Course Number: ENS2417  Section: 405  Term: 17SP

Credits: 3.000

Room: 8 018  Meeting Days: TTH  Meeting Time: 12:30 PM - 01:45 PM

Faculty Information:

<table>
<thead>
<tr>
<th>Instructor(s):</th>
<th>Querner, Kathleen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Department:</td>
<td>Allied Health Instruction, Exercise Science</td>
</tr>
<tr>
<td>Division:</td>
<td>Health Sciences</td>
</tr>
<tr>
<td>Phone Number:</td>
<td>512-2862</td>
</tr>
<tr>
<td>Use Course Mail:</td>
<td>Yes</td>
</tr>
<tr>
<td>Alternate Email:</td>
<td><a href="mailto:kathleen.querner@sinclair.edu">kathleen.querner@sinclair.edu</a></td>
</tr>
<tr>
<td>Office Location:</td>
<td>8023 L</td>
</tr>
<tr>
<td>Office Hours:</td>
<td>M 9-10am, TR 9:30-10:30am, W 1:30-2:30pm, F 2:30-3:30pm</td>
</tr>
</tbody>
</table>

Prerequisites: NONE

Other Prerequisite(s): NONE

Textbook(s):

ACSM'S FOUNDATIONS OF STRENGTH TRAINING & COND, RATAMESS

Edition: Copyright: 12
ISBN: 978-0-7817-8267-8

Used $72.75  New $96.99

Technical Requirements:

Enter Technical Requirements

All work must be typed, thanks!

Course Description:

This course will look at the practical application of teaching. Best practices for training and teaching in the industry will be explored. The student will have hands-on exposure and experience instructing a variety of modalities.

Course Objectives/Competencies:

General Education Outcomes:
- Oral Communication Competency
- Critical Thinking/Problem Solving Competency

Course Outcomes:

Exercise Programming
Design and perform an exercise program.

Best Practices
Apply best practices for teaching.

Program design
Analyze and evaluate a program design.

Course Outline:

Best practices for teaching
Safety
Program design and modification
Structure, organization and evaluation of classes and program design
Exploration and development of a teaching style
Course Requirements:
Students are expected to participate in all scheduled course activities, complete assigned readings prior to scheduled course activities, and complete and submit all assigned work by the deadline. For in-person sections, attendance is expected at each class meeting.

Class Policies:
Policies for this specific course are listed below. Please see the section on Sinclair Policies for additional information on institution-wide policies. Students are expected to participate in all scheduled course activities. For in-person sections, attendance will be taken at the beginning of each class period. It is the responsibility of students who come in late to notify the instructor of their attendance for that class period. Please notify the course instructor in advance by phone or Angel email if you will not be in class.

Attendance Requirements: You are expected to attend every class for which you are registered. Being late for class is not acceptable and will affect your grade. Tardiness over 10 minutes is considered a missed class. Attendance is important to the ultimate accomplishment of the primary objective of the class and therefore will be required. All absences will affect the evaluation process in the following manner for Fall, Spring and Summer term:

If you have a class that meets 2 times a week, this would be the attendance policy

4 absences for a class that meets 2 times a week = drop 1 letter grade
6 absences = drop 2 letter grades
8 absences = drop 3 letter grades
10 absences = “F” for the class

Your attendance will be critical to your success!!

Exercise, Nutrition & Sport Sciences Department Disclaimer: Warning/Disclaimer

There are risks of injury associated with any activity involving physical exercise. These injuries can be musculoskeletal and/or cardiovascular. I understand that I am responsible for monitoring my own condition and I shall cease participation should any unusual symptoms occur. My participating in this program represents my understanding and acceptance of risk.

Exercise, Nutrition & Sport Sciences Department Disclaimer: Student Conduct

Students must maintain appropriate behavior in the classroom/lab at all times. Horseplay and/or irresponsible behavior will not be tolerated. Please refer to the Sinclair Community College Student Handbook, Code of Student Conduct Violations: Level I, II & III Offenses. To insure the safety of all students enrolled in a given course, the faculty member reserves the right to remove any student from the classroom/lab environment and refer the student to Student Judicial Affairs.

Dress appropriately and comfortably.

Class start promptly at designated time. Don’t be late!!!

Turn off all pagers, cell phones, computers, audio and video equipment and place them away for safekeeping.

Treat everyone with respect.

Late work is not accepted.

If you have or had medical problems, you should get permission from your doctor before participating.

If you have problems, please contact instructor.

All work must be typed!

