**AUBURN UNIVERSITY – KINE 4600 SYLLABUS**

**1. Course Number: KINE 4600**

**Course Title: Strength Development**

**Credit Hours: 3 Credit Hours**

**Prerequisites: None**

**Co-requisites: None**

**2. Term – Fall 2012**

**Day/Time – T/Th -- 8-9:15am**

**Instructor:** Rich Laird, M.Ed., CSCS

**Office**: 2118 Memorial Coliseum

**E-mail**: rhl0003@auburn.edu

**Office Hours**: E-mail for appointment **Instructor**

**3. Texts or Major Resources:**

Science and Practice of Strength Training. Vladimir M. Zatsiorsky, William J. Kraemer 2nd Ed.

**4. Course Description**

This course will focus on the science and practice of strength development. Topics will include but may not be limited to: Basic concepts of training theory, methods of strength training, and periodization, and hands on application

**5. Student Learning Outcomes:**

1. A general knowledge of the effects of strength training.
2. A general knowledge of the adaptations muscular-skeletal systems to training.
3. A general knowledge of what causes increases in strength.
4. An ability to prescribe sound science based training programs
5. An abbreviated understanding of exercise prescriptions for the general population.
6. Ability to perform and demonstrate various exercises

**6. Course Content Outline:**

**Lecture Topic** **Textbook Chapter Tentative Test**

1) Course introduction and Chapter 1 1

2) Task Specific Strength 2

3) Athlete Specific Strength 3 Exam 1 (9/18)

4) Training Intensity 4

5) Timing in Strength Training 5

6) Strength Exercises 6 Exam 2 (10/18)

7) Injury Prevention 7

8) Goal Specific Training 8

9) Training for Special Populations 9 Exam 3 (11/15)

\* This class will have a hands on lab portion. Roughly twice per month we will spend at least a portion of our class in the weight room getting a hands on experience with the movements and principals that we are discussing in class

**7. Assignments, Projects and Grading Scale:**

1. Examinations:

***Tentative test dates are subject to change (to a later date only)***

Test #1 15% 100pts

Test #2 15% 100pts

Test #3 15% 100pts

Test #4 20% 100pts

\*this is a cumulative final

\*\* At least 2 weeks’ notice will be given before an exam is given

1. In Class Quizzes / Projects - 20%
2. Participation / Attendance - 15%

**9. Class Policy Statements:**

A. Attendance: Although attendance is not required, students are expected to attend all classes, and will be held responsible for any content covered in the event of an absence. 1. If an instructor chooses to require attendance, the attendance policy must be consistent with the university attendance policy outlined in the *Tiger Cub*. Instructors may not invoke grade penalties for appropriately documented excused absences.

B. Excused absences: Students are granted excused absences from class for the following reasons: illness of the student or serious illness of a member of the student’s immediate family, the death of a member of the student’s immediate family, trips for student organizations sponsored by an academic unit, trips for university classes, trips for participation in intercollegiate athletic events, subpoena for a court appearance, and religious holidays. Students who wish to have an excused absence from class for any other reason must contact the instructor in advance of the absence to request permission. The instructor will weigh the merits of the request and render a decision. When feasible, the student must notify the instructor prior to the occurrence of any excused absences, but in no case shall such notification occur more than one week after the absence. Appropriate documentation for all excused absences is required. Please see the Tiger Cub for more information on excused absences.

C. Make-Up Policy: Arrangement to make up a missed major examination (e.g., hour exams, mid-term exams) due to properly authorized excused absences must be initiated by the student within one week of the end of the period of the excused absences(s). Except in unusual circumstances, such as the continued absence of the student or the advent of university holidays, a make-up exam will take place within two weeks of the date that the student initiates arrangements for it. Except in extraordinary circumstance, no make-up exams will be arranged during the last three days before the final exam period begins.

D. Academic Honesty Policy: All portions of the Auburn University student academic honesty code (Title XII) found in the Tiger Cub will apply to university courses. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee.

E. Disability Accommodations: Students who need special accommodations in class, as provided by the Americans with Disabilities Act, should arrange for a confidential meeting with the instructor during office hours in the first week of classes (or as soon as possible if accommodations are needed immediately). The student must bring a copy of their Accommodations Letter and an Instructor Verification Form to the meeting. If the student does not have these forms, they should make an appointment with the Program for Students with Disabilities, 1288 Haley Center, 844-2096 (V/TT).

F. Course contingency: If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation, the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, and addendum to your syllabus and/or course assignments will replace the original materials.

G. Professionalism: As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional behaviors as defined in the College’s conceptual framework. These professional commitments or dispositions are listed below:

o Engage in responsible and ethical professional practices

o Contribute to collaborative learning communities

o Demonstrate a commitment to diversity

o Model and nurture intellectual vitality