

South Plains College
Department of Kinesiology
KINE 1111
Weight Training for Women

Instructor: Cade Castro

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Office: Kinesiology 108

Office Hours:

Tues-Thurs 1-2PM / Friday 1-2PM

Course Description:

Purpose: This course will develop the basic knowledge, skills, and understanding of weight training. Students will focus on improving their strength and overall fitness.

Outcomes:

- Students will learn the fundamentals of weight training.
- Students will demonstrate functional movements performed at various intensities.
- Students will develop an understanding for programming strength programs.
- Students will be able to recognize required repetitions based on percentages.

Credit: 1

Course Requirements:

Textbook: No Text Required

Supplies: Small spiral notebook and a writing utensil.

Clothing: Athletic clothing and training shoes

What you CANNOT wear:

- *Jeans*
- *Booty shorts*
- *Cargo shorts*
- *Open toed shoes or boots*
- *Midline must be covered*

Grading Policy:

You will be graded based on the percentage of total points you earn. The point total is subject to change, but the standard percentage will still apply. E.g. 90% of total points will be an A, etc...

Available Points:

Attendance: 300 Points
Participation: 300 Points
Journal: 300 Points
Final Paper: 100 Points
Total: 1000 Points

Tentative Grading Scale:

A	1000-900
B	899-800
C	799-700
D	699-600
F	600 or less

Attendance Policies:

Regular attendance is mandatory for successful completion of this course! The first few weeks will be intensive, so missing class will cause you to get behind.

1. You are given **Two** free absences before you drop a letter grade.
2. If you receive **Three** absences, you will lose one letter grade.
3. If you receive **Four** absences, you will lose two letter grades.
4. After **Five** absences, the student will be dropped from the course.
5. The last day you may drop a class is **November 19**. If you receive five absences after that date, you will receive a grade of "F."
6. **TWO WEEKS OF CONSECUTIVE ABSENCES = DROPPED FROM THE CLASS.** This is a college policy. If you stop coming to class, it is best that you withdraw yourself. Refer to SPC catalog pg.21.
7. Perfect Attendance will exempt you from the final.
8. **MAKE-UPS:** Two absences may be made-up, if approved, during the semester. All approved make-ups must be completed by **December 6** ... No exceptions!

General Guidelines:

- Water only. No other food or drinks allowed (*unless you need a medical exception*). We will not take water breaks during class. If you want water, I **Highly** encourage bringing a water bottle.
- No headphones.
- Do not eat a heavy meal prior to this class, *but make sure you have eaten*.
- We will utilize every single minute of our class time, because I want you to get your money's worth. Once you arrive, please be ready to start class.
- Do not use equipment you have not received instruction on.
- No horseplay! Keep your distance and respect COVID guidelines.
- **Masks ARE REQUIRED.** You will not be able to participate if you do not wear a mask. Which will result in an absence.

Face to Face – Online

In the event of campus shut down. We will go virtual. Meaning that will have class participation online. This will include online assignments, video recordings, etc. Please stay up to date with blackboard. I will keep you up to date with our class status.

Plagiarism and Cheating: Students are expected to do their own work on all projects, quizzes, assignments, examinations, and papers. Failure to comply with this policy will result in an F for the assignment and can result in an F for the course if circumstances warrant.

Plagiarism violations include, but are not limited to, the following:

1. Turning in a paper that has been purchased, borrowed, or downloaded from another student, an online term paper site, or a mail order term paper mill;
2. Cutting and pasting together information from books, articles, other papers, or online sites without providing proper documentation;
3. Using direct quotations (three or more words) from a source without showing them to be direct quotations and citing them; or
4. Missing in-text citations.

Cheating violations include, but are not limited to, the following:

1. Obtaining an examination by stealing or collusion;
2. Discovering the content of an examination before it is given;
3. Using an unauthorized source of information (notes, textbook, text messaging, internet, apps) during an examination, quiz, or homework assignment;
4. Entering an office or building to obtain unfair advantage;
5. Taking an examination for another;
6. Altering grade records;
7. Copying another's work during an examination or on a homework assignment;
8. Rewriting another student's work in Peer Editing so that the writing is no longer the original student's;
9. Taking pictures of a test, test answers, or someone else's paper.

Student Code of Conduct Policy: Any successful learning experience requires mutual respect on the part of the student and the instructor. Neither instructor nor student should be subject to others' behavior that is rude, disruptive, intimidating, aggressive, or demeaning. Student conduct that disrupts the learning process or is deemed disrespectful or threatening shall not be tolerated and may lead to disciplinary action and/or removal from class.

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.

Disability 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, Reese Center (Building 8) 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

Nondiscrimination Policy: South Plains College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities. The following person has been

designated to handle inquiries regarding the non-discrimination policies: Vice President for Student Affairs, South Plains College, 1401 College Avenue, Box 5, Levelland, TX 79336. Phone number 806-716-2360.

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 Director of Health and Wellness. 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 Director of Health and Wellness at 806-716-2362 or [email cgilster@southplainscollege.edu](mailto:cgilster@southplainscollege.edu) for assistance.

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 and Frequently Asked Questions, please refer to the Campus Carry page at: <http://www.southplainscollege.edu/campuscarry.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.