

KINE 1114 (001/002)

WEIGHT TRAINING FOR MEN

KINESIOLOGY

DIVISION OF ARTS AND SCIENCES  
SOUTH PLAINS COLLEGE

Tyler Notch

## **COURSE SYLLABUS**

### **Weight Training KINE 1114**

Tyler Notch  
Texan Dome—Athletic Offices  
307-286-6573

**E-mail:** [tnotch@southplainscollege.edu](mailto:tnotch@southplainscollege.edu)

T/TH: 8:00am-11:45pm

MW: By Appointment

**Purpose:** To have each student complete the objectives on the activity of weight training through current literature, instructor demonstration and class participation of the activity itself and to promote weight training as a lifetime activity.

#### **General rules:**

- **No use of tobacco products**
- **Proper workout attire: tennis shoes, shorts, t-shirt**
- **This is a water only facility**
- **No foul language**
- **Masks MANDATORY**

**Equipment and/or text needed for this class:** There is no textbook required. The instructor will provide written information for the class. The student will provide workout clothes and shoes and wash them on a regular basis.

**Injuries/medical:** If they occur during class, report the injury to the instructor immediately. If you incur an injury outside of class or have an illness or medical condition that will affect your daily activity inform the instructor to make alternative assignments.

#### **Student Learning Outcomes/Competencies Evaluation:**

- Each student will demonstrate knowledge of the Final Exam/Daily assignment basic history, terminology and safety of weight training.
- Each student will demonstrate knowledge and skills test understanding of the weight training equipment and skills to use it properly.
- Each student will apply the skills of proper Skills test and correct weight-lifting technique, conditioning and flexibility.
- Each student will create an individualized weight training program. Program sheets to be completed and maintained
- Each student will demonstrate knowledge of major muscles. Presentation and verbal quizzes.
- Each student will recognize the importance of the relationship between weight training and the positive effect on the quality of life. Daily assignment
- Each student will understand and apply proper lifting techniques. Skills test
- Each student will demonstrate knowledge of nutrition. Final exam/daily assignment and its implications for sport performance, physical fitness and wellness.

**Grading procedure/policy:**

<u>Component</u>	<u>Instrument</u>	<u>Value</u>
Daily participation grade	Attendance records and instructor observation	100%
Alternative assignment	Weekly Workout Log (in place if you get sick)	

**\*YOU WONT GET A GOOD GRADE IF YOU ARENT IN CLASS!!!!!!**

Presentation  
(last 6 weeks)

Will serve as the final exam for the class.

**A (0 - 2) B (3 - 4) C (5) D (6) F (7+)**

Grade progress report will be at mid-term and/or at the student's request.

**\*NOTE: If you are feeling sick.....DO NOT COME TO CLASS AND GO SEE THE SCHOOL NURSE. YOU ARE REQUIRED TO HAVE AN EMAIL SENT TO INSTRUCTORS IF YOU TEST/EXPOSED TO COVID 19!**

**\*YOU MUST COMMUNICATE WITH ME! IF YOU DON'T SHOW UP AND HAVE NOT REACHED OUT TO ME I WILL MARK YOU AS ABSENT FOR THAT DAY!**

**DROPS:** The student will be dropped on his or her 6<sup>th</sup> absence. If your 6<sup>th</sup> absence occurs after the drop deadline you will receive an 'F'. Disciplinary drops will be taken care of by the instructor.

**Tardies and non-participations (NP):** Each tardy of 5 minutes or more will be tallied, if more than 4 tardies occur you will be counted for one absence. NPs occur when a student is in attendance but cannot participate due to illness, injury or they do not have workout clothes. Every three NPs constitute one absence. . If the student comes in late to class it is the student's responsibility to inform the teacher that they are in attendance for said class. Please do so after class. **You, the student, are responsible for material missed during your absence.**

**Class Presentations:** You will teach one class the final few weeks of the semester. During this time you will present a workout that the class will then follow that day. You will know well ahead of time your presentation date. Must demonstrate understanding of how to conduct a workout program, as well as, introducing major and minor muscle groups to the workout. **IF YOU MISS YOUR PRESENTATION DATE WITHOUT SPEAKING TO ME IT WILL RESULT IN 2 ABSENCES!**

**Weight room etiquette:** YOU MUST CLEAN UP THE WEIGHT ROOM DURING AND AFTER EACH CLASS. WEIGHTS ARE TO BE RE-RACKED AND ALL EQUIPMENT SHALL BE WIPED OFF AFTER USE. FAILURE TO DO SO OVER TIME MAY RESULT IN ABSENCES (AT INSTRUCTOR DISCRETION)

### **Calendar for semester**

Week	Concentration
1 (Jan 20)	Syllabus overview/class expectations
2 (Jan 25/27)	Review equipment in weight room – <b>NO CLASS JAN 27</b>
3 (Feb 1/3)	Chest – Legs
4 (Feb 8/10)	Back – Cardio conditioning
5 (Feb 15/17)	Chest – Legs
6 (Feb 22/24)	Back – Cardio Conditioning
7 (Mar 1/3)	Biceps/Triceps – Shoulders
8 (Mar 8/10)	Chest – Legs
9 (Mar 15/17)	<b>SPRING BREAK (NO CLASS)</b>
10 (Mar 22/24)	Back – Cardio Conditioning
11 (Mar 29/31)	Chest – Legs
12 (Apr 5/7)	<b>PRESENTATIONS</b>
13 (Apr 12/14)	<b>PRESENTATIONS</b>
14 (Apr 19/21)	<b>PRESENTATIONS</b>
15 (Apr 26/28)	<b>PRESENTATIONS</b>
16 (May 3/5)	<b>PRESENTATIONS</b>
17 (May 10/12)	<b>FINALS WEEK (MAKE-UP CLASSES)</b>

#### **Disabilities:**

Students with disabilities, including but not limited to physical, psychiatric or learning disabilities, who wish to request accommodations in this class should notify the Special Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Special Services Coordinator. For more information, call or visit the Special Services Office in the Student Services Building, 894-9611 ext. 2529, and 2530.

**Campus Concealed Carry** - Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to the SPC policy at:

([http://www.southplainscollege.edu/human\\_resources/policy\\_procedure/hhc.php](http://www.southplainscollege.edu/human_resources/policy_procedure/hhc.php))

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1.

**Diversity Statement:**

In this class, the teacher will establish and support an environment that values and nurtures individual and group differences and encourages engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is, but also model society as it should and can be.

**Assumption of Risk:**

As with any activity there is an assumed risk while participating in this course. We will do all we can to provide a safe environment; however, you are ultimately responsible for your well-being. The university and instructor will not be held liable for any injuries sustained in this class.

Any student with a documented medical condition or any injury that may preclude participation in a specific activity should inform the instructor immediately. Arrangements will be made with an alternate activity for your participation.

***It is the policy of South Plains College for the Fall 2020 semester that as a condition of on-campus enrollment, all students are required to engage in safe behaviors to avoid the spread of COVID-19 in the SPC community. Such behaviors specifically include the requirement that all students properly wear CDC-compliant face coverings while in SPC buildings including in classrooms, labs, hallways, and restrooms. Failure to comply with this policy may result in dismissal from the current class session. If the student refuses to leave the classroom or lab after being dismissed, the student may be referred to the Dean of Students on the Levelland campus or the Dean/Director of external centers for Student Code of Conduct Violation.***