KINS 64 Concepts of Strength Training

Course Information

Semester & Year: Spring 2026

Course ID & Section #: 060142

Instructor's name: Jason White

Day/Time of required meetings: MW 11:40-1:05

Location: PE 100K

Course units: 3

Instructor Contact Information

Office location: PE 116C

Office hours: By appointment or Zoom

Phone number: (707)476-4535

Email address: jason-white@redwoods.edu

Catalog Description

A science-based application and examination of strength training with an emphasis on designing individual strength training programs. Students will explore and examine how the body responds and adapts to various strength training lifts, programs, and modalities of instruction.

Course Student Learning Outcomes

1. Identify and manipulate acute program variables to design individualized strength training programs.
2. Describe the various types of training programs to maximize muscle strength, power, hypertrophy, and muscl
3. Select appropriate exercises to train every major muscle group in the body.
4. Describe the various types of strength training modalities and the advantages and disadvantages of each.

This course is meant to help prepare students to take the ACSM personal trainer certification test, although this i
class.

Class Expectations

1. Please limit your use of cell phones.
2. Be on time.
3. Assignments turned in late will lose 10% of their grade. NO assignments will be accepted later than 2 weeks after they are due.
4. Communicate with the instructor if you are having any issues that make these class expectations hard. I will make accommodations if communication is adequate.

Evaluation & Grading Policy

Final Grade scale
A= 90-100%
B+ = 88-89%
B = 80-87%
C+ = 78-79%
C = 70-77%
D = 60-69%
F = 59% and below

Assessments will include developing an individualized workout plan, quizzes/tests, class participation, and in-class activities/assignments.

Topics covered during the course (in no particular order).

Chapter 2 – Biomechanics of Force Production

Chapter 4 – Neural Adaptations

Chapter 5 – Muscular Adaptations

Chapter 6 – Connective Tissue Adaptations

Chapter 7 – Endocrine Adaptations

Chapter 8 – Metabolic Adaptations

Chapter 10 – Principles of Strength Training

Chapter 11 – Warm-up/Flexibility

Chapter 12 – Resistance Training Program Design

Chapter 13 - Equipment and Safety

Chapter 14 – Resistance Exercises

Chapter 15 – Plyometrics

Chapter 16 – Sprint & Agility

Chapter 18 – Periodization and Tapering

Chapter 19 – Assessment

The instructor has the right to make changes to this syllabus at any time during the semester.