

**KINE 1114**

**WEIGHT TRAINING FOR MEN**

**KINESIOLOGY**

**DIVISION OF ARTS AND SCIENCES SOUTH PLAINS  
COLLEGE**

**Trevor Van Tassel**

## COURSE SYLLABUS

### Weight Training KINE 1114

Trevor Van Tassel  
Texan Dome—Athletic Offices  
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#### Office Hours:

T/TH: 8:00am- 10:00 am  
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:

- Follow any instructions given by the instructor
- No Use of Tabaco Products
- Proper Workout Attire: Tennis Shoes, Shorts, T-shirt
- This is a Water only Facility
- No Foul Language

**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 correct weightlifting technique, conditioning, and flexibility.

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 its implications for sport performance, physical fitness, and wellness.

**Grading procedure/policy:**

<b>Component</b>	<b>Point Value</b>	<b>Total Point</b>
Attendance/Participation	20 Points a week X 15 Weeks	300 Points
Class Assignments	10 Points X 10 Assignments	100 Points
Final Exam	100 Point Exam	100 Points
		<b>500 Points</b>

**A (500 – 450)      B (449 – 400)      C (399 – 350)      D (349 – 300) F (299-Below)**

**\*YOU WON'T GET A GOOD GRADE IF YOU AREN'T IN CLASS!!!!!!**

**Each Class is worth 10 points. 5 points will be taken away for not showing up dressed in proper workout gear. 5 points will be taken away for not finishing the days lift.**

Final exam Written exam over information covered during class

\*Students are exempt from Final with perfect attendance\*

**A-(1-3 abs) B-(4-7 abs) C-(8 abs) D-(9 abs) F-(10 abs or more)**

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

**DROPS:** The student will be dropped on his 10<sup>th</sup> absence. If your 10<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 10 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.**

**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	Monday	Wednesday
<b>1</b>	Syllabus, Expectations, <b>Assignment 1</b>	Workout Posted
<b>2</b>	<b>NO SCHOOL LABOR DAY</b>	Workout Posted
<b>3</b>	Workout Posted <b>Assignment 2</b>	Workout Posted <b>Assignment 2 DUE</b>
<b>4</b>	Workout Posted <b>Assignment 3</b>	Workout Posted <b>Assignment 3 DUE</b>
<b>5</b>	Workout Posted <b>Assignment 4</b>	Workout Posted <b>Assignment 4 DUE</b>
<b>6</b>	Workout Posted <b>Assignment 5</b>	Workout Posted <b>Assignment 5 DUE</b>
<b>7</b>	Workout Posted <b>Assignment 6</b>	Workout Posted <b>Assignment 6 DUE</b>
<b>8</b>	Workout Posted <b>Assignment 7</b>	Workout Posted <b>Assignment 7 DUE</b>
<b>9</b>	Workout Posted <b>Assignment 8</b>	Workout Posted <b>Assignment 8 DUE</b>
<b>10</b>	Workout Posted <b>Assignment 9</b>	Workout Posted <b>Assignment 9 DUE</b>
<b>11</b>	Workout Posted <b>Assignment 10</b>	Workout Posted <b>Assignment 10 DUE</b>
<b>12</b>	Workout Posted	Workout Posted
<b>13</b>	Workout Posted	<b>NO SCHOOL THANKSGIVING</b>
<b>14</b>	Workout Posted	Workout Posted
<b>15</b>	Written Exam	Written Exam
<b>Finals</b>	<b>Written Exam</b>	<b>Written Exam</b>

## Covid -19

If you are experiencing any of the following symptoms, please do not attend class and either seek medical attention or test for COVID-19.

- Cough, shortness of breath, difficulty breathing
- Fever or chills
- Muscles or body aches
- Vomiting or diarrhea
- New loss of taste and smell

Please also notify DeEtte Edens, BSN, RN, Associate Director of Health & Wellness, at [dedens@southplainscollege.edu](mailto:dedens@southplainscollege.edu) or 806-716-2376. Proof of a positive test is required. A home test is sufficient but students must submit a photo of the positive result. The date of test must be written on the test result and an ID included in the photo. If tested elsewhere (clinic, pharmacy, etc.), please submit a copy of the doctor's note or email notification. Results may be emailed to DeEtte Edens, BSN, RN at [dedens@southplainscollege.edu](mailto:dedens@southplainscollege.edu).

A student is clear to return to class without further assessment from DeEtte Edens, BSN, RN if they have completed the 5-day isolation period, symptoms have improved, and they are without fever for 24 hours without the use of fever-reducing medication.

Students must communicate with DeEtte Edens, BSN, RN prior to their return date if still symptomatic at the end of the 5-day isolation.

## **Disabilities Statement**

Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability 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 Disability Services Office. For more information, call or visit the Disability Services Office at Levelland (Student Health & Wellness Office) 806-716-2577, Lubbock Centers (located at the Lubbock Downtown Center) 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

## **Title IX Pregnancy Accommodations Statement**

If you are pregnant, or have given birth within six months, Under Title IX you have a right to reasonable accommodations to help continue your education. To activate accommodations you must submit a Title IX pregnancy accommodations request, along with specific medical documentation, to the Health and Wellness Center. Once approved, notification will be sent to the student and instructors. It is the student's

responsibility to work with the instructor to arrange accommodations. Contact the Health and Wellness Center at 806-716-2529 or email [dburleson@southplainscollege.edu](mailto:dburleson@southplainscollege.edu) for assistance.

## **Diversity Statement**

In this class, the teacher will establish and support an environment that values and nurtures individual and group difference 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.