Children, as well as others not officially enrolled, are not permitted in classrooms when classes are in session. Please do not request permission to bring children, friends or other family members to school and leave them unattended (such as in hallways, locker rooms, etc.) Violation of policy will result in requesting the student to leave class and may not receive attendance credit. (Instructor discretion)

Evaluation/Grades:

<table>
<thead>
<tr>
<th>Exams and Assignments</th>
<th>Points/Percentage</th>
<th>Grading Scale</th>
</tr>
</thead>
</table>
| 2 of 5
### Bulletin board muscle & exercises

<table>
<thead>
<tr>
<th>Topic</th>
<th>Weight</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Periodization project</td>
<td>15</td>
<td>A</td>
</tr>
<tr>
<td>Exams - 4 at 40 pts each</td>
<td>160</td>
<td>B</td>
</tr>
<tr>
<td>Practical exam</td>
<td>40</td>
<td>C</td>
</tr>
<tr>
<td>Class Participation</td>
<td>20</td>
<td>D</td>
</tr>
<tr>
<td>Program design 2 X 15</td>
<td>30</td>
<td>F</td>
</tr>
</tbody>
</table>

Must have C or better to continue in the program or to graduate.

### Course Schedule:

<table>
<thead>
<tr>
<th>Week</th>
<th>Material to be covered</th>
<th>Assignments Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Chapter 1 &amp; 2</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Chap. 2 &amp; 3, 12 &amp; 13</td>
<td>work on when Exercise with muscle group is due</td>
</tr>
<tr>
<td></td>
<td></td>
<td>begin work in weight room- legs</td>
</tr>
<tr>
<td>3</td>
<td>Chapters 4</td>
<td>Legs</td>
</tr>
<tr>
<td>4</td>
<td>Test chapters 1-4</td>
<td>test</td>
</tr>
<tr>
<td>5</td>
<td>Chapter 5 &amp; 6, 12 &amp; 13 upper back</td>
<td>upper back</td>
</tr>
<tr>
<td>6</td>
<td>Chapter 6 &amp; 7, 12 &amp; 13 upper back, chest</td>
<td>upper back &amp; chest</td>
</tr>
<tr>
<td>7</td>
<td>chapters 7 &amp; 8 chest/shoulders/biceps &amp; triceps</td>
<td>chest/shoulders/ biceps/ Triceps</td>
</tr>
<tr>
<td>8</td>
<td>test over chapters 5-8</td>
<td>biceps/triceps/shoulders</td>
</tr>
<tr>
<td>9</td>
<td>Chapter 9, 12 &amp; 13 abs/ low back/ core</td>
<td>abs, low back, core</td>
</tr>
<tr>
<td>10</td>
<td>Chapter 10 core</td>
<td>warm up, core</td>
</tr>
<tr>
<td>11</td>
<td>chapter 11</td>
<td>plyometrics/ core</td>
</tr>
<tr>
<td>12</td>
<td>Chapter 14 test 9-13 agility</td>
<td>test, agility</td>
</tr>
<tr>
<td>13</td>
<td>Agility, program design chapters 15 &amp; 16</td>
<td>program design</td>
</tr>
<tr>
<td>14</td>
<td>chapter 17</td>
<td>program design</td>
</tr>
<tr>
<td>15</td>
<td>cellan up &amp; practical</td>
<td>practical exam</td>
</tr>
<tr>
<td>16</td>
<td>practical periodization</td>
<td>periodization</td>
</tr>
<tr>
<td></td>
<td>May 2 final exam</td>
<td></td>
</tr>
</tbody>
</table>

This is tentative and subject to change based on how fast we move through the material!!

### Unit Outcomes:

Enter your specific Unit Outcomes

Default Directions / Examples provided by DOC

### Make-up Work:

If you know you will be absent during an exam or when assigned work is to be turned in, contact the course instructor as soon as possible so that other arrangements can be made to ensure your educational goals are not adversely impacted. Make-up for any missed exams and assignments must be arranged with the course instructor.
Additional Information:
Disclaimer:

These notes are not all-inclusive and are subject to change.

Default Directions / Examples provided by DOC

Reference Materials/Bibliography:
Enter your specific Unit Outcomes

Default Directions / Examples provided by DOC

Testing Information:
Enter Testing Information

Career Communities
Sinclair students are encouraged to participate in Career Communities. By participating in the Career Community events, you will have opportunities to
- explore and connect with their career and academic goals
- meet students with similar interests by participating in career community events and activities
- engage with faculty members and employers in their career area
- consult with an advisor who specializes in the programs in a particular career community
- understand the resources at Sinclair

Watch for announcements of events. The Career Communities are:
- Business & IT
- Liberal Arts & Social Sciences
- Creative Arts
- Public Safety & Justice
- Health Sciences
- Science, Technology, Engineering & Math (STEM)

Please join our Facebook group (Sinclair College Career Communities) or follow us on Twitter (@sinclairconnect) to stay up-to-date on the latest news and events for the career community!

