

South Plains College
KINE 1117 Co-Ed Weight Training
Spring 2023, 1 credit
Section 01: MW 8:00-9:15

Instructor: Michael Johnson, MAT, LAT, ATC
Office: Texan Dome 101
Office Hours: By Appointment
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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.
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.

Practical 1: 50 points

Practical 2: 50 points

Attendance Policy:

1. There are **four** excused absences. Please do not badger your instructor for a special exemption.
2. If a student has **four** unexcused absences, there will be a one-letter grade penalty subtracted from the final grade in the course.
3. After **five** unexcused absences, the student will be dropped from the class with an “**Administrative Drop**”.
4. If the **fifth** 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”

Syllabus Statements

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

Covid-19 Information

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

Class Schedule

Date	Schedule	Deadlines
Wed Jan-18 th	Syllabus Day	
Mon Jan-23 rd	Technique Day	
Wed Jan-25 th	Technique Day	
Mon Jan-30 st	<i>Testing Day</i>	<i>Practical Exam1</i>
Wed Feb-1 st	<i>Testing Day</i>	<i>Practical Exam1</i>
Mon Feb-6 th	Normal Workout Day	
Wed Feb-8 th	Normal Workout Day	
Mon Feb-13 th	Normal Workout Day	
Wed Feb-15 th	Normal Workout Day	Journal Check: Goals
Mon Feb-20 th	Normal Workout Day	
Wed Feb-22 nd	Normal Workout Day	
Mon Feb-27 th	Normal Workout Day	
Wed Mar-1 st	Normal Workout Day	
Mon Mar-6 th	Normal Workout Day	
Wed Mar-8 th	Normal Workout Day	Journal Check: Progress
Mar 13th-17th <i>Spring Break</i>		
Mon Mar-20 th	Normal Workout Day	
Wed Mar-22 nd	Normal Workout Day	
Mon Mar-27 th	Normal Workout Day	
Wed Mar-29 th	Normal Workout Day	Journal Check: Progress
Mon Apr-3 rd	Normal Workout Day	
Wed Apr-5 th	Normal Workout Day	
Mon Apr-10 th	Normal Workout Day	
Wed Apr-12 th	Normal Workout Day	
Mon Apr- 17 th	Normal Workout Day	
Wed Apr-19 th	Normal Workout Day	
Mon Apr-24 th	Normal Workout Day	
Wed Apr-26 th	Normal Workout Day	Journal Check: Progress
Mon May-1 st	<i>Testing Day</i>	<i>Practical Exam2: Final evaluation</i>
Wed May-3 rd	<i>Testing Day</i>	<i>Practical Exam2: Final evaluation</i>
May 8th-11th <i>Finals Week</i>		