

**UNIVERSITY OF TEXAS AT TYLER  
DEPARTMENT OF HEALTH & KINESIOLOGY**

**COURSE SYLLABUS**

**Training: Strength and Power  
KINE 4305  
Summer 1 2022**

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**COURSE DESCRIPTION:** Application of physiological principles to athletic training for improvement of strength and power. Includes study of sport-specific periodized training programs for athletes in different sports and of differing abilities.

**REQUIRED TEXT:** ACE Personal Trainer Manual (5th Edition; 2014) ISBN-13: 978-1890720568

**COURSE OBJECTIVES:**

1. Apply the principles of exercise science, human anatomy, and biomechanics to movement design and exercise instruction.
2. Identify the principles and methods of training for muscular strength, endurance, power and flexibility.
3. Demonstrate the ability to individualize exercise instruction for apparently healthy adults using an exercise progression model.
4. Demonstrate the proper usage of various commercial fitness machines and equipment utilizing appropriate exercise guidelines and spotting techniques.

**EVALUATION:** Your final grade for the course will be based on the following formula:

4 Unit Tests (10 pts. each)	40 pts.
Discussion participation	30 pts.
<u>Exercise Programming Project</u>	<u>30 pts.</u>
Total:	100 points

Grading will be based on the following:

89.5 to 100 points: A

79.5 to 89.4 points: B

69.5 to 79.4 points: C

59.5 to 69.4 points: D

<59.5 points: F

Chapter Quizzes: There will be select Quizzes available for review for most Modules to assess understanding of the material. Quizzes taken for review will be worth 0 (zero) points. These quizzes will be meant solely for review.

Exercise Programming Project: Students will be required to create a video or photograph progression portfolio of an exercise session with a client. The assignment will also include appropriate progressions within a planned exercise program based on SMART goals. More details on this assignment will be present in Module 2 when the students will have an understanding of exercise programming within the ACE IFT model for apparently healthy populations.

\*\* Note also my policy on any late submission of an assignment: No quiz or assignment that is set within a Module that is set to close at the end of the week will be reopened past the due date. The only assignment that is exempt from this is the Exercise Session Project. For this “deliverable” assignment, the first day it is late will incur a 50% penalty and the second day late will be 0% credit. **If extenuating circumstances are involved, you should discuss this with me as soon as you can.**

## **DISCUSSION BOARD**

Discussion forums are all designated for discussions of specific topics or segments of the course with one exception – the “Coffee Shop.” The Coffee Shop is a forum on the Discussion Board intended for students to discuss anything they wish. As a general rule, I will stay out of these discussions, unless specifically invited to join in. Please note, however, that I have access to all online discussions. Also, I will make available a place within the discussion board for you to ask questions about the course (whether discussing with your fellow classmates or the instructor).

The 30 points for Discussion participation will be based upon required postings. The total # of points for each discussion is 2-4 points depending on the format of the question(s).

**Posts (responses) must be made before Tuesday at 11PM central standard time, except for the first week where Module 1 posts are due on Wednesday at 11PM.**

## **COURSE CALENDAR**

The course officially begins on Tuesday, May 31, 2022. The table below lists important dates, including deadlines for completing assignments, quizzes, and the final project.

<u>Module</u>	<u>Dates</u>	<u>Chapters Covered</u>	<u>Deadlines for Completing Tests, Assignments, and Final Exam</u>
<u>1</u>	May 31 - June 3	Intro to Strength and Power	Unit Test 1 Availability: June 2-3
<u>2</u>	June 6 – June 10	Chapters 5, 7, and 8	Unit Test 2 Availability: June 9-10
<u>3</u>	June 13 – June 17	Chapters 9, 10, and 12	Unit Test 3 Availability: June 16-17
<u>4</u>	June 20 – June 24	Chapters 13 and 14	Unit Test 4 Availability: June 23-24
<u>5</u>	June 27 – June 30	N/A	Exercise Session Project Due Date: June 30

Note: all items are due at 11:00 p.m except for the Exercise Session Project, which is due at 11:59PM on June 30, 2022. Central Standard time for all due dates.

### **Other important dates**

June 3, 2022 – Last day to withdraw without penalty

June 21, 2022 – Last day to withdraw with an automatic “W”

## **COURSE POLICIES/EXPECTATIONS:**

1. Please allow a few days for test grades to be posted and up to one week for written assignment grades to be posted.
  2. Academic dishonesty (cheating, plagiarism, copying, etc) will not be tolerated and will result in a failing grade (F) for the semester.
  3. If you are having technical problems with Canvas or any assignments please refer to IT Support information in the Technical Information section. It is the student's responsibility to make sure their browser is working appropriately, any deadlines missed or papers turned in late due to technical problems will not be excused unless there are extraneous circumstances (such as Canvas shutting down across campus).
  4. Students are required to know all information contained in the syllabus; if a question or situation can be answered by the syllabus the student will be directed appropriately.
- As a student in this course, you are taking a course from The University of Texas at Tyler. Therefore, you are subject to all policies of UT Tyler. Below are certain University policies taken from the Handbook of Operating Procedures that you should be aware of and adhere to.

## **TECHNICAL INFORMATION:**

*Technical Support:* If you experience technical problems or have a technical question about this course, you can obtain assistance by emailing [itsupport@uttyler.edu](mailto:itsupport@uttyler.edu).