Sinclair Policies
Sinclair Academic Policies
Visit the links below to view Sinclair policies regarding adding or dropping a course, withdrawing from college, late registrations, change of schedule, administrative withdrawal, student behavior guidelines, safety and security, and other academic policies. Understanding these policies is the responsibility of every student.
- Add/Drop a Course [Link]: http://www.sinclair.edu/services/basics/registration-and-student-records/registration/how-to-register-drop-or-add-sections/
- Honor Code and Plagiarism Policies [Link]: http://www.sinclair.edu/about/learning/gened/hc/
- Policies, Procedures and Services [Link]: https://catalog.sinclair.edu/
- Academic Integrity Policy [Link]: http://www.sinclair.edu/services/conduct-safety/student-judicial-affairs/academic-integrity-policy/

Attendance
Students are expected to be present at all class sessions. It is the students' responsibility to read and understand the class attendance policy or the SinclairOnline course participation policy that will be defined in the syllabus for each course. It is the faculty member's responsibility to define attendance or participation requirements and to monitor and record the students' fulfillment of these requirements. It is a program's prerogative to have specific policies across multiple sections due to the unique requirements of that program. Attendance for traditional classes or participation for SinclairOnline classes may affect final grades, financial aid eligibility, and V.A. benefits.

Educational Support Services
You may be eligible for free educational assistance if you are enrolled for credit. Contact Tutorial Services in the Library (lower level Building 7) or call 937-512-2792. Tutoring information also is available at [http://www.sinclair.edu/services/academic/tutorial-services/](http://www.sinclair.edu/services/academic/tutorial-services/). Tutoring is usually not provided for 200 level courses that have a prerequisite or for Developmental Language Arts and Developmental Math courses in which there are tutors. Tutoring and supplemental instruction are also available through the Tutoring and Learning Center in the Library adjacent to Tutorial Services. Additional information may be obtained by calling 937-512-4506 or by accessing their website at [www.tlc.sinclair.edu](http://www.tlc.sinclair.edu). English as a second language (ESL) course information is available in Room 10-231 (or call 937-512-3099). This is in addition to a variety of provided services, including admissions, registration and financial aid assistance for all Sinclair students who have English as a second language.

Administrative Withdrawal
You may be administratively withdrawn from a class by your instructor for nonattendance. He or she must advise you in writing at the first class meeting what attendance record would constitute cause for administrative withdrawal. If you do not attend the first class, it is your responsibility to obtain a copy of all
materials distributed at the first class meeting. You may also be administratively withdrawn from classes as a result of a student judicial affairs hearing with the Manager, Student Judicial Affairs or the Student Judicial Affairs Hearing Panel. Administrative withdrawals may be made when it has been determined that your presence on campus is potentially detrimental to the college, faculty, staff, students or yourself.

Safety and Security
You may access the Sinclair Police website at http://www.sinclair.edu/services/conduct-safety/public-safety/ for information on safety, crime reports/statistics, the department’s annual report, and other services. For more information, contact the Sinclair Police Department in Building 7, Room 7112 or call 937-512 2534.

Sinclair strives to maintain open channels for students to file concerns. Students may register complaints at http://www.sinclair.edu/complaint. You will be contacted within two business days.

Academic Advising Center
You are encouraged to meet with an academic advisor early in your studies at Sinclair. Academic advisors are available to assist you in understanding your degree requirements and academic policies, selecting courses, and transferring to other institutions. In addition, prior to taking any action that will impact your schedule, (e.g., dropping or adding a course) it is strongly recommended that you see your academic advisor. All advisors are located in the Academic Advising Center, Room 11-346. The Advising Center phone number is 937-512-3700.

Other Counseling
Counseling Services Room 10424 937-512-3032 Student Support Services Room 11342 937-512-3550

Testing Center
Exams are administered on a walk-in basis only at the Testing Center. Due to construction, the testing center has moved to building 4*342. Counseling Services has moved to 4*331, and student support services has moved to 4*320. You must present a Tartan ID Card, driver's or state issued photo ID at the time of testing. You may have to wait during peak periods (lunchtime, after 4 p.m., midterms, and finals). You may call the Testing Center at 937-512-3076 to verify that your exam is on file and ready to be administered. Children are not permitted in the Center and may not be left unattended in the lobby. Please visit the website at http://www.sinclair.edu/stservices/enrl/testing/index.cfm for additional information.

Sinclair Semester Dates
Click the link below to view important semester dates such as registration deadlines, payment deadlines, start and end dates for the semester as well as the last day to withdraw with a refund and the last day that withdrawal is allowed. To learn more, follow this link:
http://www.sinclair.edu/stservices/rsr/dates/index.cfm