately for class and activities being performed during the given lab sessions. Athletic attire is **mandatory** for participation in physical activity. YOU MUST WEAR CLOSED-TOED SHOES WHEN ENTERING THE WEIGHT ROOM. If you wear inappropriate footwear to lab, you will be asked to leave and come back with appropriate shoes. If you do not make it back to lab in time to demonstrate your lifts, you will be marked absent.

Lab Make-Up Policy

I expect that there will be some absences due to illness or other various reasons; however, communication is key. If you get sick or need to miss lab for any other reason, please communicate with your lab instructor PRIOR to your absence. Each student will be allowed three “excused” absences, with an opportunity to earn lab points via an alternative assignment. Instructions for make-up labs are available on Canvas. If you have questions, please contact Professor Dardaman directly.

Lecture Exams

There will be three exams throughout the semester that assess understanding of content discussed in lecture and from assigned readings. They will be given in-person during the typical scheduled class time. The final exam will be cumulative.

Canvas Quizzes

There will be four quizzes throughout the semester that assess understanding of content discussed in lecture, lab lessons, and from readings of the textbook. They will be given online through Canvas. Once you start the quiz, you will have a time limit to complete it. Quizzes will be open for students to take throughout the week, opening on Monday and will close on Sunday at 11:59pm.

Lab Practical Exam

A practical exam will be completed to demonstrate competence in lifting technique and proficiency. This will take place in MGYM 160 at your normal lab time, during your last lab meeting of the semester.

Class Activities & Lab Assignments

Throughout the semester, there will be multiple assignments and activities to apply course content to real-life examples. Some activities will take place during lecture classes, while two lab assignments are to be completed during lab classes. Attendance is mandatory to complete the class activities and lab assignments. Students who have unexcused absences will not be allowed to make up the missed activities and assignments. Full instructions will be discussed in-person, are available on Canvas, and are expected to be completed according to the Course Schedule.

Program Design Project

To demonstrate mastery of subject content, students will be required to design a training program for a specific individual. Each student will be randomly assigned a “client” in which they are design a personalized training program for. This project is an assignment designed by the UNT KHPR department and require specific format, grading, etc. Full instructions will be discussed in class and available on Canvas.

UNT Policies

Academic Integrity

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.

ADA Policy

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.

Prohibition of Discrimination, Harassment, and Retaliation (Policy 16.004)

The University of North Texas (UNT) prohibits discrimination and harassment because of race, color, national origin, religion, sex, sexual orientation, gender identity, gender expression, age, disability, genetic information, veteran status, or any other characteristic protected under applicable federal or state law in its application and admission processes; educational programs and activities; employment policies, procedures, and processes; and university facilities. The University takes active measures to prevent such conduct and investigates and takes remedial action when appropriate.

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.

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 Canvas online system, including grading information and comments, is also stored in a safe electronic environment for one year. Students have the right to view their individual record; however, information about student's records will not be divulged to other individuals without proper written consent. Students are encouraged to review the Public Information Policy and the Family Educational Rights and Privacy Act (FERPA) laws and the University's policy. See UNT Policy 10.10, Records Management and Retention for additional information.

KINE 2010 Course Schedule

Summer 2026

Date	Class	Topic	Assignments & Assessments Due
Mon 5/18	Lecture 1	Intro to Strength & Conditioning and Muscle Anatomy	Class Activity 1 due in class Canvas Quiz 1 due before 11:59pm on Sunday, May 24
Tue 5/19	Lab 1	Intro to S&C Lab & Core Training	Lab 1 Attendance & Participation Class Activity 2 due in class
Wed 5/20	Lecture 2	Muscle Growth	Canvas Quiz 2 due before 11:59pm on Sunday, May 24
Thu 5/21	Lab 2	Mobility & Stability	Lab 2 Attendance & Participation
Mon 5/25		MEMORIAL DAY – NO CLASS	Myth or Misconception Activity due before 11:59pm on Sunday, May 31
Tues 5/26	Lab 3	Lower Body Pull	Lab 3 Attendance & Participation
Wed 5/27	Lecture 3	Nutrition for Muscle Growth	Class Activity 3 due in class Canvas Quiz 3 due before 11:59pm on Sunday, May 31
Thu 5/28	Lab 4	Exam 1 Review	Lab 4 Attendance & Participation
Mon 6/1		Exam 1 – in-person on Scantron	
Tue 6/2	Lab 5	Upper Body Pull	Lab 5 Attendance & Participation
Wed 6/3	Lecture 4	Types of Training	Class Activity 4 due in class Canvas Quiz 4 due before 11:59pm on Sunday, June 7
Thu 6/4	Lab 6	Lower Body Push	Lab 6 Attendance & Participation
Mon 6/8	Lecture 5	Soreness, Injury, Recovery	Canvas Quiz 5 due before 11:59pm on Sunday, June 7
Tue 6/9	Lab 7	Upper Body Push	Lab 7 Attendance & Participation
Wed 6/10	Lecture 6	Analysis & Assessment	Class Activity 5 due in class Canvas Quiz 6 due before 11:59pm on Sunday, June 14
Thu 6/11	Lab 8	Performing Athlete Assessments	Lab 8 Attendance & Participation Lab Assignment 1 due before 11:59pm on Sunday, June 14
Mon 6/15	Lecture 7	Programming & Periodization	Program Design Project due before 11:59pm on Friday, June 19
Tue 6/16	Lab 9	Partner Coaching Lab	Lab 9 Attendance & Participation Lab Assignment 2 due before 11:59pm on Friday, June 19
Wed 6/17		Exam 2 – in-person on Scantron	
Thu 6/18		Lab Practical Exam – in-person	