

KINE1117

COED WEIGHT TRAINING

KINESIOLOGY

DIVISION OF ARTS AND SCIENCES

SOUTH PLAINS COLLEGE

FALL2020

TYLER NOTCH

COURSE SYLLABUS

Coed Weight Training KINE1117

Tyler Notch

Texan Dome—Athletic Offices

307-286-6573

E-mail: tnotch@southplainscollege.edu

Office: T/TH: 9:00am-11:00am M/W: 4:00pm-5:00pm

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
- MUST HAVE FACE COVERING TO ENTER

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.

COVID: You are required to wear a face covering in all SPC buildings. This is enforced within this class as well. During the course when we are within 6ft a face covering is required. Please have face covering with you at all times.

Student Learning Outcomes/Competencies

Each student will demonstrate knowledge of the basic history, terminology and safety of weight training.

Each student will demonstrate knowledge and understanding of the weight training equipment and skills to use it properly.

Each student will apply the skills of proper and correct weight lifting technique, conditioning and flexibility.

Each student will create an individualized weight training program.

Each student will demonstrate knowledge of major muscles.

Each student will recognize the importance of the relationship between weight training and the positive effect on the quality of life.

Each student will understand and apply proper lifting techniques.

Each student will demonstrate knowledge of nutrition and its implications for sport performance, physical fitness and wellness.

Evaluation:

Daily assessments

Skills test

Skills test

Program sheets to be completed and maintained

Verbal quizzes daily

Daily assignment

Skills test

Verbal presentation

Calendar for semester

Wk1—syllabus, roll check, class expectations, safety, pre-test, notebooks, dress for workout, locker room, tour weight room.

Wk 2-5 begin each workout with 10 min cardio, followed by 5 min flexibility workout. Divide into pairs and begin circuit workout with weight machines and free weights, spending 5 min per at exercise. Record all in notebook for reference.

Wk 6-10 same as with cardio and stretching, increase weight, reduce reps. Continue with notebook.

Wk 11-15 same with cardio, stretching, but allow students to utilize other machines and exercises as they choose.

Wk 16-Finals week

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

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.