



SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE

FACULTY OF HEALTH

Winter 2023

**STRENGTH TRAINING
PKIN 0460**

INSTRUCTOR: Tom Gretes
341 Bethune College
647-297-9675: email- gretes@yorku.ca

COURSE DURATION: September 8 – December 6, 2022

TIMES: Section O: 9:30 -10:30 Tuesday/Thursday
Section P: 10:30- 11:30 Tuesday/Thursday
Section Q: 11:30-12:30 Tuesday/Thursday
Section R: 12:30- 1:30 Tuesday/Thursday

LOCATION: Track and Field Center

COURSE DESCRIPTION:

This course will enable students to become familiar with Strength Training Techniques and Methods. Various components and strength training techniques will be explored and integrated with a broader understanding of current practices in the field of strength and conditioning. Information about training techniques will be provided in theory related to fundamental principles of training, anatomy, energy systems, and biomechanics.

COURSE OBJECTIVES:

- 1: To apply this knowledge gained in this course to a sport, activity or field of interest in fitness by designing a strength training program specific to that activity.
- 2: To gain physical practice with the performance of various strength training activities/exercises
- 3: To understand how strength training can be incorporated into regular exercise programs for all individuals based on their specific goals and abilities



<u>EVALUATION.</u>	1/ Personal Reflections and Goals Assignments: a,,b,.....	10%
	2/ Baseline Strength Assessment a,b,.....	10%
	3/ Exercise Technical Assignment.....	10%
	4/ Program Design.....	20%
	5/ Final Test.....	25%
	6/ Attendance and Participation.....	25%
	-Workout of the Week (WOW) training log (x10 total)	
	<i>Total</i>	<i>100%</i>

COARSE REQUIREMENTS

1. Students are responsible for theoretical information covered in class.
2. Additional details for all assignments and evaluation components will be posted on eClass.
3. **Any student missing more than 4 weekly zoom sessions (without a medical excuse) will receive a failure in the course.**
4. Inform the instructor if you have to miss a class based on an injury or extended illness
5. Given that this is a PKIN course, students are expected to perform in some physical activity on their own outside of regular class time.
6. Please ensure that this participation takes place in a safe environment.
7. You are expected to do the Workout of the Week (WOW) to the best of your ability
8. All students must complete a PAR-Q+ form before commencement of any physical activity. It is recommended that you inform another individual when/where you will be participating in these workouts.

Take care of Yourself:

We are all dealing with tremendous amount of stress, anxiety, fear, and uncertainty as a consequence of the COVID-19 pandemic. Please be kind and gentle with yourselves and others during this difficult period of time. There are a number of online free resources available to help support you. If you need help, the following list of websites (this is not an exhaustive list) may be a good place for you to start:

- <https://good2talk.ca/>
- <https://counselling.student.yorku.ca/>
- <https://coronavirus.info.yorku.ca/>
- <https://yorkinternational.yorku.ca/>



ATTENDANCE: Miss 1 Class session – Loose 5 Marks]
Miss 2 Class session – Loose 10 Marks] Without a valid
Miss 3 Class session - Loose 15 Marks] excuse
Miss 4 Class session – Fail class

GRADING SYSTEM: A+,A,B,C,D,F – Pass/Fail Option

Assignments and tests will bear either a letter grade designation or a corresponding number grade.

Lateness Penalty: Assignments received later than the due date will be penalized 5 marks out of 100 for each day past the due date. Exceptions to the lateness penalty for valid reasons such as illness, compassionate grounds, etc., may be entertained by the course instructor but will require documentation (e.g., a doctor's letter).

Missed Tests: Students with documented reason for missing a course test, such as illness, compassionate ground, etc., which is confirmed by supporting documentation (e.g., doctor's letter) may request accommodation from the course instructor. Further extensions or accommodation will require students to submit a formal petition to the faculty.

Students may choose to exercise the Pass/Fail option. It is the student's responsibility to notify the instructor that they wish to exercise the Pass/Fail option. To exercise the Pass/Fail option, students are required to complete and sign the PKIN Pass/Fail Option Form and submit to the course director

Academic Integrity:

In this course, we strive to maintain academic integrity to the highest extent possible. Please familiarize yourself with the meaning of academic integrity by completing SPARK'S Academic Integrity module at the beginning of the course. Breaches of academic integrity range from cheating (i.e., the improper crediting of another's work, the representation of another's ideas as your own, etc.) to aiding and abetting (helping someone cheat). All breaches in this course will be reported to the appropriate university authorities and can be punishable according to the Senate policy on Academic Honesty.

CLASS SCHEDULE:

Week	Dates	Topic	Hand-Ins/Assignments	Due Dates
1	January 10	Introduction to Course	PARQ+	Due: Sunday Jan. 15
	January 12	Fundamental Principles of Training		
2	January 17	Training Safety: a/ Static Stretching b/ Dynamic Stretching	Assignment #1(a): Course Reflections & Goals	Assignment #1(a) Due: Sunday Jan. 22
	January 19	Baseline Strength Assessment	WOW # 1	
3	January 24	Baseline Strength Assessment	Assignment #2(a): Baseline Strength Assessment	Assignment #2(a): Due: Sunday Jan. 29
	January 26	Baseline Strength Assessment	WOW #2	
4	January 31	Baseline Strength Assessment	Assignment #4: Program Design	Assignment #4: Due: Sunday March 26
	February 2	Program Design	WOW #3	
5	February 7	Strength Training Modules: 1/ Medicine Ball Exercises		
	February 9	2/ Plyometric Exercises	WOW #4	
6	February 14	Strength Training Modules 3/ Resistance Band Exercises		
	February 16	4/ Latter Exercises.	WOW #5	

7	February 20-24	READING WEEK	NO CLASSES	
8	February 28	Movement Patterns 1/ Horizontal Push/Pull	WOW #6	
	March 2	2/ Vertical Push/Pull		
9	March 7	Movement Patterns: 3/ Quad Dominant Exercises		
	March 9	4/ Hip/Hamstring Exercises	WOW #7	
10	March 14	Circuit Training	Assignment #3: Exercise Technical Assignment	Assignment #3: Due: Sunday March 19
	March 16	Core Exercises: Training Systems	WOW #8	
11	March 21	Olympic Lifts: 1/ Hang Clean 2/ Power Clean	WOW #9	
	March 23	Olympic Lifts: 1/Hang Snatch 2/ Power Snatch		
12	March 28	Baseline Strength Assessment	WOW #10	
	March 30	Baseline Strength Assessment		



13	April 4 April 6	Baseline Strength Assessment Final Test: Class Time	Assignment #2(b): Baseline Test Assessment	Assignment #2(b): Due: Sunday April 2 Final Test: Thursday:
14	April 10 April 12	Classes End Exams Begin	Assignment #1(b): Program Evaluation	Assignment #1(b) Due: Sunday April 9