# KINE 2010 Syllabus | Fall 2026

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 8:00am - 11:00am or by appointment
**Office Location:** PEB 202

**TAs/Lab Instructors**:

| Joshua Vawter | Cailyn Watkins | Jackson Payton |
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## Class Meetings

This is a flipped course that includes an online lecture section and face-to-face lab components. Please check your myUNT schedule for your assigned lab time. Time varies by section; however, lab meetings are offered Monday through Thursday in the Ken Bahnsen Gym (MGYM), room 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 strength & 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 (e.g., hypertrophy, maximal strength, maximal power, endurance).
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.

## ***Recommended Text:***

Haff, G. G. & Triplett, N. T. (Eds.) (2026). *Essentials of Strength Training and Conditioning, 5th Edition.* Human Kinetics. ISBN #: 9781718216273.

**Course Competencies of Strength and Conditioning**

The UNT Department of Kinesiology, Health Promotion, and Recreation is recognized by the NSCA Education Recognition Program (ERP) and maintains the standards for the Council on Accreditation of Strength and Conditioning Education (CASCE). This course is designed to equip students with the knowledge, skills, and abilities in strength and conditioning. In alignment with CASCE Professional Standards and Guidelines, this course curriculum includes human anatomy and physiology (III.C.1.b), exercise physiology (III.C.2.f, h, k-l, p), kinesiology/biomechanics (III.C.3.c-d), sports nutrition (III.C.4.a, d-h, n), scientific principles of strength and conditioning (III.C.6.a-c, e, l, o, q-t, v-w), resistance training and conditioning (III.C.7.b-h, l), exercise testing/exercise prescriptions with emphasis in anaerobic exercise (III.C.8.b-c, e), program design as related to strength and conditioning (III.C.9.a-b, e.vii-viii, e.xii).

**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.

**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. Additionally, the Lab Instructors are likely more available and equipped to answer any questions; feel free to contact them with any questions or concerns. If you have a private question, please contact me via email, and I will do my best to respond within 24 hours on weekdays when UNT is open. Please do not expect a response past 5:00pm or over the weekend. Make sure to only email me from your UNT email address; this is to protect your privacy. Any e-mails originating from an external account will not receive a reply. Also, a reminder to always keep your emails professional in tone, format, etc.

Office hours offer you an opportunity to ask for clarification or find support with understanding class material. Come visit me! Specifically, if you need a quicker response, you may also stop by my office hours or find me around campus. I am typically in my office (PEB 202) or in the weight room (MGYM 170).

**Canvas**

Materials for this course will be available on Canvas (lectures, 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

**Lab Safety Procedures and Guidelines 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.

While working in lab sessions, students enrolled in KINE 2010 are required to follow proper safety procedures and guidelines in all activities requiring physical activities such as lifting, squatting, crawling, bending, walking, jumping, running, and using equipment and tools. Students should be aware that UNT is not liable for injuries incurred while students are participating in class activities. All students are encouraged to secure adequate insurance coverage in the event of accidental injury. Students who do not have insurance coverage should consider obtaining Student Health Insurance. Brochures for student insurance are available in the UNT Student Health and Wellness Center. Students who are injured during class activities may seek medical attention at the Student Health and Wellness Center at rates that are reduced compared to other medical facilities. If students have an insurance plan other than Student Health Insurance at UNT, they should be sure that the plan covers treatment at this facility. If students choose not to go to the UNT Student Health and Wellness Center, they may be transported to an emergency room at a local hospital. Students are responsible for expenses incurred there.

**Course Requirements**
There are multiple types of assignments for this course and descriptions of each are below. Activities and assessments are planned to follow the course readings, lectures, labs, and in-class discussions. They will reinforce and facilitate application of the material learned from the readings and class sessions. All activities and assessments have tentative due dates that coordinate to their topic, and it is expected that they will be turned in on time. 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.

