

KSS 1560 - Resistance Training

Fall 2026 Syllabus, Section 02, CRN 41212,

Credit hours: 2

Instructor

Gerald Guerriero

Email: gsguerriero@ysu.edu

Public Instructor Information

Instructor Title: Adjunct Professor Kinesiology and Sports Science

Instructor Professional Qualifications: MS Exercise Physiology- Kent State University (2013), BSAS Exercise Science- Youngstown State University (2012)

Instructor Office Location: Beeghly Center 307

Instructor Office Phone: 330-941-3327

Course Description

1560. Resistance Training. Concepts and applications of progressive resistance exercise. Emphasis on advanced principles and techniques for developing muscular strength and endurance for fitness and athletic performance. Two hours lab. Prereq.: major in exercise science or permission of instructor. 2 s.h.

Course Readings

Group	Title	Author	ISBN
Required	Strength Training Anatomy, 4th Ed.	Frederic Delavier	

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

Schedule of Topics and Assignments

Day	Date	Proposed Topic	Due/To Prepare for Class
Tue	8/25	INTRO	
Thu	8/27	Weight room safety/spotting	
Tue	9/1	Methods/Modalities	
Thu	9/3	FIIT, Phases, Warm-Up and Cool-Down	
Tue	9/8	Fitness Pre-Testing	
Thu	9/10	Quiz 1	Due 9-11-26
Tue	9/15	Muscular adaptations/contraindications	
Thu	9/17	Muscular adaptations/contraindications	
Tue	9/22	ONLINE ASSIGNMENT	Due 9-23-26
Thu	9/24	Program Design	
Tue	9/29	Chest	
Thu	10/1	Chest Lab	
Tue	10/6	Back	
Thu	10/8	Back Lab / Progression Models in RT	
Tue	10/13	Video Demo and MCPD introduced	
Thu	10/15	Quiz 2	Due 10-16-26
Tue	10/20	Legs	



Thu	10/22	Legs Lab	
Tue	10/27	HIIT / Online RT Presentation	
Thu	10/29	HIIT Workout	
Tue	11/3	Shoulders	
Thu	11/5	Shoulders Lab	
Tue	11/10	Arms / Lab	
Thu	11/12	Quiz 3 / Glutes Core	
Tue	11/17	Open Lab WR Day- Film Exercise Video Demo's	
Thu	11/19	Open Lab WR Day- Film Exercise Video Demo's	
Tue	11/24	Exercise Video Demo Due	Due 11-24-26
Thu	11/26		
Tue	12/1	Open WR/ Class Time	
Thu	12/3	Quiz 4/ Open WR/ Class Time	Due 12-4-26
Tue	12/8	Mock Client Program Design Project Due	Due 12-8-26
Thu	12/10		

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.