

School of Kinesiology
Faculty of Health Sciences
Western University

**KIN 2961A/B Foundations of Training Technique
Fall 2017/Winter 2018**

Instructor: Derrick Johnston

Office: TH 2147

Lectures: M/W/F

Office Hours: by appointment

Phone: 519-636-4796

Email: djohn48@uwo.ca

COURSE DESCRIPTION

The course is a student-centred activity class. It is an introduction to the basic knowledge and techniques essential in designing exercise programs for beginners. Students will be expected to learn and put into practice techniques used to develop muscular strength, muscular endurance, and cardiovascular fitness.

COURSE OBJECTIVES

1. To gain knowledge and understanding of exercises and exercise programs.
2. To engage in a six

fitness test (12 minute run), 4 muscular strength tests, 1 flexibility test, 3 power tests and 3 muscular endurance tests. 20% of their mark will be based on their top 6 pre-tests. Students will then chose 6 tests that they will improve and train for 6 weeks. 30% of their mark will be based on their improvement of these 6 tests.

Theory Exam (30%)

A multiple choice theory component (30%) based on information provided in class and in the course manual.

KIN2961A FOUNDATIONS OF TRAINING TECHNIQUE 2016 COURSE SCHEDULE

COURSE CONTENT: Course content and/or dates may change at the instructors discretion. Students will be made aware of any changes in advance.

WEEK 1:

Mon. Sept. 11 Theory: Definitions, Objectives, Types of Classes, Training Principles, Program Design, Delivery, Components (pgs. 2-9 in Manual)

Wed. Sept. 13 Theory: Warm-Up, Cool-Down (pg.10-15), Flexibility (16-20), Cardiovascular Training (pg. 21-24)

Fri. Sept. 15 No Class

WEEK 2:

Mon. Sept. 18 Theory: Muscular Strength & Muscular Endurance - Definitions, Program Design (pg. 25-36)

Wed. Sept. 20 Theory: Periodization – Putting a Complete Program Together (pg. 39-42, Periodization Handout)

Fri. Sept. 22 Theory: Resistance Training- Principles (pg. 37-38)

WEEK 3:

Mon. Sept. 25 Practical: Pre-Testing- Flexibility, Muscular Strength

Wed. Sept. 27 Practical: Pre-Testing: Muscular Endurance, Power

Fri. Sept 29 Practical: Pre-Testing- Cardiovascular

WEEK 4:

Mon. Oct. 2 Practical: Warm-Up, Power Training, Cool-Down

Wed. Oct. 4 Practical: Flexibility Training, Cardiovascular Training

Fri. Oct. 6 Practical: Resistance Training: Chest (pg. 57-63) Back (

6. **Classroom Behaviour:** Class will begin promptly at the time specified at the top of page one of this syllabus. In the event that you must arrive late, please enter the classroom with a minimal disturbance to the class. I reserve the right to lock the classroom door and deny entrance if lateness becomes a common occurrence. Excessive talking during class time is disruptive, disrespectful, and will not be tolerated. Students engaging in such behaviour may be asked to leave the room. Cellular phones, pagers, and text-messaging devices are disruptive when they ring in class. If you must bring these with you, please place them on silent mode or turn them off during class. Failure to do so may result in your being asked to leave.

7. Laptops for the **purpose of typing lecture notes** are permitted in class, but please be respectful to your fellow students and turn the sound off. If I receive complaints from other students regarding noise or other disruptive behaviour (e.g., watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom laptop privileges will be revoked.

8. Audio and/or videotaping of lectures is not permitted unless approval has been sought from the instructor in advance.

STUDENT CODE OF CONDUCT

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit <http://www.uwo.ca/univsec/board/code.pdf>

ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>

SUPPORT SERVICES

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. Registrar's Office --