KINE 2010 Syllabus | Spring 2024

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

Instructor: Samantha Dardaman, PhD-c, RSCC, CSCS, ACSM-CPT, USA-W
Email: Sam.Dardaman@unt.edu
Office Hours: Wednesdays 10:30am-12:00pm or by appointment
Ken Bahnsen's Gym (MGYM), room 170

TAs/Lab Instructors:
Mitch Kay
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Josie Bernholtz
Email: josiebernholtz@my.unt.edu

Class Meetings
Lecture: Mondays 11:00am - 12:20pm, Matthews Hall (MATT) 311
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, maximum strength, maximum 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,
- 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 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 damages 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 or Canvas message 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.). All assignments and exams 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
Syllabus Quiz	5
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
Class Activities (5 or 10 each)	25
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. I provide those 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/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 lifts 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 dress appropriately for activities performed during the given labs. Athletic attire is mandatory for participation. YOU MUST WEAR CLOSED-TOED SHOES WHEN LIFTING. If you wear inappropriate footwear to lab, you will be asked to leave & return with appropriate shoes. Inability to comply to the dress code will results 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 lifts/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 online through Canvas on Mondays; exams will open at 12:00am and close at 11:59pm. Students are to complete the exam either during class time or any time of convenience on Monday. Exams are to be completed individually and without outside help as there will be a time limit. The last and final exam is cumulative.

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 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 4 activities to apply lessons & course content to real-life examples. Students must be present during lecture 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 lab #7 and #8, 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 designed by the UNT Kinesiology 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.

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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
Jan. 16-19	#	NO LECTURE & NO LABS	**Syllabus Quiz** due Friday, January 19 at 11:59pm	5
Jan. 22-26	0	Lecture 0: Intro to S&C Lab 0: Intro to Labs	Lab 0 Attendance & Participation **Activity 1**: Myth or Misconception Video due Friday, January 26 at 11:59pm	10 10
Jan. 29 – Feb. 2	1	Lecture 1: Muscle Anatomy In-Class **Activity 2** Anatomy Lab 1: Core Training	Lab 1 Attendance & Participation **Quiz 1**: Muscle Anatomy due Friday, February 2 at 11:59pm	10 5 10
Feb. 5-9	2	Lecture 2: Muscle Growth Lab 2: Mobility & Stability	Lab 2 Attendance & Participation **Quiz 2**: Muscle Growth due Friday, February 9 at 11:59pm	10 10
Feb. 12-16	3	Lecture 3: Nutrition Lab 3: Warm-Up & Lower Pull **Lab Quiz 1** (in-class)	Lab 3 Attendance & Participation **Quiz 3**: Nutrition due Friday, February 16 at 11:59pm	10 10 10
Feb. 19-23		NO LECTURE & NO LABS -- **Exam 1 on Canvas**	**Exam 1 due Monday, February 19 at 11:59pm on Canvas**	125
Feb. 26 – Mar. 1	4	Lecture 4: Types of Training In-Class **Activity 3** Testimonials Lab 4: Upper Pull	Lab 4 Attendance & Participation **Quiz 4**: Types of Training due Friday, March 1 at 11:59pm	10 5 10
Mar. 4-8	5	Lecture 5: Sports Analysis In-Class **Activity 4** Sport Analysis Lab 5: Lower Push	Lab 5 Attendance & Participation **Quiz 5**: Sports Analysis due Friday, March 8 at 11:59pm	10 5 10
Mar.11-15		SPRING BREAK – NO CLASSES ALL WEEK		
Mar. 18-22	6	Lecture 6: Soreness, Injury, Recovery Lab 6: Upper Push	Lab 6 Attendance & Participation **Quiz 6**: Soreness, Injury, Recovery due Friday, March 22 at 11:59pm	10 10
Mar. 25-29	7	Lecture 7: Athlete Assessments Lab 7: Assessments **Lab Quiz 2** (in-class)	Lab 7 Attendance & Participation **Quiz 7**: Athlete Assessments and **Lab Assignment 1**: Assessments due due Friday, March 29 at 11:59pm	10 10 10 25
Apr. 1-5		NO LECTURE & NO LABS -- **Exam 2 on Canvas**	**Exam 2 due Monday, April 1 at 11:59pm on Canvas**	125
Apr. 8-12	8	Lecture 8: Basic Programming Lab 8: Coaching Assignment	Lab 8 Attendance & Participation **Quiz 8**: Programming and **Lab Assignment 2**: Coaching due Friday, April 12 at 11:59pm	10 10 25
Apr. 15-19	9	Lecture 9: Periodization Lab 9: Class Vote	Lab 9 Attendance & Participation **Quiz 9**: Periodization due Friday, April 19 at 11:59pm	10 10
Apr. 22-26	10	Lecture 10: Special Pops & Tops Lab 10: Review for Practical Exam	**Quiz 10**: Special Populations and **Program Design Project** due Friday, April 26 at 11:59pm	10 100
Apr. 29 – May 3	11	Lecture 11: Guest Speaker Lab 11: Practical Exam	**Lab Practical Exam** in-person during lab	150
May 6	12	FINAL EXAM -- **due Monday, May 6 at 11:59pm on Canvas**		200
			Total Points Possible	1,000