# KINE 2010 Syllabus | Fall 2025

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

**Instructor:** Samantha "Coach Sam" Dardaman, Ph.D., CSCS, RSCC, CPT
**Email:** Sam.Dardaman@unt.edu
**Office Hours:** Mondays, Wednesdays, Fridays 11:00am-12:00pm
Physical Education Building (PEB), room 202 or MGYM 170

**TAs/Lab Instructors:**

James Miscoll
**Email:** JamesMiscoll@my.unt.edu
**Office Hours**: T, Th 9:30-10:30am in MGYM 170

Joshua Vawter
**Email:** JoshuaVawter@my.unt.edu
**Office Hours**: M, Th 2-3pm in MGYM 170

**Class Meetings**

Lecture: Mondays 9:30am - 10:50am, Eagle Student Services Center (ESSC) 255
Lab: Time varies by section; Monday thru Thursday, Ken Bahnsen's Gym (MGYM) 160

**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 & conditioning exercise techniques (resistance training, conditioning, warm-up, cooldown, proper spotting techniques, etc.)
2. Identify major muscle groups and their involvement in specific strength and conditioning exercises.
3. Understand all aspects performance such as methods of developing muscular strength, power, endurance, flexibility, mobility, stability, recovery, etc.
4. Understand key principles of exercise prescription and programming for various strength and conditioning goals (hypertrophy, maximal strength, maximal power, endurance, maintenance).
5. Apply learned concepts of physical performance to demonstrate the ability to create basic exercise programs based on athlete's goals, injury history, sport demand, etc.
6. Create custom individualized strength and conditioning workout programs based on specific populations, 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,
- challenging and exposing 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 and participating in the lab section of this course, students understand that they will be asked to complete physical exercises that may include aerobic activities and weightlifting. 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 damage and/or injuries that may occur. Students 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 stop exercise 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 not 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. 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 Overall Grade |
|---|---|
| Lecture Exams (125 each) | 250 |
| Lecture Quizzes (10 each) | 100 |
| Lab Attendance & Participation (10 each) | 100 |
| Lab Quizzes (10 each) | 20 |
| Lab Practical Exam | 150 |
| Lab Assignments (25 each) | 50 |
| In-Class Activities (5 or 10 each) | 30 |
| Program Design Project | 100 |
| Final Cumulative Exam | 200 |

**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. Course materials are provided to you so that you can bring a copy of the lesson on which to take notes, while engaging in the class lectures.

Lab attendance is mandatory and will be monitored/graded throughout the semester. 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 attendance, you must be present AND participate in the activity AND demonstrate proper form for the exercises to your lab instructor. Note, all students must be dressed appropriately in order to participate in lab activities (see Dress Code for Labs).

**Dress Code for Labs**
It is expected that you will dress appropriately for activities performed during the given labs. Athletic attire is mandatory for participation. YOU MUST WEAR CLOSED-TOED SHOES WHEN IN THE WEIGHT ROOM. If you wear inappropriate footwear, you will be asked to leave & return with appropriate shoes. Inability to comply with the dress code will result in a zero for that day's lab grade.

**Lab Make-Up Policy**
If students are sick or need to miss lab for any other reason, please communicate with your lab instructor PRIOR to your absence. If you contact your lab instructor AFTER your lab session has already begun, you will receive a zero. With an excused absence, points for the missed lab can be made up via in-person or video submissions of the missed exercises/activities. Instructions for make-up labs are available on Canvas. Students who miss more than 3 labs must have their absence verified from the UNT Dean of Students.

**Lab Practical Exam**
A practical exam will assess competence in lifting technique and proficiency. Students will be required to physically demonstrate certain exercises learned throughout the semester. The Practical Exam will take place in MGYM 160 at your normal lab time, during the last week of labs.

**Lecture Exams**
There will be 3 exams throughout the semester that assess understanding of content discussed in lecture and from assigned readings. Exams will be given in-person via scantron during the typical scheduled class time. The last and final exam is cumulative. The final exam will be administered according to the university's final exam schedule.

**Quizzes**
There are 10 lecture quizzes throughout the semester that assess understanding of content discussed in lecture and from assigned readings. Quizzes are to be taken online through Canvas. Quizzes will be available for students to take after lecture on Mondays and will close on Friday at 11:59pm. Quizzes are available for almost 5 days for students to take at a time of their convenience. Once the quiz is started, you cannot exit it, and a time limit will be enforced.

There are also 2 lab quizzes throughout the semester that assess understanding and application of lab lessons. Lab Quizzes will be given in-person during the first 10 minutes of lab meeting. Each quiz is worth 10 points, and students must be present to complete the in-person quiz.

**Assignments & Activities**
Throughout the semester, there are multiple activities to apply lessons & course content to real-life examples. Students must be present during lecture classes to complete in-class activities. Each activity is worth 5 or 10 points towards your final grade. There are also 2 lab assignments to be completed during the assessment and coaching labs, respectively, each worth 25 points. Full instructions for each activity/assignment will be discussed in class and available on Canvas.

**Program Design Project**
To demonstrate mastery of S&C 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 design a personalized training program for. This project is an assignment designed by the UNT Kinesiology department and requires specific formatting, grading, etc. Full instructions will be discussed in class and available on Canvas.

