

**FACULTY OF HEALTH
SCHOOL OF KINESIOLOGY AND HEALTH SCIENCE**

Course: PKIN 0460 M – STRENGTH TRAINING

Course Webpage: eClass

Term: W 2023 (Jan 8th – Apr 5th, 2024)

Location: Toronto Track and Field Centre 115B*
Times: Section A: M/W – 10:30 – 11:20am*

Prerequisite / Co-requisite: N/A

Course Instructor

Instructor: Chip Rowan, PhD, CEP, RKin

Email: crowan@yorku.ca

Please note that, if public health or University policies change, the course may revert to a virtual course delivery option with limited notice. eClass will be used to communicate any changes to course delivery.

Office hours are available for students to connect with me and discuss course-related and/or professional topics. Please schedule a specific time via email to Prof. Rowan (crowan@yorku.ca)

Course Discussion Board – Posted on eClass will be checked daily for course related questions / topics of relevant discussion. All students enrolled in the course are welcome to contribute in a respectful manner with information directly related to the course.

Accessing Facilities for PKIN courses:

Attached below is the link to the York Lions website for students to access for their online membership.

https://yorkulions.ca/sports/2013/3/18/REC_membership_info.aspx

Expanded Course Description

This course will enable students to become familiar with strength training techniques and methods. Various modalities and strength training techniques will be explored and integrated to provide students with a broader understanding of current practices in the field of strength and conditioning. Information about training techniques will be grounded in theory related to fundamental principles of training, anatomy, energy systems, and biomechanics.

Course Objectives:

1. To apply the 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 programs can be designed and incorporated into habitual exercise programs for all apparently healthy individuals based on their specific goals and abilities
4. To gain familiarity with online/in-home training practices plus traditional strength modalities

Course Evaluation:

Personal reflection and goal setting assignment (2-part):	10%
Online workout critique assignment:	20%
Training program design assignment:	20%
In-Class/Video (TBA) Technical demonstration:	20%
Engagement:	30%

- *In-person attendance and participation*
- ***NOTE: Missing more than 3 total classes (without pre-approval from the course instructor) will result in FAILURE for this PKIN***

Preparedness

- Proper exercise clothing and footwear. You must be able to move comfortably and freely in the clothing you choose to wear to class. Proper training/running shoes should be worn during class.
- Please do NOT bring phones/devices/earbuds into class
- Be on time!
- Help make the class environment positive, respectful, and inclusive at all times

Other Notes:

1. Additional details for all assignments and evaluation components will be posted on eClass
2. Students are responsible for all theoretical information covered in class
3. You will be expected to participate the “Workout of the Week” (WOW) to the best of your ability. Given that this is a PKIN course, students are expected to perform some physical activity. Please ensure that this participation takes place in a safe environment (when performing at home) and only after **completion (and submission) of the PAR-Q+ Form.**
4. It is also strongly recommended that you inform another individual when/where you will be participating in these workouts or have someone in your household present (during remote participation) in case of any emergencies.

Take Care of Yourself:

We are all dealing with a 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.students.yorku.ca/>
<https://coronavirus.info.yorku.ca/>
<https://yorkinternational.yorku.ca/>

Useful links describing computing information, resources and help for students:

[Student Guide to Moodle](#)
[Zoom@YorkU Best Practices](#)
[Zoom@YorkU User Reference Guide](#)
[Computing for Students Website](#)
[Student Guide to eLearning at York University](#)

Statement regarding pre-recorded content:

- 1) the recordings should be used for educational purposes only and as a means for enhancing accessibility.
- 2) students do not have permission to duplicate, copy and/or distribute the recordings outside of the class (these acts can violate not only copyright laws but also **FIPPA** <https://www.ontario.ca/laws/statute/90f31> and intellectual property rights); and
- 3) all recordings will be destroyed after the end of classes.

Students shall note the following:

- Zoom is hosted on servers in the U.S. This includes recordings done through Zoom.
- If you have privacy concerns about your data, provide only your first name or a nickname when you join a session.
- The system is configured in a way that all participants are automatically notified when a session is being recorded. In other words, a session cannot be recorded without you knowing about it.

Grading, Assignment Submission, Lateness Penalties and Missed Tests

Grading: The grading scheme for the course conforms to the 9-point grading system used in undergraduate programs at York (e.g., A+ = 9, A = 8, B+ = 7, C+ = 5, etc.). Assignments and tests* will bear either a letter grade designation or a corresponding number grade (e.g. A+ = 90 to 100, A = 80 to 90, B+ = 75 to 79, etc.)