**Grading Scale by Points:**

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

The assessments & activities are as follows:

| Activity/Assessment | Points toward Course Grade |
|---|---|
| Exams (100 each) | 200 |
| Canvas Quizzes (10 each) | 110 |
| Lab Attendance & Participation (10 each) | 130 |
| Lab Quizzes (20 each) | 40 |
| Lab Practical Exam | 150 |
| Lab Assignments (25 each) | 50 |
| Class Activities (10 each) | 70 |
| Program Design Project | 100 |
| Final Exam | 150 |

**Attendance & Class Participation**

This course is a mixture of teaching methods such as online lectures and practical experiences (labs). Class meetings will be an active learning environment, both for lectures and labs. Therefore, preparation is crucial for participation. Additionally, because we only meet face-to-face once a week, every class meeting is essential to your success. Students should come to labs prepared and have reviewed all module materials, lecture videos, and supporting information prior to attending lab.

Lab attendance is mandatory and will be monitored throughout the semester. All students are expected to arrive at 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 dealt with 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 will dress appropriately for activities performed during the given labs. Athletic attire is mandatory for participation. YOU MUST WEAR CLOSED-TOED SHOES IN ORDER

TO PARTICIPATE IN LAB ACTIVITIES. If you wear inappropriate footwear, you will be asked to leave & return with appropriate shoes. If you do not make it back to lab in time to demonstrate your lifts, you will be marked absent. Inability to comply with the dress code will result in a zero.

**Lab Make-Up Policy**
If students need to miss lab for any reason, communication with your lab instructor PRIOR to your class start time is required. If you communicate AFTER lab start time, you will receive a zero. Each student will be allowed 3 "excused" absences, with an opportunity to earn lab points via an alternative assignment. 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 online through Canvas; exams will open at 12:00am on Mondays and close at 11:59pm on Sunday. Students are to complete the exam in one sitting, at a time of convenience throughout the week. Exams are to be completed individually and without outside help as there will be a time limit. The final exam is cumulative.

**Quizzes**
There are 10 Canvas quizzes throughout the semester that assess understanding of lecture content and assigned readings. Quizzes are administered online via Canvas. Quizzes will be available for students to take after reviewing module materials and attending weekly lab sessions. Weekly quizzes open at 12:00am on Mondays and will close on Sundays at 11:59pm. Quizzes are available for almost 7 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 two (2) lab quizzes throughout the semester that assess understanding and application of lab lessons. Lab Quizzes are administered in-person during the beginning of the lab meeting. Students must be present to complete the quiz. Any students who are absent (unexcused) or tardy will not be allowed to make up the quiz.

**Activities**
Throughout the semester, there are multiple activities to apply lessons & course content to real-life examples. Students must be present during lab classes to complete any in-class activities. 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. Every student in my class can improve by doing their own work and trying their hardest with access to appropriate resources. Students who use other people's work without citations will be violating UNT's Academic Integrity Policy. Please read and follow this important set of guidelines for your academic success (https://policy.unt.edu/policy/06-003). If you have questions about this, or any UNT policy, please email me or come discuss this with me during my office hours.

### Use of Artificial Intelligence in completion of Course Assignments

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 GenAI oriented workforce. Students are permitted to use AI tools (e.g., ChatGPT, Microsoft Copilot, Grammarly, etc.) to support their learning, such as for brainstorming ideas, organizing thoughts, or improving clarity in writing. However, the use of AI must be ethical, transparent, and aligned with academic integrity standards:

- Do not copy and paste AI-generated content directly into assignments without substantial modification and critical engagement.
- You are responsible for verifying the accuracy and appropriateness of any information obtained from AI tools.

AI-generated content should be treated as a starting point, not a finished product. Assignments must reflect your own understanding, synthesis, and academic voice. If AI tools are used, you must disclose how they were used (e.g., "I used ChatGPT to help outline the main points of this essay"). Misuse of AI tools (such as submitting unedited or uncredited AI-generated work) will be treated as a violation of academic integrity. 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 Student Academic Integrity Policy (UNT Policy 6.003). If you're unsure whether something is allowed, please seek clarification.