## UNT Policies

### 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.

Throughout the semester, you will or may use specific Generative AI (GenAI) tools for certain assignments, with guidance on responsible use. These assignments help build ethical resilience and GenAI literacy, preparing you for careers in a GenAIoriented workforce. In accordance with the UNT Honor Code, unauthorized use of GenAI tools is prohibited. Using GenAI content without proper credit or substituting your own work with GenAI undermines the learning process and violates UNT academic integrity policy. If you're unsure whether something is allowed, please seek clarification.

### ADA Accommodation 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 at disability.unt.edu

### 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 the UNT Learning Management System (LMS) for contingency plans for covering course 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 deanofstudents.unt.edu/conduct.

### 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. 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.

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**Course Schedule:** *The class schedule is tentative & subject to change at any time.

| Date | Module # and Topic | | Assignments/Assessments Due | Points |
|---|---|---|---|---|
| Aug. 18-22 | 0 | Lecture 0: Intro to S&C<br>Lab 0: Introduction to S&C Lab | Lab 0 Attendance & Participation | 10 |
| Aug. 25-29 | 1 | Lecture 1: Muscle Anatomy<br>In-Class **Activity 1** Anatomy<br>Lab 1: Core Training | Lab 1 Attendance & Participation<br>**Quiz 1**: Muscle Anatomy due Friday, August 29 at 11:59pm | 10<br>5<br>10 |
| Sept. 1-5 | 2 | LABOR DAY on Monday, Sept. 1st<br>*NO LECTURE & NO LABS ALL WEEK* | **Activity 2**: Myth or Misconception Video due Friday, September 5 at 11:59pm | 10 |
| Sept.8-12 | 3 | Lecture 2: Muscle Growth<br>Lab 2: Mobility & Stability | Lab 2 Attendance & Participation<br>**Quiz 2**: Muscle Growth due Friday, September 12 at 11:59pm | 10<br>10 |
| Sept.15-19 | 4 | Lecture 3: Nutrition<br>Lab 3: Warm-Up & Lower Pull (DL)<br>**Lab Quiz 1** (in-class) | Lab 3 Attendance & Participation<br>**Quiz 3**: Nutrition due Friday, September 19 at 11:59pm | 10<br>10<br>10 |
| Sept.22-26 | 5 | EXAM 1 – on Monday, Sept. 22nd | -- *NO LAB MEETINGS ALL WEEK* -- | 125 |
| Sept. 29 - Oct. 3 | 6 | Lecture 4: Types of Training<br>In-Class **Activity 3** Testimonials<br>Lab 4: Upper Pull (Row & Pull-Ups) | Lab 4 Attendance & Participation<br>**Quiz 4**: Types of Training due Friday, October 3 at 11:59pm | 10<br>5<br>10 |
| Oct. 6-10 | 7 | Lecture 5: Sports Analysis<br>In-Class **Activity 4** Sport Analysis<br>Lab 5: Lower Push (Squat) | Lab 5 Attendance & Participation<br>**Quiz 5**: Sports Analysis due Friday, October 10 at 11:59pm | 10<br>10<br>10 |
| Oct.13-17 | 8 | Coach Sam Traveling for Conference - NO CLASS MEETINGS ALL WEEK | | |
| Oct. 20-24 | 9 | Lecture 6: Soreness, Injury, Recovery<br>Lab 6: Upper Push (Bench & OHP) | Lab 6 Attendance & Participation<br>**Quiz 6**: Soreness, Injury, Recovery due Friday, October 17 at 11:59pm | 10<br>10 |
| Oct. 27-31 | 10 | Lecture 7: Athlete Assessments<br>Lab 7: Assessment Assignment<br>**Lab Quiz 2** (in-class) | Lab 7 Attendance & Participation<br>**Quiz 7**: Athlete Assessments due<br>**Lab Assignment 1**: Assessments due Friday, November 7 at 11:59pm | 10<br>10<br>10<br>25 |
| Nov. 3-7 | 11 | EXAM 2 – on Monday, Nov. 3rd | -- *NO LAB MEETINGS ALL WEEK* -- | 125 |
| Nov.10-14 | 12 | Lecture 8: Basic Programming<br>Lab 8: Coaching Assignment | Lab 8 Attendance & Participation<br>**Quiz 8**: Programming and<br>**Lab Assignment 2**: Partner Coaching due Friday, November 14 at 11:59pm | 10<br>10<br>25 |
| Nov. 17-21 | 13 | Lecture 9: Periodization<br>Lab 9: Review for Practical Exam | Lab 9 Attendance & Participation<br>**Quiz 9**: Periodization and<br>**Program Design Project** due Friday, November 21 at 11:59pm | 10<br>10<br>100 |
| Nov. 24-28 | 14 | THANKSGIVING BREAK – NO CLASS MEETINGS ALL WEEK | | |
| Dec. 1-5 | 15 | Lecture 10: Special Pops & Tops<br>Lab Practical Exam (in-person) | **Quiz 10**: Special Populations due Friday, December 5 before 11:59pm<br>**Lab Practical Exam** due during lab time | 10<br>150 |
| Dec. 10 | 16 | FINAL EXAM – in person on Wednesday, December 10 at **8:00am** | | 200 |
| | | | Total Points Possible | 1,000 |