

South Plains College
Common Course Syllabus: KINE 1117
Revised 8.1.2024

Department: Kinesiology

Discipline: Physical Activity Course

Course Number: KINE 1117

Course Title: Coed Weight Training

Available Formats: Internet (Blackboard)

Campuses: Levelland

Course Description: This is a basic course in strength training and fitness education.

Prerequisite: None

Credit: 1 Lecture: 1 Lab: 0

Textbook: None

Supplies:

- For online work:
 - Computer/ internet
- For workouts (if necessary)
 - Athletic clothing (non-restrictive)
 - Appropriate footwear, must be close-toes, preferably athletic type shoe
 - Water bottle
 - Towel (optional)
 - Headphones (optional)
- Lockers are provided in the locker rooms. May bring your own lock or ask the KINE main office for one.

This course partially satisfies a Core Curriculum Requirement: None

Student Learning Outcomes:

- Demonstrate knowledge of terminology, safety, and proper equipment use of weight training
- Demonstrate proper weight lifting technique, conditioning and flexibility.
- Each student will demonstrate knowledge of major muscles.
- Each student will be able to recognize the importance of the relationship between weight training, nutrition and the positive effects on quality of life.

Student Learning Outcomes Assessment: None

Course Evaluation: Will be offered through blackboard at the end of the semester.

Grading Policy:

This class is graded on a **1500-point** scale with those points being determined as follows:

- Each assignment (15): 100 points x 15 = 1500 points total

Attendance Policy:

Participation is a major part of this courses grading!

- This class will be conducted 100% online through blackboard.com
- Fitness articles will be uploaded to blackboard.com and quizzes for each article will be required for grading
- If you are late to class, depending on the amount of time you are late, Instructor will determine if it will be recorded as a tardy or absence. Talk with instructor about late or early attendance if known ahead of time.
- Absences may be excused by the instructor if the student provides a note or proof from a doctor's visit or SPC authorized trip. Any other official business may be considered at the instructor's discretion with proof.
- Drops will be made by the instructor for excessive absences, discipline, and disregard for the class guidelines. It will be the student's responsibility to drop themselves after the administrative drop day.
- Final exam/workout will be given during the assigned time of finals week.

Students are expected to attend all classes in order to be successful in a course. The student may be administratively withdrawn from the course when absences become excessive as defined in the course syllabus.

When an unavoidable reason for class absence arises, such as illness, an official trip authorized by the college or an official activity, the instructor may permit the student to make up work missed. It is the student's responsibility to complete work missed within a reasonable period of time as determined by the instructor. Students are officially enrolled in all courses for which they pay tuition and fees at the time of registration. Should a student, for any reason, delay in reporting to a class after official enrollment, absences will be attributed to the student from the first class meeting.

A student who does not meet the attendance requirements of a class as stated in the course syllabus and does not officially withdraw from that course by the official census date of the semester, may be administratively withdrawn from that course and receive a grade of "X" or "F" as determined by the instructor. Instructors are responsible for clearly stating their administrative drop policy in the course syllabus, and it is the student's responsibility to be aware of that policy.

It is the student's responsibility to verify administrative drops for excessive absences through MySPC using his or her student online account. If it is determined that a student is awarded financial aid for a class or classes in which the student never attended or participated, the financial aid award will be adjusted in accordance with the classes in which the student did attend/participate and the student will owe any balance resulting from the adjustment.]

<https://www.southplainscollege.edu/syllabusstatements/>.

<https://www.southplainscollege.edu/emergency/covid19-faq.php>.