When you email IT Support, be sure to include a complete description of your question or problem including:

- The title and number of the course
- The page in question
- If you get an error message, a description and message number
- What you were doing at the time you got the error message

*Plug-ins and Helper Applications:* UT Tyler online courses use Java, JavaScript, browser plug-ins, helper application, and cookies. It is essential that you have these elements installed and enabled in your web browser for optimal viewing of the content and functions of your online course.

You may check to see if your web browser is properly configured to use Canvas by clicking on the Student Resources tab within Canvas and selecting "Test Browser." You may need the following: Adobe Reader, Java Runtime Environment, Adobe Flash Player, QuickTime, Windows Media Player, and RealPlayer.

## **PLAGIARISM/FRAUD:**

As commonly defined, plagiarism consists of passing off as one's own the ideas, words, writings, etc., which belong to another. In accordance with this definition, you are committing plagiarism if you copy the work of another person and turn it in as your own, even if you should have the

permission of that person. This includes, but is not limited to, working on lab reports with another student and changing the names on the printed report, copying data from another student for a lab that you did not attend, and forging data from a lab you did not attend.

The work that you hand in is expected to be original and to be your own. There is *no tolerance* for persons who plagiarize and/or cheat. You are expected to consult Subchapter 8-800 of the University of Texas at Tyler Manual of Policies and Procedures for Student Affairs: Student Conduct and Discipline available at [www.uttyler.edu/mopp/chapter8.html](http://www.uttyler.edu/mopp/chapter8.html). *Any* act of cheating or plagiarism will result in dismissal from the course. Per university guidelines, the student(s) will be reported to the department head with failure of the course as the recommended course of action.

### **Handbook of Operating Procedures Section 2.09 Student Code of Conduct**

...Disciplinary proceedings may be initiated against any student for any of the following acts or omissions.

...Scholastic dishonesty, including, but not limited to, cheating plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.

(i) "Cheating" includes, but is not limited to:

- copying from another student's test paper;
- using during a test, materials not authorized by the person giving the test;
- failure to comply with instructions given by the person administering the test;
- possession during a test of materials which are not authorized by the person giving the test, such as class notes or specifically prohibited by the person administering the test;
- using, buying, stealing, transporting, or soliciting in whole or part the contents of an unadministered test, test, key, homework solution, or computer program;
- collaborating with or seeking aid from another student during a test or other assignment without authority;
- discussing the contents of an examination with another student during a test or other assignment without authority;
- discussing the contents of an examination with another student who will take the examination;
- divulging the contents of an examination, for the purpose of preserving questions for use by another, when the instructor has designated that the examination is not to be removed from the examination room or not to be returned or to be kept by the student;

### **COPYRIGHT:**

The handouts used in this course are copyrighted. The term "handouts" refers to all materials generated for this class, which include but are not limited to syllabi, quizzes, exams, lab

problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy the handouts, unless I expressly grant permission.

### **STUDENTS RIGHTS AND RESPONSIBILITIES:**

To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link: <http://www.uttyler.edu/wellness/rightsresponsibilities.php>

### **GRADE REPLACEMENT/FORGIVENESS AND CENSUS DATE POLICIES:**

Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. Grade Replacement Contracts are available in the Enrollment Services Center or at <http://www.uttyler.edu/registrar>. Each semester's Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar.

Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

The Census Date is the deadline for many forms and enrollment actions that students need to be aware of. These include:

- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
- Receiving 100% refunds for partial withdrawals. (There is no refund for these after the Census Date)
- Schedule adjustments (section changes, adding a new class, dropping without a "W" grade)
- Being reinstated or re-enrolled in classes after being dropped for non-payment
- Completing the process for tuition exemptions or waivers through Financial Aid

### **STATE-MANDATED COURSE DROP POLICY:**

Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the census date (See Academic Calendar for the specific date).

Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Enrollment Services Center and must be accompanied by documentation of the extenuating circumstance. Please contact the Enrollment Services Center if you have any questions.

### **DISABILITY/ACCESSIBILITY SERVICES:**

In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University of Texas at Tyler offers accommodations to students with learning, physical and/or psychological disabilities. If you have a disability, including non-visible a diagnosis such as a learning disorder, chronic illness, TBI, PTSD, ADHD, or you have a history of modifications or accommodations in a previous educational environment, you are encouraged to visit

<https://hood.accessiblelearning.com/UTTyler> and fill out the New Student application. The **Student Accessibility and Resources (SAR)** office will contact you when your application has been submitted and an appointment with Cynthia Lowery, Assistant Director Student Services/ADA Coordinator. For more information, including filling out an application for services, please visit the SAR webpage at <http://www.uttyler.edu/disabilityservices>, the SAR office located in the University Center, # 3150 or call 903.566.7079.

### **STUDENT ABSENCE DUE TO RELIGIOUS OBSERVANCE:**

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

### **STUDENT ABSENCE FOR UNIVERSITY-SPONSORED EVENTS AND ACTIVITIES:**

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

### **SOCIAL SECURITY AND FERPA STATEMENT:**

It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

### **EMERGENCY EXITS AND EVACUATION:**

Everyone is required to exit the building when a fire alarm goes off. Follow your instructor's directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.