

**South Plains College**  
**KINE 1117 Co-Ed Weight Training**  
**Fall 2020, 1 credit**  
Section 01: MW 8:00-9:15

**\*\*All aspects of syllabus are liable to change with changes to COVID-19 recommendations\*\***

Instructor: Michael Johnson, MAT, LAT, ATC  
Office: Texan Dome 105  
Office Hours: M W 9:30-10:30, T R 9:00-10:00, F By Appt  
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**Class Location:** This class meets in the Physical Education Complex in room 112.

**Course Description:** KINE 1117 is an introductory course on the correct techniques used to perform and how to spot basic weight training exercises. Training principles, nutrition, and physiological adaptations to exercise will be covered. We will discuss safety precautions and the importance of flexibility associated with weight training.

**General Rules**

- No tobacco products
- The gym is a water only facility
- Wear proper workout attire
- No foul language

**Textbook:** None

**Course Objectives:**

1. Describe and demonstrate the proper techniques and training principles used to perform the exercises taught in class
2. Describe and demonstrate the proper safety precautions and spotting techniques for weight training exercises.
3. Identify and explain the main function of major muscles used in various weight training exercises.

**Evaluation and Grading:**

*All of the following MUST BE COMPLETED before receiving a grade in the course.*

**Participation:** Student participation will be evaluated daily through attendance (see attendance policy below) and active participation determined by professor.

**Participation: 60 points** (2 points each)

**Assignments:** An exercise journal will be kept daily. Grade is dependent on depth of journal entries, not the ability of the student (see course schedule for Journal Check dates).

**Journal Checks (4): 40 points** (10 points each)

**Practical exams:** Physical testing will be performed for the beginning and final practical exams. These evaluations will include a strength portion and a conditioning portion. Grade is not dependent on ability to perform exercises, but the participation in the exam.

Strength: Bench, Squat/Leg Press, Push-Ups, Pull-Ups, Sit-Ups

Conditioning: Jumping-Jacks, Mountain Climbers, Bicycles, High Knees, Butt Kicks

**Beginning Practical: 50 points**

**Final Practical: 50 points**

### **Attendance Policy:**

1. There are **two** excuse absences. Please do not badger your instructor for a special exemption.
2. If a student has a **fourth** absence, there will be a one-letter grade penalty subtracted from the final grade in the course.
3. After **five** absences, the student will be dropped from the class with an “**Administrative Drop**”.
4. If **5th** absence occurs after the drop date, you will receive and “**F**” for the course.
5. You must be on time to class!
6. Three “**tardies**” = **ONE** absence.
7. Your instructor will make a notation in the grade book of the number of minutes the tardy involved. He will determine if it will be recorded as a tardy or an absence.

**Total Points Available: 200 points**

### **Grading Scale:**

A= 200 – 180    B= 179.9 – 160    C= 159.9 – 140    D= 139.9 – 120    F= 119.9 – 00

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

### **Additional Information**

- The Physical Education Complex has locker rooms available for students.
- Never leave anything of value in the dressing rooms of the Physical Education Complex.
- Never use a piece of equipment until you have received instructions on proper use.
- Once you are in the Complex, get busy. You could be improving your health!
- No “horseplay”

### **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.

**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.

**Campus Concealed Carry statement:**

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.

**4.1.1.4 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 DeEtte Edens, Director of Health and Wellness at 806-716-2362.

## Class Schedule

Date	Schedule	Deadlines
Mon Aug-24 <sup>th</sup>	Syllabus Day	
Wed Aug-26 <sup>th</sup>	Technique Day	
Mon Aug-31 <sup>st</sup>	<i>Testing Day</i>	<b><i>Practical Exam1: Beginning conditioning evaluation</i></b>
Wed Sep-2 <sup>nd</sup>	<i>Testing Day</i>	<b><i>Practical Exam1: Beginning strength evaluation</i></b>
Mon Sep-7 <sup>th</sup>	<b>NO CLASS: MLK Day</b>	
Wed Sep-9 <sup>th</sup>	Normal Workout Day	Journal Check: Goals
Mon Sep-14 <sup>th</sup>	Normal Workout Day	
Wed Sep-16 <sup>th</sup>	Normal Workout Day	
Mon Sep-21 <sup>st</sup>	Normal Workout Day	
Wed Sep-23 <sup>rd</sup>	Normal Workout Day	
Mon Sep-28 <sup>th</sup>	Normal Workout Day	
Wed Sep-30 <sup>th</sup>	Normal Workout Day	Journal Check: Progress
Mon Oct-5 <sup>th</sup>	Normal Workout Day	
Wed Oct-7 <sup>th</sup>	Normal Workout Day	
Mon Oct-12 <sup>th</sup>	Normal Workout Day	
Wed Oct-14 <sup>th</sup>	Normal Workout Day	
Mon Oct-19 <sup>th</sup>	Normal Workout Day	
Wed Oct-21 <sup>st</sup>	Normal Workout Day	Journal Check: Progress
Mon Oct-26 <sup>th</sup>	Normal Workout Day	
Wed Oct-28 <sup>th</sup>	Normal Workout Day	
Mon Nov-2 <sup>nd</sup>	Normal Workout Day	
Wed Nov-4 <sup>th</sup>	Normal Workout Day	
Mon Nov-9 <sup>th</sup>	Normal Workout Day	
Wed Nov-11 <sup>th</sup>	Normal Workout Day	
Mon Nov-16 <sup>th</sup>	Normal Workout Day	
Wed Nov-18 <sup>th</sup>	Normal Workout Day	Journal Check: Progress
Mon Nov-30 <sup>th</sup>	<i>Testing Day</i>	<b><i>Practical Exam2: Final strength evaluation</i></b>
Wed Dec-2 <sup>nd</sup>	<i>Testing Day</i>	<b><i>Practical Exam2: Final strength evaluation</i></b>
Mon Dec-7 <sup>th</sup>	<b><i>Finals Week</i></b>	