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Kinesiology 145-002R Spring 2015

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KIN 145-002R Syllabus
Monday & Wednesday
7:00-7:50 am
P105 / Fitness Center
Spring Semester 2015

Instructor: Joe Bails
Office: L240
Office Hours: Thursday, 9-9:50 am
Cell Phone: 217-766-9008
Email: jbails@parkland.edu

Course Description:

This is an activities based course that emphasizes various forms of training and includes, but is not limited to, strength training, energy systems, speed development, and plyometrics.

Course Organization:

1. Pre-training assessment data

Identify goals for semester. Baseline measurements will be recorded which may include TriFIT health related assessments and/or performance assessments as deemed appropriate by the instructor.

2. Workouts with your instructor

You will meet with your instructor to train two times per week for 50 minutes per session for 16 weeks. These training sessions will emphasize injury prevention, flexibility, strength training, plyometrics, speed development, agility and energy systems development.

3. Post-training assessment data

Baseline measurements re-evaluated at the end of the semester.

Grading:

Pre-assessment & Goals	10%
Workouts (attendance, participation, positive attitude)	80%
Post-assessment	10%

Grading Scale:

90 points or greater	A
80 - 89 points	B
70 - 79 points	C
60 - 69 points	D
59 points or less	F