(For a full description of York grading system see the York University Undergraduate Calendar - <http://calendars.registrar.yorku.ca/2010-2011/academic/index.htm>)

PASS/FAIL Option: *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. Practicum courses grading scale is A, B, C, F or Pass/Fail.*

*To exercise the Pass/Fail option, students are required to email the course director to make this request. ****

Lateness Penalty: Assignments received later than the due date will be penalized 2% on the assignment per day past the due date up to a max of 20%. Exceptions to the lateness penalty for valid reasons such as illness, compassionate grounds, etc., may be entertained by the Course Instructor. All students will also be given up to 7 “Lateness credits” that can be used on any submission. After these credits are used up, no additional extensions will be granted without penalty.

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 else to 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](#).

Calumet and Stong Colleges’ Student Success Programming:

[Calumet](#) and [Stong](#) Colleges aim to support the success of Faculty of Health students through a variety of **free programs** throughout their university career:

- [Orientation](#) helps new students transition into university, discover campus resources, and establish social and academic networks.
- [Peer Mentoring](#) connects well-trained upper-year students with first year and transfer students to help them transition into university.
- [Course Representative Program](#) supports the academic success and resourcefulness of students in core program courses through in-class announcements.
- [Peer-Assisted Study Sessions \(PASS\)](#) involve upper-level academically successful and well-trained students who facilitate study sessions in courses that are historically challenging.
- [Peer Tutoring](#) offers one-on-one academic support by well-trained Peer Tutors.
- Please connect with your Course Director about any specific academic resources for this class.
- Calumet and Stong Colleges also support students’ [Health & Wellness](#), [leadership and professional skills development](#), [student/community engagement and wellbeing](#), [Career Exploration](#), [Indigenous Circle](#), [awards and recognition](#), and [provide opportunities to students to work or volunteer](#).
- For additional resources/information about Calumet and Stong Colleges’ Student Success Programs, please consult our websites ([Calumet College](#); [Stong College](#)), email scchelp@yorku.ca, and/or follow us on Instagram ([Calumet College](#); [Stong College](#)), Facebook ([Calumet College](#); [Stong College](#)) and [LinkedIn](#).

- Are you receiving our weekly email (Subject: “Calumet and Stong Colleges - Upcoming events”)? If not, please check your Inbox and Junk folders, and if it’s not there then please contact ccscadm@yorku.ca, and request to be added to the listserv. Also, make sure to add your ‘preferred email’ to your [Passport York personal profile](#) to make sure you receive important news and information.

Integrated Course Topics

(*Some minor changes may take place with advanced notice and posting on eClass)

Dates	Topic / Theme	Hand-ins/Assignments
Week 1 Jan 8 – 12 th	Course Welcome - Classroom (MONDAY) overview of PKIN course	COMPLETE PAR-Q+ by Jan 10th before class (eClass)
Week 2 Jan 15 – 19 th	Intro to Strength Training & Safety	<ul style="list-style-type: none"> Assignment 1 – Course reflection and goals part I DUE Friday Jan 19th
Week 3 Jan 22 – 26 th	Fundamental Principles of Training <ul style="list-style-type: none"> Classroom MONDAY 	
Week 4 Jan 29 – Feb 2 nd	Baseline Assessments: <ul style="list-style-type: none"> Monday Assessments Wednesday Assessments 1RM 	
Week 5 Feb 5 – 9 th	Program Design <ul style="list-style-type: none"> Classroom MONDAY 	<ul style="list-style-type: none"> Assignment: Program Design DUE Friday, Feb 9th @5pm
Week 6 Feb 12 – 16 th	<ul style="list-style-type: none"> Upper Body Exercises Training 	
Week 7 Feb 19 – 23 th	YU WINTER READING WEEK – NO CLASSES	
Week 8 Feb 26 – Mar 1 st	<ul style="list-style-type: none"> Lower Body Exercises Training 	
Week 9 Mar 4 – 8 th	VIRTUAL CLASSES THIS WEEK	<ul style="list-style-type: none"> ONLINE WORKOUT CRITIQUE Due Mar 8th on eClass
Week 10 Mar 11 – 15 th	<ul style="list-style-type: none"> Core Exercises Training 	
Week 11 Mar 18 – 22 th	<ul style="list-style-type: none"> Compound Lifts + Other Modes Training 	
Week 12 Mar 25 – 29 st	<ul style="list-style-type: none"> Training Program Technical Demos 	<ul style="list-style-type: none"> Exercise Technical Demo Video DUE Friday Mar 29st @5pm
Week 13 Apr 1 – 5 th	<ul style="list-style-type: none"> Follow-up Assessments 	<ul style="list-style-type: none"> Assignment 1 (PART II) – Goals and Reflection DUE – April 5th @5pm