### 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.

### ADA Accommodation Policy

The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking reasonable accommodation must first register with the Office of

Disability Access (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with a reasonable accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request reasonable accommodations at any time; however, ODA notices of reasonable 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 reasonable accommodation for every semester and must meet with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of reasonable accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student. For additional information, refer to the Office of Disability Access website (https://studentaffairs.unt.edu/office-disability-access). You may also contact ODA by phone at (940) 565-4323.

**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.

**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.

**Tentative Course Schedule:**

| Date | Module | Module Topic | Assignments/Assessments Due |
|---|---|---|---|
| Aug. 17-23 | 0 | Intro to S&C<br>Lab 0: Introduction to S&C Lab | Lab 0 Attendance & Participation<br>Syllabus **Quiz** |
| Aug. 24-30 | 1 | Muscle Anatomy<br>Lab 1: Core Training<br>In-Class **Activity #1** Anatomy | Lab 1 Attendance & Participation<br>**Quiz 1**: Muscle Anatomy |
| Aug. 31-Sept. 6 | 2 | Muscle Growth<br>Lab 2: Mobility & Stability | Lab 2 Attendance & Participation<br>**Quiz 2**: Muscle Growth |
| Sept. 7-13 | | LABOR DAY on Monday, Sept. 7th<br>*NO LABS ALL WEEK* | **Activity #2**: Myth or Misconception Video |
| Sept. 14-20 | 3 | Nutrition for Muscle Growth<br>Lab 3: Nutrition & Warm-Ups | Lab 3 Attendance & Participation<br>In-Class **Activity #3 Applied Nutrition**<br>**Quiz 3**: Nutrition |
| Sept. 21-27 | | Exam 1<br>Lab 4: EXAM 1 Review<br>In-Class **Lab Quiz 1** | Lab 4 Attendance & Participation<br>Exam 1 on Canvas due Sunday before 11:59pm |
| Sept. 28 - Oct. 4 | 4 | Types of Training<br>Lab 5: Lower Body Pull | Lab 5 Attendance & Participation<br>In-Class **Activity #4 Testimonials**<br>**Quiz 4**: Types of Training |
| Oct. 5-11 | 5 | Sports Analysis<br>Lab 6: Upper Body Pull | Lab 6 Attendance & Participation<br>In-Class **Activity #5 Sport Analysis**<br>**Quiz 5**: Sports Analysis |
| Oct. 12-18 | 6 | Soreness, Injury, Recovery<br>Lab 7: Lower Body Push | Lab 7 Attendance & Participation<br>**Quiz 6**: Soreness, Injury, Recovery |
| Oct. 19-25 | 7 | Athlete Assessments<br>Lab 8: Upper Body Push | Lab 8 Attendance & Participation<br>**Quiz 7**: Athlete Assessments |
| Oct. 26-Nov. 1 | | Lab 9: Assessment Assignment | Lab 9 Attendance & Participation<br>**Activity #6**: Assessments |
| Nov. 2-8 | | Lab 10: EXAM 2 Review<br>In-Class **Lab Quiz 2** | Lab 10 Attendance & Participation<br>Exam 2 on Canvas due Sunday before 11:59pm |
| Nov. 9-15 | 8 | Basic Programming<br>Lab 11: Coaching Assignment | Lab 11 Attendance & Participation<br>**Quiz 8**: Programming and<br>**Activity #7**: Partner Coaching |
| Nov. 16-22 | 9 | Periodization<br>Lab 12: Review for Practical Exam | Lab 12 Attendance & Participation<br>**Quiz 9**: Periodization and<br>**Program Design Project** |
| Nov. 23-29 | | THANKSGIVING BREAK | *-- NO LABS ALL WEEK --* |
| Nov. 30 - Dec. 6 | 10 | Special Pops & Tops<br>Lab Practical Exam (in-person) | **Quiz 10**: Special Populations<br>**Lab Practical Exam** due during lab |
| Dec. 11 | | FINALS WEEK<br>*NO LABS ALL WEEK* | FINAL EXAM on Canvas due Friday Dec. 11 before 11:59pm |
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