Credit Hours: 2.0
Room: TYKH 209 – Lecture; TYKH 209/Fitness Center – Lab
Lecture Schedule:
Lab Schedule:

Course Instructors: Kara A. Witzke, PhD
Office Location: TYKH 302G
Office Phone: 541-322-2063
E-Mail: kara.witzke@osucascades.edu

Tim Burnett, PhD
Office Location: TYKH 305
Office Phone: 541-322-2032
E-Mail: timothy.burnett@osucascades.edu

COURSE DESCRIPTION:
Presents the conceptual basis for optimizing resistance training program designs, exercise routines for all ages and fitness levels, correct exercise technique. Lec/lab.

Prerequisites: KIN or EXSS 324
Co-requisites: None

LEARNING RESOURCES:

STUDENT LEARNING OUTCOMES:
Upon successful completion of this course, you will be able to:

• Recognize, evaluate, correct (when needed), and adequately demonstrate a variety of resistance training exercises and techniques targeting major muscle groups in the human body
• Identify all primary and secondary (synergist) muscles involved for every lift and their respective planes of motion covered in class
• Demonstrate proper weight room etiquette and safety, including spotting techniques
• Apply exercise prescription principles for training variation, injury prevention, and conditioning in an effort to maximize and/or tailor training results
• Design safe and effective resistance training and/or conditioning programs for beginner, intermediate, and advanced lifters

PROGRAM COMPETENCIES IN KINESIOLOGY:
Upon satisfactory completion of the degree in KINESIOLOGY the students will have met the program competencies found at http://health.oregonstate.edu/degrees/competencies
EVALUATION OF STUDENT PERFORMANCE:

<table>
<thead>
<tr>
<th>Grading Component</th>
<th>Points Possible</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quizzes</td>
<td>100 (20 each)</td>
</tr>
<tr>
<td>Lab Participation</td>
<td>27</td>
</tr>
<tr>
<td>Lab Assignments</td>
<td>48 (12 each)</td>
</tr>
<tr>
<td>Program Design Project</td>
<td>75</td>
</tr>
<tr>
<td><strong>Total possible points</strong></td>
<td><strong>250</strong></td>
</tr>
</tbody>
</table>

Below is the grading system that will be used in this course.

- 93.00 - 100% = A
- 90.00 - 92.99% = A-
- 87.00 - 89.99% = B+
- 83.00 - 86.99% = B
- 80.00 - 82.99% = B-
- 77.00 - 79.99% = C+
- 73.00 - 76.99% = C
- 70.00 - 72.99% = C-
- 67.00 - 69.99% = D+
- 63.00 - 66.99% = D
- 60.00 - 62.99% = D-
- < 60% = F

DIVERSITY STATEMENT
The College of Public Health and Human Sciences strives to create an affirming climate for all students including underrepresented and marginalized individuals and groups. Diversity encompasses differences in age, color, ethnicity, national origin, gender, physical or mental ability, religion, socioeconomic background, veteran status, sexual orientation, and marginalized groups. We believe diversity is the synergy, connection, acceptance, and mutual learning fostered by the interaction of different human characteristics.

EXPECTATIONS FOR STUDENT CONDUCT
The Student Conduct Code establishes community standards and procedures necessary to maintain and protect an environment conducive to learning, in keeping with the educational objectives of Oregon State University. This code is based on the assumption that all persons must treat one another with dignity and respect in order for scholarship to thrive. For the full Student Conduct Code see [http://oregonstate.edu/studentconduct/](http://oregonstate.edu/studentconduct/)

Academic or Scholarly Dishonesty is prohibited and considered a serious violation of the Student Conduct Code. It is defined as an act of deception in which a Student seeks to claim credit for the work or effort of another person, or uses unauthorized materials or fabricated information in any academic work or research, either through the Student’s own efforts or the efforts of another. For specifics related to offenses proscribed by the University see: [http://oregonstate.edu/studentconduct/offenses-0](http://oregonstate.edu/studentconduct/offenses-0)

RELIGIOUS HOLIDAY STATEMENT
Oregon State University strives to respect all religious practices. If you have religious holidays that are in conflict with any of the requirements of this class, please see me immediately so that we can make alternative arrangements.
STUDENTS WITH DOCUMENTED DISABILITIES

"Accommodations are collaborative efforts between students, faculty, and Disability Access Services (DAS). Student with accommodations approved through DAS are responsible for contacting the faculty member in charge of the course prior to or during the first week of the term to discuss accommodations. Students who believe they are eligible for accommodations but who have not yet obtained approval through DAS should contact DAS immediately at 737-4098."

PLEASE READ

Oregon State University
College of Public Health and Human Sciences

Risk is associated with many of life's activities, including the OSU KIN 394 class. The College of Public Health and Human Sciences will minimize these risks by providing safe activity areas, adequate equipment, and capable instruction.

It is highly recommended that you give serious consideration to providing yourself with a student health/accident insurance policy. These are available through the University, private carriers, or, in many cases, through a family policy. If uninsured, relatively minor accidents and/or health problems can lead to great expense.
**Tentative Course Calendar for KIN 394 (Spring 2017)**

*Course schedule may be altered during the term. See Canvas for most current due dates*

<table>
<thead>
<tr>
<th>Lecture Meetings</th>
<th>Lab Meetings</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Week</strong></td>
<td><strong>Topics, Readings, Deadlines</strong></td>
</tr>
</tbody>
</table>
| 1 | Course introduction  
Functional Movement Screen  
-Assigned Readings (TBD) | 1 | Lab introduction, weight room rules, and safety demonstrations  
Function Movement Screen  
Lab Assignment #1 Assigned |
| 2 | Human Movement Science  
-Chapter 5 (pp. 75-96)  
-Chapter 13 (pp. 283-292)  
**Quiz #1 Assigned** | 2 | Upper-Body Exercise Selection 1 |
| 3 | Resistance Training Assessment  
-Chapter 6 (pp. 99-148) | 3 | Upper-Body Exercise Selection 2  
Lab Assignment #2 Assigned |
| 4 | History of Resistance Training  
-Assigned Readings (TBD)  
**Quiz #2 Assigned** | 4 | Upper-Body Exercise Selection 3 |
| 5 | Components of Strength  
-Chapter 1 (pp. 3-16)  
-Chapter 13 (pp. 290-292)  
-Assigned Readings (TBD) | 5 | Lower-Body Exercise Selection 1  
Lab Assignment #3 Assigned |
| 6 | Periodization Theory  
-Chapter 14 (pp. 335-368)  
**Quiz #3 Assigned** | 6 | Lower-Body Exercise Selection 2  
Lab Assignment #4 Assigned |
| 7 | Loading Schemes  
-Chapter 13 (pp. 293-334) | 7 | No Lab Meetings  
(Veteran’s Day Holiday) |
| 8 | Core Strengthening/Conditioning  
-Chapter 9 (pp. 209-230)  
-Chapter 10 (pp. 231-252)  
**Quiz #4 Assigned** | 8 | Core Strengthening Exercises |
| 9 | Plyometrics  
-Chapter 11 (pp. 253-270) | 9 | No Lab Meetings  
(Thanksgiving Holiday) |
| 10 | Recovery  
-Assigned Readings (TBD)  
**Quiz #5 Assigned** | 10 | Plyometrics |
| 11 | Project Due by Scheduled Final  
-Final time Wed (12/07) at 6:00 p.m. | 11 | No Lab Meetings  
(Finals Week) |