

KINE 2124

WEIGHT TRAINING FOR WOMEN

KINESIOLOGY

DIVISION OF ARTS AND SCIENCES
SOUTH PLAINS COLLEGE

LEVELLAND CAMPUS

2023

Denise Rosario

COURSE SYLLABUS

Weight Training KINE 1111

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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

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 work out 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

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:

Final Exam/Daily assignment

Skills test

Skills test

Program sheets to be completed and maintained

Quiz and/or final exam

Daily assignment

Skills test

Final exam/daily assignment

Grading procedure/policy:

<u>Component</u>	<u>Instrument</u>	<u>Value</u>
Daily participation grade	Attendance records and instructor observation Observation and documentation of correct form and execution of daily skills, objectives, exercises and improvements on post tests	100%
Final exam (during finals week)	Written exam over information covered during class	(Extra Credit-90 or above will erase 1 abs); 89 or below no change)

Students are exempt from Final with perfect attendance

A-(1-2 abs) B-(3-abs) C-(4 abs) D-(5 abs) F-(6 abs or more)

Grade progress report will be at mid-term and/or at the students request.

DROPS: The student will be dropped on his or her 6th absence. If your 6th 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 will deduct one point from your overall grade. 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.

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-final test (written)

Please see the following links for the South Plains College General Syllabus Statements and the Covid Policy.

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

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